Cibro $100M project could add millions to tax base

By Mike Larabee

Cibro Petroleum, whose Port of Albany refinery property lies partially on Bethlehem's side of Cabbage Island, has announced a major modernization project that could add millions to the town's tax base.

In a prepared statement Monday, Cibro spokesman John Klopstock said the company has applied for state Department of Environmental Conservation permits on a $100 million plan to modernize and upgrade its 40-acre facility on the Hudson River shore. The project would involve the installation of new environmental controls and the addition of a lubrication oil reprocessing operation and second cogeneration unit, he said.

The majority of new plant machinery will be located on the three acres of Cibro property within the town of Bethlehem, Klopstock said, and would be subject to town municipal and school property taxes. About 90 percent of the equipment to be added to the refinery is tentatively scheduled to be placed in town, he said.

Bethlehem Town Supervisor Ken Ringler said Monday, "Although Cibro Petroleum will have to undergo a thorough review with various agencies, it appears initially the $100 million proposal for modernization will be a benefit to our region in general and our community in particular."

Most of Cibro's $100 million upgrade would be done on the Bethlehem portion of their property adjacent to Bethlehem Rebar. American Ref-Fuel's refuse incinerator is proposed for lands slightly farther south.

Petroleum will have to undergo a thorough review with various agencies, it appears initially the $100 million proposal for modernization will be a benefit to our region in general and our community in particular.

According to EnCon project analyst David Stout, the proposal has entered the early stages of the state's Environmental Quality Review (SEQR) process. Stout said that he feels the upgrade plan—which would require a number of permits for site alteration, air emissions and water discharge—has merit.

"All in all it looks like it's going to be a good facility," said Stout. "It's encouraging in many different ways. It's very env..."
Margaret Buhrmaster figures that she has four jobs already—but she's after another—one that would wipe out most of the existing careers.

At age 50 (she has a new AARP card to prove it) Margaret Buhrmaster has become the first female candidate for the United States' House of Representatives in the Congressional district that takes in Albany County. As a resident of Scotia in Schenectady County, she expects to focus much of her campaign in Albany County, home ground of the incumbent, Democrat Michael R. McNulty, who is running for his first term in Washington. A Congressional district that includes Albany has been represented by a Republican only four years out of the last 70.

The Republican Party came courting her; she says she hadn't expected to run this year, though she'd been thinking about Congress for four years. Why? Her vision has turned outward since its formation; and writing a column of commentary for a Scotia weekly newspaper.

For the campaign, she has firm ideas. She's ready for weekly debates with Representative McNulty, and hopes for at least several because they are "the best way to compare candidates." Because she's a writer, she is picking up her own video script right now, and will be doing other advertising "to let people know what my positions are."

The Buhrmaster campaign will be "positive," but she adds that, after all, "you do have to compete" —and she sees a major gulf between her views and the incumbent. She's known her opponent for several years and respects him. Recently they shared the platform at an anti-drugs rally at Rotterdam Mall. She took the occasion to inquire about the McNulty campaign, but failed to receive much of an answer.

As for herself, her expectation is to try to point up the differences between them—one of her purposes in running is to win her conviction that it is "very important that people have a choice," and she considers that "our approaches to government are quite different."

Among these, she enumerates the value of experience in business, first-hand knowledge of fighting drugs, finance, and international relations. Her career, she contends, combines to give Margaret Buhrmaster a better perspective on the world than is true of an officeholder whose adult life has been spent in politics.

With a personalized campaign that "started at zero" on June 7, she's been occupied putting together what she hopes will be an effective organization spearheaded by an intimate cabinet that includes such people as Colosse Supervisor Fred G. Field and Trumans Whitley, a Schenectady Republican leader who has held state and federal appointments. Finances are something else again; she's been advised to try for a campaign treasury of up to $400,000, but she will reject any undue large contributions if offered, and would thus "special interest of any kind." For possible entrance into big-time campaigning finance, however, she is hopeful of enlisting Lehrman, a writer, on whose heavy-spending campaign for governor she worked diligently in 1982.

Local writer named to professional group

Author Paul Block of Delmar has been named to membership in the Western Writers of America, Inc., a professional writers' organization with more than 600 members from around the world. The group produces and sells both fiction and non-fiction books and articles concerned with the American West.

Flower department earns company award

Donald E. Eberle of Voorheesville, senior account executive and certified financial planner for Waddell and Reed Financial Services, has earned the company's President's Council Award. The award is given each year to the representative who places in the top 20 nationally, this is the sixteenth time Eberle has earned this honor. He has been in the financial services industry for 26 years. He presently serves as president of the Capital District chapter of the International Association for Financial Planning and is vice president of the Steamship Historical Society of America.

Woman challenges McNulty for 23rd District seat

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State exemptions to ease revel burden

State exemptions for veterans will ease any added financial burden imposed by Bethlehem's upcoming full-scale property reassessment, a state official has said.

According to Pat Quinn of the State Division of Equitization and Assessment, military veterans would be given the chance to weigh two exemption options once expected state legislation is finalized.

Quinn spoke at an informational meeting with Robert J. Finnegan, president of Finnegan Associates, Inc. of Concord, Mass. Monday night at Town Hall. Finnegan has been contracted to reassess 11,035 residential and commercial properties over the next two years.

The Eligible Funds Veterans Exemption currently provides an $5,000 maximum fixed assessment exemption while a second exemption, the Alternative Veterans Exemption offers a 15 percent assessment reduction for all veterans and additional 10 percent reduction for veterans of combat, said Quinn. Still larger reduction is available for disabled vets, she said.

A special county Pro-Rata exemption, which lets vets carry the $5,000 fixed reduction in percentage terms through a re-evaluation, is scheduled to expire in 1989 unless extended by the legislature, she said. With the exemption, $5,000 reduction on a $10,000 property would become a $5,000 reduction on a property reassessed to $10,000.

Under the legislation, veterans would be given the option of applying for the Eligible Funds Veterans Exemption or the Albany County Taxes and the fixed exemption or their town taxes or applying for the alternative exemption to both county and town taxes.

Quinn said. Quinn said vets would select the option that saves them the most money.

Quinn said the move is expected but as yet unimplemented.

Exemptions for senior citizens, which run as high as 50 percent on a sliding scale, are also available, she said. But Town Assessor John Thompson said that Bethlehem already allows for the highest possible senior citizens exemptions.

Mike Larabee

United Way sets campaign goal

The board of the United Way of Northeastern New York met recently to finalize the goal for its 1990 fund-raising campaign.

This year's goal was set at $6.3 million, an increase in excess of eight percent over last year's. The increase was necessary due to the need for additional funding for community agencies. Volunteers are now being recruited for the campaign; interested individuals can call 456-2200 for information.

Foster parents sought

An orientation session for adults over 21 interested in becoming foster parents will be held on Tuesday, Aug. 14 at 7 p.m. at Parsons Community Center, 60 Academy Rd, Albany.

Foster parents are urgently needed to temporarily care for children ages 4 to 18 who are unable to remain in their own homes. Single or married adults who reside within 50 miles of Albany may qualify as prospective foster parents.

To reserve a place at the meeting, call 466-2800.

By Mike Larabee

Supervisor supports master plan

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The master plan is based on opinions collected from town officials and residents during public hearings during 1987, Montaigne said. Reilly said copies of the plan can be viewed at town hall.

NEW SCOTLAND

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But COUNCILMAN Peter Van Zetten said large lot requirements may make homes in the town unaffordable for "working class" residents. Specifically, he said, landowners in low-density districts won't be able to deed small portions of their property to family members.

Planning Board Chairman Robert Hampston said later there have been almost no such requests before the board in recent years. He said provisions for affordable housing will be considered when new ordinances are written.

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Daylily Days

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At Heldelder Farm we have grown, hybridized and sold daylilies for over 17 years. Although we sell daylilies throughout the season, we set a few days aside each year to give them the honors they deserve. We offer special prizes, collections, garden tours & talks.

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Jeffrey Correll and Daniel Glower frolic in the water at Elm Avenue Park in Bethlehem.
New owners hope to make store shine

By Mike Larabee

New Joyelles Jewellers owners Mary Vail and Sharon Boudreau say they intend to take the store a diamond in what can sometimes be a business rough on consumers.

"Our aim is for a personal sense to the store," said Boudreau. "We don't want to make you feel like you're in an atmosphere where there's sometimes the pressure to come in, buy, and get out."

"I like the idea of knowing the person who walks in the door by their first name," she said.

Though they only purchased the Main Square, Delmar store in June (by turnkey agreement with former proprietor Michele Nazzaro), the pair has a head start in the town, as many locals already know Vail, a Delmar resident and 1976 graduate of Bethlehem Central High School.

"Part of the reason we picked this spot when the space became available is because Mary is from Delmar, and she wanted to conduct her business in the town where she grew up," Boudreau said.

The partnership was formed while the pair worked seven years together at Kelly's, said Boudreau. "We have a lot of sentiment attached to that one of Vail's custom-designed jewelry," she said. "Jewelry is just about the only personal thing people have a lot of sentiment attached to.

The new owners will also concentrate on repairs, they said. Vail, who'll fix "just about anything," will be in charge of repair work, an area where both partners feel their store has a lot to offer.

"We are comparable if not less expensive than other jewelers because all repairs are done here while most shops have to send out," said Boudreau. "And we can do it in two or three days as compared to two or three weeks when you have to send it out."

Vail added that by being accessible to customers, she hopes they will feel comfortable with the repair operation. "A lot of people don't want to leave their jewelry with just anyone," she said. "Jewelry is one of those personal things with a lot of sentiment attached."

The gamut of rings, pendants, pins, earrings, bracelets, watches and other pieces will continue to fall within a wide range of prices, Boudreau said. She said so far they've had a strong reaction to their under $20 "youthful" line of sterling silver anklets, bracelets, and rings. But she also pointed out that one of Vail's custom-designed pieces, a medallion under $14 karat gold pin with an oval ruby and pearls, recently sold for $1,200.

In addition to adornments, the store has giftware — vases, candlestick holders, perfume bottles, brassware, glassware, and the like — for between $4 and $100. Boudreau said. Also, the store carries consignment pencil and ink sketches and prints by Delmar artist V. Remington Rich.

Joyelles Jewellers is on the first floor of Main Square Shoppers, 318 Delaware Avenue. Business hours in September 1988 he earned an artist's degree in criminal justice from Hudson Valley Community College in Troy.

Shannon Woodley of Delmar, a junior at Bethlehem Central High School, has been awarded a half-tuition scholarship in metalsmithing, said to Kelly's, will oversee the business side of the operation.

"We are comparable if not less expensive than other jewelers because all repairs are done here while most shops have to send out."
Stalemate

(From Page 1)

group of Hudson Avenue area residents who say it was shaped specifically to accommodate a proposal for a neighborhood site.

The unexpected stalemate arose as the board appeared ready to approve the measure. It was centered on speculation that LUMAC would soon respond to a town board request for an evaluation of the measure. LaForte said he wanted to hear LUMAC’s comments before he would be willing to cast his vote.

“The only thing we know about this is that it deals with the issue before us,” said LaForte. “To ignore it would be tantamount to sticking our heads in the sand.”

LUMAC is a 10-member committee formed to create a comprehensive or master plan governing floating zone issues.

In voting against LaForte’s motion, Barr said LUMAC’s opinion on the senior zone wasn’t relevant to the planning board because the planners were acting as an advisory committee. Here the town board could weigh both LUMAC’s recommendations at their discretion.

“We’ve been working on this for six months,” said Barr. “I can’t believe the members of LUMAC have not gone into this with the depth and breadth and detail that this board has gone into it.”

“I think we’ve come up with an exceptionally fine document that meets so many of the potential problems,” he said.

Both LaForte’s motion to table the document and a second motion to send the provision to the town board failed to win the four votes necessary for approval. Faced with a stalemate, the board then voted 6-0 to table the document.

Comments forthcoming

Later, LUMAC chairman Mark Fitzsimmons confirmed the committee would be sending a letter to Town Supervisor Ken Ringler regarding the senior zone but refused to disclose its contents because he said it was still in draft form. He stressed that the forthcoming commentary did not represent a committee consensus.

“While it is important that this letter be understood to reflect my opinion or a unanimous decision by the committee but the general concurrence of opinion by the committee,” he said.

Fitzsimmons said the letter was to be finalized at Tuesday’s (yesterday’s) committee meeting and delivered to Ringler sometime before tonight’s town board meeting.

At least two people present during the planning board discussion — Nelson, the board’s LUMAC liaison, and Town Planner Jeff Lipnicky — had attended past LUMAC meetings where the floating zone had been discussed. Neither was willing to do more than sketch the committee’s position.

“I can best characterize it as something that neutrality,” Lipnicky said, but added, “It’s fair to characterize the committee as not wanting to divert its energies to the review of things not directly relevant to the master plan.”

Nelson said LUMAC has some concerns about the proposal and that they are trying to express those concerns and also remain neutral. She said she did not attend the most recent LUMAC session, when the draft reply was nearing completion.

Fitzsimmons said the initial correspondence between LUMAC and the town board — an April 2 memorandum from Ringler — dealt with a specific DePaul Management plan to build a temporary, L-shaped multiple dwelling unit on a five-acre North Street tract.

DePaul is a not-for-profit arm of the Albany Catholic Diocese.

He said LUMAC decided subsequently it would be inappropriate to comment on a specific proposal. “That’s not under LUMAC’s domain. That belongs under the authority of the respective boards,” he said, but added the committee felt that the overall senior zone concept did fall with the scope of LUMAC’s responsibilities.

“We feel that is in our domain,” he said.

Ringler said Monday he agreed. “I felt (when the memo was sent) it was appropriate to have them provide input on this issue after a town board member suggested it,” he said. “It is a suggested change in our code which could have long-term effects on the town.”

But he said the implications of LUMAC’s findings remained a “gray area,” because LUMAC is “basically advisory in nature.”

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The Hudson Avenue Neighborhood Association is opposed to a proposal to locate high-density senior housing on North Street.

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SATURDAY 10-6
SUNDAY 12-5
Assessing arable areas

Our editorial, "Assessing the scenery" last week posed this question: How is it possible to attain "fair and current" assessment of real estate values — but prevent higher property taxation from driving farmland and other "green" areas into forests?

The poignancy of that riddle is coincidently underscored in this week's Point of View column on the opposite page.

Peter Ten Eyck, proprietor of the popular Indian Ladder Farms, reports that a half-century ago Albany County had 52 fruit farms. Today only two remain. This extraordinarily graphic record of the depilation of agricultural resources adds dire warning to our suggestion that public officials concentrate on finding a solution to dangers the community confronts by hewing absolutely to the re-evaluation line.

announcements of benefit car washes, the fire company's pancake specials, the farmers' market, the council, the couple's fair (you name it). The list can go on and on, identifying many of the activities that give a community life and breadth.

As for the campaigners' posters, which proliferate in keeping with the vitality of the town's political pulse, we say the more the merrier, and shame to the flashtubers who see only the landscape. And practically speaking, removing such notices from "public" areas would only drive them on to more lawful homes of the candidates' advocates.

Why not just relax and enjoy, it as the saying goes.

On the street where we live

That's an interesting issue raised over there in Singerlands by a few dozen residents, and quite elegant side streets bearing names redolent of stately, murmuring forests.

"Not in our back, side, or front yards," they're saying of a proposed street that would create a link with a couple of dozen new homes that are to be built in an adjoining area. Such expressions are less than respectful to the neighborhood, "dangerous traffic," and "property value" are being employed.

In the outer corner are proponents of the new street, including Bethel's planning staff, with the seemingly plausible argument that commonsense dictates that you don't want to maintain two separate cul-de-sacs only a short distance apart.

Making it anywhere

One of those "inside" news stories intimates that the State Assembly's Speaker, Mel Miller, may be obliged to step down if and when he's indicted on federal charges of fraudulent behavior in his law practice. Further, the story suggests, his party would be in a quandary about who among their ranks might qualify for the speakership.

The perplex involves geography, because such a major chunk of Democratic membership in the Assembly arises, toadstool-like, in such a major chunk of Democratic membership in the Assembly arises, toadstool-like, in that part of Albany County that's being called "floating zone." A parcel in a neighborhood zoned for single-family residential use, can become "floating zone." The Planning Board, and sets up an edge they can use to change the zoning in the single-family residential district.

The very government kicks it around in committees and sets up an edge they can use to change the zoning in the single-family residential district.

New York City. You know the refrain about "the lines are full — think of the time it takes to get service." Because of this — for the second time since 1988 — we have been informed that I will lose the marital residence to foreclosure for back taxes to Albany County — yet there is a court order dating back to 1977 that the taxes be paid by my ex-husband. I have lived in this house for 26 years and have raised four children in this home.

I stand to lose it because the court orders were not complied with, not enforced.

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Unemployment benefits extend to people taken on for temporary work? We believe that most fair-minded people would say no, despite any inclination to help out worthy individuals in times of economic stress.

So say we, in remarking on a bill introduced by our Congressman seeking to restore unemployment benefits to nearly 1,400 residents of a six-county Capital Region are still.

The bucks stop here

They were hired by the Census Bureau after April 20 and worked several weeks.

We trust that somewhere in the ways and means committee of the House of Representa-
atives, heads rather than hearts will inter-
vene in the interest of fiscal prudence. Con-
gressman McNulty stresses that it's "only proper" that the unemployment payments be made to people who were in effect, just passing through. We must dissent.

Can justice prevail in my case? she asks

I redeemed the foreclosure in April of 1986 for over $11,000 by obtaining a loan — yet I have 14 court orders stating that he is to pay the taxes!

I keep getting told that this is an unusual case. Why? I am being told that my case fell through the cracks! Did we have an earthquake in Albany County that I am not aware of? I have lived in this county for 54 years, I cannot believe that this is justice. What am I missing?

It is no wonder that court calendars are full — think of the time expended by judges or their law clerks in this matter.

I am desperate for answers.

Name submitted

Delmar

Editor's note: We have withheld the name of the writer of this letter, but if any court officer wishes to share her identity in an effort to help remedy the situation she describes, we will provide her name for that purpose.

Vox Pop is The Spotlight's public forum. All letters from readers will be published, subject to space and point of view considerations. Writers are encouraged to keep their letters as brief as possible, and letters will be edited for taste, style, fairness and accuracy, as well as grammatical length.

Letters should be typed and double spaced if possible. The deadline for letters is 5 p.m. of the Friday before the Wednesday of publication, unless otherwise indicated.
The Kerensky connection

It was on July 25 of 1917 that Alexander Kerensky became prime minister of Russia's government. Through the series of revolutions rocking the country at that time, Kerensky lasted three months, until VI Lenin and the Bolsheviks took over.

Today, July 25, another of Kerensky's successors heads as head of the USSR is widely viewed as a success story. How long Mikhail Gorbachev will last as president is questioned widely.

I've been thinking about these gentlemen of late—and also about a third extraordinary man, Franklin D. Roosevelt. I see FDR being compared, in different ways, to each of the Russian politicians.

For weeks and months past, TV news viewers and daily newspaper readers alike have been poring over analyses and forecasts of President Gorbachev's status and future. Is this man good for another term? Is the latest bulletin filled with significance for him? Am I right in wondering whether to hold on? What's Yeltsin really up to? Will Gorbachev survive this crisis? And what about the other, the Kerensky of this revolution?

One week, he's viewed as having shored up his situation or staved off another prospective disaster. The next day, he's in peril of losing. Yet, again, I'm reminded of the exciting sports announcement covering a heavyweight bout: "No, no, no! He's up, he's down, he's up again!

Mr. Gorbachev's detractors are being described as "the conservatives. The changes he has instituted, and the unintended runoff from those policies, anger many of those people, who want to bring about a defeat and reverse many of the reforms."

CONSTANT READER

In the wide open spaces

Many months ago this column featured the attractions of an unusual publication called High Country News. It was a tabloid newspaper format out of the little village of Paonia, far out in the Western Colorado. I had found occasion to refer to articles in it in a few subsequent columns.

Most recently, Constant Reader's editors were informed of a feature that had just appeared in People magazine about High Country News and its publisher and editor, Ed and Betsy Marston, easterners who went west in the 70s in the cause of small farm operations. Now, they've turned to crusading in behalf of the environment.

The People piece was brief, but now comes the full treatment in depth: a dozen pages in an elaborately illustrated book which you may have read in this column in its tabloid version. It is called Harrowsmith, and I had just happened to discover it during its three months' national tour. No sooner was that column published than the magazine changed its name to Farmhouser, now back to the (in)famous (not in subordinate type) Country Life (big, big, lots). More on that a little later. Back to its treatment of High Country News.

The writer who did the text on High Country News found in its offices "a healthy, good-natured enthusiasm for the abilities of animals as partners in the air as the pungent scent of apple blossoms from the orchards surrounding Paonia."

Harrowsmith Country Life

The writer, Jim Fergus, diverges that the Marstons are striving to steer the Western environmental movement away from the traditional course as defender of the natural world, onto a new, asset-rewarded tack—trying to turn the movement away from its radical edge. High Country News is counseling against the policy of "eczema—squirting truces, disabling bulldozers and logging trucks, cutting down power lines. "When ecotage occurs," warns the paper, "my short gain for nature is lost in the further weakening of the West's democratic and humane impulses."

Another motivation for farming is the continuing contact with nature. To see the seasonal changes, not only from a personal point of view, but also to observe the reactions of a host of other plants and animals as they practice their own art of survival. In the summer of 1950s at Indian Lake, in the northernmost reaches of New York, I had developed such a high rate of reproduction that she gave up sex for the summer and produced young by cloning an exact replica of herself, fully formed and feeding as soon as it was born.

Whether or not the Marstons are trying to turn the movement away from its radical edge, they are in full swing and surely does, he is fully aware that vaccination, induction, and half-measures will see him now.

And as I write this, the morning headline reads: "Soviet Chief Shefs Mid Tone and Lashes Out at Western Policies—OVERWHELMING VICTORY."

Fruit farms have been disappearing from Albany County at the rate of one every year for the past half-century.

Another motivation for farming is the continuing contact with nature. To see the seasonal changes, not only from a personal point of view, but also to observe the reactions of a host of other plants and animals as they practice their own art of survival. In the summer of 1950s at Indian Lake, in the northernmost reaches of New York, I had developed such a high rate of reproduction that she gave up sex for the summer and produced young by cloning an exact replica of herself, fully formed and feeding as soon as it was born.

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Making a difference— a family tradition

The contributor of this Point of View column operates Indian Laker Farm, near Voorheesville. He is president of the New York State Agricultural Society.
Words for the week

Predation: The act of plundering or preying. Also, the method of existence of predatory animals.

Predator: That which can be touched, felt, or handled; tangible. Easily perceived by the senses; recognizable, perceptible. Clear in the mind; obvious, plain.

Pierc: A military movement in which simultaneous flank movements are used to converge on an enemy force or stronghold and cut it off from support and supplies.

 Predation: The act of plundering or preying. Also, the method of existence of predatory animals.

Predator: That which can be touched, felt, or handled; tangible. Easily perceived by the senses; recognizable, perceptible. Clear in the mind; obvious, plain.

Predator: A person who has (or who professes to have) great learning; actual or self-professed authority. Earlier, in India, a Brahmin who was learned in Sanskrit and Hindu philosophy, law, and religion.

Pungent: Producing a sharp sensation of taste and smell; acrid. Also, sharp and piercing to the mind; poignant, painful. Sharply penetrating, biting: Acrid; keenly clever, stimulating.
Five arrested for drunk driving

Bethlehem police arrested five drivers for driving while intox-
icated last week.

Jeffrey D. Sumner, 21, of Valley
View Apartments, Watervliet, was
arrested for felony DWI at 2:22
Sunday morning after he was
stopped for allegedly following too
closely on Corning Hill Road near
the Route 144 intersection. Sumner
allegedly followed an unmarked
County police cruiser driven by a
uniformed Conrail officer, who
radioed town police. Sumner was
stopped to appear in Bethlehem
Town Court on Aug. 7, informa-
tion on his previous DWI convic-
tion was unavailable.

Patsy Ann Rose, 35, of 19B Old
Hickory Drive, Albany, was ar-
rested for misdemeanor DWI at
7:30 p.m. Saturday. Police said her
vehicle was stopped on Route 9W
near the Albany city line when no
front license plate could be seen.
Rose was also ticketed for pos-
sessing alcoholic beverages and
released to her husband pending an
Aug. 7 reappearance in Town
Court Aug. 7.

Glenwood Sanders, 37, of 570
Clinton Ave., Albany, was arrested
for misdemeanor DWI at 8:40 p.m.
the same evening. Police said the
southbound vehicle was pulled over
for allegedly traveling above the
speed limit on Route 9W near Feura
Bush Road. He was ticketed to reappear in town court on Aug.
21.

Senate bill targets phone pornography

The New York State Senate recently passed a bill designed to
limit access to "dial-a-port" tele-
phone lines. The legislation will
restrict minors' access to such
recordings by requiring a sub-
scription and personal identifica-
tion numbers. Only those over 18
would be able to receive the main-
tenance.

New food stamp distribution procedure

Albany County is scheduled to
begin an Alternate Food Stamp
distribution program in October. Food
stamp recipients will get their food
coupon sets at participating supermar-
ket through an electronic identifi-
cation card.

Beginning this month, the Al-
banY County Department of Social
Services will mail monthly Food
Stamp Authorizations between the
hours of 7:45 a.m. and 5 p.m.
beginning Aug. 21.

No one hurt in gas leak

No injuries were reported as a
result of the July 13 gas line break at
the Voorheesville Elementary
School grounds, according to
Albany County sheriff's deputies.
A wayward backhoe blade acci-
dentially ruptured the Niagara
Mohawk line on the grounds, where
work on a $750,000 renovation project has been under
way. Three residences around the
site were evacuated as a precau-
tion.

No workers were plugged the leak
and the site was declared safe at
9:30 a.m. No students were in the
building at the time.

Deputies nab 19-year-old after high-speed chase

George Vriniotis, 15, of 2228
New Scotland Road, R.D. 2,
Voorheesville, was jailed without
bond in connection with a high-
speed chase Sunday near Voorheesville.

Vriniotis was charged with first-
degree reckless endangerment, a
Class D felony, as well as reckless
driving, failure to stop with a po-
table to 10 minutes, and his or her
vehicle was not in view of the po-
table. According to Albany
County sheriff's deputies.

Deputies said that at about 11:20
a.m., Vriniotis was observed driv-
ing at a high rate of speed on Route
155, heading south. A sheriff's
cruiser attempted to stop the ve-
Hicle, which turned off on side
roads and passed other vehicles
while heading toward the village,
deputies said.

At a roadblock on a straight-
away further south, the vehicle
came to a stop, causing one cruiser
to be hit by debris. One cruiser
was damaged.

No injuries were reported.

Vriniotis was arraigned by New
Scotland Town Justice Kenneth
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Selkirk f iremen to hold giant flea market

The Selkirk Number 2 Fire Company (better known as the Glenmont Firemen) will hold its 15th Annual Flea Market on Saturday, July 28 from 9 a.m. until 5 p.m. at the firehouse next to the Town Square Plaza. More than 150 vendors will be on hand with new and used items and crafts. Refreshments will be available and the volunteer ambulance squad will be there to take blood pressure readings.

Firemen to hold fair

And the lights will be burning late behind the Glenmont Firehouse this weekend and next as the Annual Glenmont Firemen’s Fair takes place. The fair takes place Friday and Saturday nights. Along with games for all ages, the increases and additional costs of food, and helpers cook up quite the fun.

Program openings

Dr. Howard R. Neir of Delmar was recently elected to the Capital District Physicians’ Health Plan Board of Directors at its annual meeting.

ALSO

An obstetrician and gynecologist, Neirer received his degree from the University of Rochester school of Medicine in 1980 and carried out his internship and residency at Albany Medical Center Hospital.

Driver improvement program offered

Driver Training Associates is offering its six-clock-hour insurance and point reduction program to licensed drivers and those with learner’s permits on Wednesday, Aug. 1 and 8 from 6:15 to 9:30 p.m., and on Saturday, Aug. 4 from 8:45 a.m. to 3:30 p.m., at its Albany site.

Participants who complete the program, which has approved by the state Department of Motor Vehicles, will receive a 10 percent reduction on both vehicle liability and collision insurance premiums for three consecutive years, and also have four DMV conviction points removed from their driving record. The fee is $35.

For information and registration, call 465-0055.

Cherry Hill grounds open to the public

Each Saturday until Sept. 8, the public is invited to stroll the grounds and gardens of Historic Cherry Hill, Albany’s only house museum showing three centuries of continuous family living. Trees and plants are named and a garden brochure is available. There is no charge to visit the grounds, which are open from 10 a.m. to 4 p.m.

For those wishing to tour the Cherry Hill mansion, on South Pearl Street in Albany, guided tours are offered each hour from 10 a.m. to 3 p.m. Admission to the house is $3.50 for adults, $3 for seniors, and $1 for children under 17. For information, call 434-7471.

Every summer is now-

Christmas Layaways start now

we sell:

- Bridgeston®
- GT
- Shogun
- Redline
- Dyno

Complete repair service. All makes. Wheels rebuilt. Our three mechanics have over 45 years experience.

"Your Bike Store for over 15 years"

465-0275

T-W, 10-6; Th, 10-7
Sat, 10-5; Sun, 12-5

Town and Tread

DELAWARE PLAZA • DELMAR
OPEN 10AM-7PM SAT., WED. 530-5132 1275
Firehouse hosts dancin’ in the street

The Voorheesville Fire Department will sponsor a block dance on Saturday, July 28 from 7 p.m. until midnight on the firehouse on School Road. Cost of the event is $15 per couple and will include beverages, hot dogs, and ice cream as well as dancing to the music of the popular local band “Gold Rush.” Proceeds from the fund-raiser will go to the Voorheesville Creative Playground Committee. All are welcome. Tickets are available at the door.

Key Club bottle drive set for July 28: the Voorheesville Key Club will hold its monthly bottle drive from 9 a.m. until noon in the lower parking lot at the Voorheesville Elementary School. Money collected from all bottles and cans donated will go toward the Creative Playground. In addition, Sponsor’s Pizza will donate 10 cents to the playground committee for each large pizza sold during the month of July.

Seniors to tour monuments:
The Town of New Scotland is sponsoring a trip for area seniors to visit Civil War sites in Auburn, N.Y. The registration for this trip will be in the GLFW office on Tuesday, July 10. The trip will take place on Thursday, July 19. The trip will be open to anyone in the town 60 years of age and older. For information, call Lois Crouse at 756-2109.

Park concert Sunday:
The Concert in the Park series continues with the jazz group “Moments Notice.” The group will perform in downtown Voorheesville at 6:30 p.m. in Hotaling Park. The sponsor of the concert is Voorheesville and Avenueville. All are invited to this free concert sponsored by the Village of Voorheesville.

Tax payment reminder:
Voorheesville water tax payments due are due by July 31. On Aug. 1, interest will be computed against the outstanding amount of the bill. Those who did not receive a water bill have questions concerning it can contact the village office at 756-2902.

Library offers films:
The fun continues at the Voorheesville Public Library next week with the movie “Freaky Friday” to be shown on Thursday, Aug. 2. The exceptional Disney film tells about a mother and daughter who swap bodies for a day. All are invited to the 95-minute movie which begins at 7 p.m.

This week, the charming movie “Cheaper by the Dozen” will be shown. The 85-minute movie tells the funny tale of a turn-of-the-century family and their 12 offspring. This free movie will be shown on July 28 beginning at 2 p.m.

Summer Reading Club will also have some fun in store for members this week. Those who did not receive a water bill can contact the village office at 756-2692.

Red Cross sets blood donor goal:
The American Red Cross blood program serving central and northeastern New York is looking for 169,000 volunteer donors to donate blood in the fiscal year that began July 1 and runs through June 30, 1991. Blood donors must be at least 17 years old, weigh at least 110 lbs. and be in good health. All potential donors must answer a series of health history questions and undergo a mini-physical examination to ensure their donation experience is safe.

To make an appointment to donate blood, call 463-7487.

Delmar Ph.D. tapped for APA post:
Reuben J. Silver, Ph.D., of Delmar, professor of psychiatry and head of the Psychobiology Section at Albany Medical College, has been chosen president-elect of the American Psychological Association’s division of psychology therapy. He will assume the post in January of 1991 and become president the following year.

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“Local Trucking Since 1947”
Glenmont So. Bethlehem
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AND WALLACE QUALITY MEATS
ROUTES 86 & 85A NEW SCOTLAND ROAD, SLINGERLANDS
Large enough to compete and small enough to serve

DO U B LE COU P O N S!!
EVERY TUES. & THURS. SEE DETAILS IN STORE

HUNTS KETTCHUP PLASTIC 32 oz.
$1.39

CROWLEY 2% MILK gallon
$1.89

CHICK FULL OF NUTS COFFEE 12 oz. CAF $279

CHEESE 7oz. PHILLY CRACKER 8 oz.
$1.79

LABATT’S BEER
801 ALA, LIGHT, DRY
12 oz. $3.59

KRAFT RICE & CHEESE CHEDDAR BROCCOLI 4.8 oz.
99¢

MARKET: 439-5398

SIRLOIN STEAKS BONELESS $2.98

CROWLEY 2% MILK gallon
$1.89

COKE, DIET COKE
CAFFEINE FREE, SPRITE 12 oz. 6 PK. CANS
$1.99 TAX & DEPOT

CHICKEN BREASTS $1.69 LB.

CHICKEN BREASTS $1.58 LB.

CHICKEN BREASTS $1.58 LB.

BURBONESS $1.78 LB.

BURBONESS $1.78 LB.

BURBONESS $1.78 LB.

PICTURE FRIED POTATOES
10 LBS. OR MORE
$3.48 LB.

PATTIES
GROUN D CHICKEN
$1.49 LB.

GROUN D ROUND
$1.88 LB.

DELI PATTIES
GARLIC BOLOGNA
$1.78 LB.

CHICKEN BREASTS
$1.58 LB.

CHICKEN BREASTS
$1.58 LB.

CHICKEN BREASTS
$1.58 LB.

N.Y. STRIP STEAKS
14 LBS.
$3.48 LB.

STAY MORE TURKEY .69 LB.

VEAL 5 LB. BOX

GROUND BEEF ROUND ...$2.19 LB.

MINCED HAM
$2.98 LB.

AIR CURED HAM
$2.98 LB.

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AIR CURED HAM
By Debi Boucher

Mary L. Talbot of Delmar has
come full circle since she gradu­ated from The College of Saint Rose in 1989.

Now director of development for the college, she was recently honored with CSPA's Distinguished Alumni Award in recognition of her service to the college and its alumni.

Talbot, who began as a volun­teer in the alumni office in 1972, was instrumental in initiating the college phonathon, a fund-raising activity directed at alumni. Before taking the directorship in 1989, she was assistant director of development; she was previously director of alumni relations and executive director of the alumni association, positions she held since 1977.

Michelle Melitti, director of alumni, calls Talbot "a walking archive. She knows more about the history and background of the college and the alumni association than any other lay person on cam­pus," she said. "She's just been someone who's always been here and kept the alumni part of the campus alive."

Involved primarily with fund-­raising, Talbot said the most excit­ ing part of her job is "definitely the people part. You meet such a range of people." Although she now works more with the business community than with alumni, her work with the alumni association brought her in touch with many fellow St. Rose graduates, and she still maintains close friendships with a number of former class­mates.

Over the years, Talbot has ob­ served firsthand the changes time has wrought on the college, which will celebrate its 70th anniversary this September. The biggest trans­formation took place in 1970, when the school went coed. Although evening sessions have admitted men since the 1940s, Talbot noted, the day school was all women until making the change 20 years ago.

In addition, she said, "curricu­lum has expanded greatly, and the graduate program now has evening sessions.

Today's classes are also larger than they were when Talbot was a student. Whereas her Class of 1970 comprised 200 people, the Class of 1990 is 780 strong. The school's total population, Talbot said, is now about 3,600, including full-time and part-time students in both under­graduate and graduate programs.

Golf tournament set

The second annual golf tourna­ment to benefit Living Resources' Employment Program will be held on Tuesday, Aug. 14, at the River­view Country Club in Rexford, NY. Registration is at 10:15 a.m., shotgun tee-off at 10:45 a.m., cock­tail hour at 5 p.m., and a buffet dinner at 6 p.m. There will also be a barbecue lunch.

Golfers' registration fee is ei­ther $93.30 or $180.50. The dona­tion includes the lunch, green fees and cart, beverages on the course, pool use, and the awards banquet.

For information, call 438-6472.

Environment al Quality Review

As outlined in a letter from Chairman John Smolinsky to Town

The Bethlehem Board of Ap­peals has granted McDonald's Corporation a zoning variance per­mitting the company to install a drive-through window at its new Glenmont Plaza Shopping Center restaurant.

The proposal had been revised from an earlier plan to allow two­way traffic flow at an entrance onto Feura Bush Road. The McDonald's site is adjacent to the present Mobil gas station at the intersection of Feura Bush Road and Route 9W.

In other business, the board:

• Agreed not to challenge the state Department of Environ­mental Conservation for lead agency status during the State

Glenmont McDonald's

granted variance

Mary Ellen Macri of Delmar Antiques is pleased to welcome Mary Ellen Macri to our Delmar office staff.

Having lived in Albany most of her life and in Delmar for the past seven years, Mary Ellen is very familiar with the entire Capital District area.

Mary Ellen graduated Magna Cum Laude from the College of St. Rose majoring in Business Administration with a concentration in Economics. She and her husband live on Snowden Avenue.

Mary Ellen decided that Norwalk was the right place for her because it really wanted to be part of a young, growing, creative and enthusiastic group of people who obviously enjoy what they are doing. MARY ELLEN MACRI

318 Delaware Avenue, Delmar, New York 12054

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Summer reading club holds celebration

Members of the Bethlehem Public Library summer reading club who have completed their reading goals are invited to celebrate with a party on Wednesday, Aug. 8 at the library located at 451 Delaware Ave., in Delmar.

Children in kindergarten through third grade are invited to attend at 2 p.m., and all other members are invited to attend at 3:30 p.m. Special guest as "Merdwyn the Magician" will appear as special guest.

Call 439-9314 for information.

Empire State offers information sessions

Empire State College, State University of New York, will hold information sessions during August at various locations throughout the Capital District. The public is invited to attend these free sessions to learn about the College's guided independent study programs designed for adult students with job and family obligations.

In Albany, sessions will be held on Thursday, Aug. 2 at 7 p.m.; Friday, Aug. 10 at noon; and Thursday, Aug. 30 at 5:30 p.m. at the Capital District Regional Center, 435 Central Ave., Albany.

Two honored for service

Longtime employees of the Office of the State Comptroller were honored last month by Comptroller Edward V. Regan at the annual Comptroller's Service Awards Luncheon. Area recipients included Raymond Whiting, Jr., of Clmont, who received a 35-year award, and Barry Berenberg of Delmar, who received a 25-year award.

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African Violets • Cacti
Begonias • Hanging Plants
Outdoor Fuscias • Geraniums
& much, much more...

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Visit our store over 25 Full size windows on display

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1st PRIZE

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$279

32oz.

CONTAINER

CHICKEN OF THE SEA TUNA

$69

7.5 OZ. CAN

PRINGLES

POTATO CHIPS

$1.39

6.5 OZ. CAN

OIL OR WATER

IT'S HANDY TO SHOP HANDY ANDY-SPECIALS EFFECTIVE WED., JULY 26TH TO TUES., JULY 31ST

The Spotlight — July 25, 1990 — PAGE 13
Assemblyman takes on Rinfret campaign

Assemblyman John Faso was in his home district this past weekend, as he will be most weekend and all the others until November. As a candidate for reelection to a third term in the 102nd district (which takes in Bethlehem and Coeymans) He's "not taking anything for granted" in his race against two opponents, He's campaigning vigorously and, he adds, "raising money" for the race—whenever he has the opportunity.

Otherwise, he's huddled up to 15 hours daily in a tower on Lexington Avenue in midtown Manhattan. As of the first of July, he was drafted to be the campaign manager for the Republican Party's candidate for governor, Pierre Rinfret, a "very, very interesting candidate for governor, against two opponents. He's not taking anything for granted" in his race to the Assemblyman, "Takes on Rinfret campaign end, as he will be next weekend and all the others until November."

"I enjoy politics, and I enjoy this process. It's all tiring, but... His thought strays as he gazes out his window at the Hudson en route to Kinderhook and the family; and the campaign.

Novice in ring

Pierre Rinfret, who became the mystery man can declare for governor for this summer, is a "novice, not a politician; and that's both his major strength and major weakness," in the opinion of his campaign manager, Assemblyman John Faso.

The candidate is described as "shy, challenging, engaging, very bright, an intelligent guy," excellent," by his manager, who also uses the term "skid and outspoken," qualities that seem to be embraced in near coverage of the Rinfret campaign.

Bridge closed in New Scotland

Richard H. Rapp, commissioner of Albany County Department of Public Works, recently announced that the bridge carrying Onequashaw Creek Road over Queasheaw Creek, in New Scotland, will be closed to all traffic as of July 23.

The purpose in closing the structure is to replace the existing badly deteriorated superstructure and riding surface, under a contract administered and funded by the County of Albany. The work is expected to take 12 weeks to complete.

In Glenmont The Spotlight is sold at Grand Union, CVS, Clemmats $4, Cumberland Farms, Stewart's and Van Allen Farms.

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In Glenmont The Spotlight is sold at Grand Union, CVS, Clemmats $4, Cumberland Farms, Stewart's and Van Allen Farms.
For real baseball fans
Treat yourself (and family) to a special evening of pro baseball at the exciting! Class A level.
Nat Boynton, Spotlight baseball guru, can show you how to get a car pool to Waconah Park.
Fridley, Monday evening. And he can tell you how to get into the Pittsfield Mets on-the-run. Go to the league-leading Geneva Cubs in a New York-Penn League game.
Here's your chance to see promising young players. Does well in signing, top college players. 
Talk about future major league stars.
The car pool will assemble in the parking lot of the Quincy School just west of I-90 halfway between Albany and Schenectady.
Leaves at 3:15 p.m. Load your family car or van with family friends or neighbors, or just come along and catch a ride with real fans.
The car pool will leave the parking lot promptly at 3:25 p.m. and proceed to the ball park via I-90. Go direct. Drivers 18 years old return to the starting point on our own or by car. There is no need to be afraid of ticket re- freshments and gas. For information call 768-9595.

MINOR LEAGUE BASEBALL

The readers are always right.
Bethlehem wins upstate Mantle title

By John Belluzi III

Bethlehem's amazing baseball success story has no end in sight.

The Bethlehem Mickey Mantle team, made up of area 15-, 16- and 17-year-olds, won last week's Upper New York State championships, a nine-team double-elimination event, for the second time in the three years the franchise has existed. The Eagles, 23-1 overall and 25-3 for the year.

The next stop takes Bethlehem to the North Atlantic regional, scheduled to begin on Aug. 3 in Fairlawn, N.J.

According to Bethlehem coach Jesse Braverman, the Eagles had great support from the community. In addition to financial contributions that helped cover travel and lodging expenses, Braverman cited the outpouring of fan support as encouraging, noting that Bethlehem had more spectators at a game since the 1988 championships.

The Bethlehem Mickey Mantle team will host Rotterdam, Section 2, Aug. 3 and 4, from 6 to 11 p.m. Call 632-5979 for information.

The Glenmont Firehouse will host the last two Firemen's fairs of the season on Aug. 3 and 4, from 6 to 11 p.m. The event will feature games, refreshments and a moon walk. Call 683-9579 for information.

Church softball

July 19 standings

St. Thomas I

12-2

Clarksburg

11-3

Presbyterian

10-3

St. Thomas II

10-4

Glenmont Community

9-5

Petersham

8-5

Wynantskill

8-6

Bethany II

7-7

Methodist

7-7

Bethany I

5-9

Bethlehem Community

3-10

Westerlo

2-11

St. Andrew's

1-11

Bethlehem Lutheran

1-11

Firemen's fairs

The Glenmont Firehouse will host the last two fireman's fairs of the year on Friday and Saturday, Aug. 3 and 4, from 6 to 11 p.m.
Helping out second nature to senior van drivers

By Mike Larabee

Early almost every Wednesday morning, Paul House and Dick O'Connell can be seen easing the town's big white handicapped-accessible bus onto town roads from its Town Hall parking space. The self-proclaimed "dynamic duo" of Bethlehem's senior transportation service, they play an integral part in a service that's as much about moving people as it is about moving people around.

"Those two bring out the best in people," said Joyce Becker, coordinator of Bethlehem's Senior Volunteer Program. "They joke with the clients and help them feel good about themselves. And they make us feel good too.

Just two of roughly 70 volunteers who last year donated 8,119 hours driving Bethlehem's three-vehicle senior transportation fleet, O'Connell and House epitomize the spirit of caring which service helping people seems to come as.

"It's a fun job," said O'Connell. "It's a job where you're doing a little something that's worthwhile.

House added, "Well, as Dick says, we may need it some day.

And Town Councilman Charlie Gunner, who drives once a week, said his desire to volunteer was motivated by a small but healthy kind of selfishness.

"It's uplifting," he said, "You receive so much caring and love back." Gunner added he volunteers because he's a "firm believer you don't get unless you give.

"Really the reason is I get more back from it than I give," Gunner said. "Just knowing the people are thankful for the help.

Nurine Cooke, one of the first drivers and the first woman to take the wheel in the program besides Department Director Karen Pellettier, said she drives because she knows "The residents who use the senior van look forward to it." "You become like a second family," she said.

But Cooke added that it's not just the volunteers that make the service a success. She credited the department staff, specifically the work of Pellettier, for much of that.

That's true of all our volunteers," she said. Bethlehem's Senior Volunteer program started in 1981 as part of Bethlehem's Senior Services Department. The programs stated goals have two dimensions: first, to bring services to the community by volunteer means but, second, also to create a "second career" and "come home from home" for its network of volunteers, according to a release prepared by the department.

The transportation program carried almost 5,000 passengers last year 655 of them in wheelchairs, to and from functions and appointments in and outside town. The program was initiated in 1984 and since has become the largest of the town's 34 volunteer-driven services. Bethlehem's service depends entirely on volunteers.

For most of the volunteers, helping people seems to come as natural as breathing. Long-time driver Red Goyer said he does it because, "basically, I like helping people. I've been helping people all my life." And both O'Connell and House were hard-pressed to explain why they drove.

"I really don't know," said O'Connell. "It's a fun job. Paul is nice to work with. It's a job where you're doing a little something that's worthwhile.

House added. "Well, as Dick says, we may need it some day.

"It's uplifting," he said, "You receive so much caring and love back." Gunner added he volunteers because he's a "firm believer you don't get unless you give.

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Dry eye easy to cure

Neglect of eye care may account for numerous untreated medical problems in the country today. The older consumers become, the more often regular visits to eye care practitioners are required. Research has shown that general practitioners and chiropractors are visited on a more regular basis than optometrists and ophthalmologists, yet detection of problems of the aging eye could prevent serious medical conditions in the future.

One such condition is dry eye — an itchy, burning sensation, the feeling of having sand in the eyes. In most cases this condition can be managed rather simply, with an over-the-counter artificial tears product which allows dry eye sufferers to feel relief and get on with life. Yet dry eye often goes undiagnosed and untreated.

Who gets dry eye? Current estimates on numbers of dry eye sufferers in the U.S. range up to 10 million. Dry eye occurs most frequently with people over 50, and it is estimated that 80 percent of the sufferers are women. Research suggests the hormonal effects of menopause as a possible cause of the shrinkage of the tear glands, decreasing tear production, and resulting in dryness.

What causes dry eye? How can it be recognized?

As with any eye condition, dry eye can be diagnosed in a visit to an ophthalmologist or optometrist. They general symptoms include burning or gritty feeling in the eye and redness. There are two basic causes: Physiological. Tears are made up of a complex mixture of oil, water and mucus. When one or more of these fluids is deficient, eyes become dry, resulting in burning and stinging. A tear deficiency may be brought on by hormonal changes or medications such as antihistamines and diuretics. Environmental: Dry, arid surroundings and artificially created environments such as airplanes, closed buildings, smoke-filled rooms.

How is dry eye treated? An eye care professional can often diagnose dry eye by simply examining the eyes. Sometimes tests may be done to measure tear production. Once it is determined that you have the condition, you may only need over-the-counter artificial tears.

Products such as Bausch & Lomb Moisture Drops the only product with three moisturizers, replicate natural tears and provide lubrication to the eye, which in turn relieves the itching and burning. These drops can be used as often as needed. A companion product, Duaube, provides artificial lubrication for nighttime use.

Most people say that as you get older, you have to give up things. I think you get older and you have to give up things. I think you get older and you have to give up things.
Elderly suicide offers many warning signs

By Susan Graves

The suicide rate in the United States is highest among those who are 65 and older, according to Cynthia Klug, training coordinator and board member of the Samaritans. Twenty-four percent of all suicide victims in New York are over 60 years old.

While there are 100 attempts for every actual suicide among adolescents, there are only two attempts for every suicide among the elderly. According to the Samaritans, a volunteer suicide-prevention organization, seniors commit suicide more than any other group, and their intent is almost always deadly.

Many of the elderly who commit suicide are institutionalized and die by refusing medication or refusing to eat, Klug said.

The suicide rate in long-term care facilities for the aging is eight times the national average, when intentional life-threatening behavior such as refusing food and medication is considered.

Others die alone. Sometimes suicide is prompted by chronic illness or breakdown of the family structure. Klug said some of the signs of a potential suicide are withdrawal and depression, which can be caused by the loss of a spouse or a pet or a change in the person’s role caused by divorce or loss of independence. Other signs include alcohol or drug abuse, sudden mood changes, sudden changes in religious beliefs, and saying “goodbye.”

"Many feel a sense of hopelessness and helplessness," she said.

For those who are close to someone who exhibit symptoms of withdrawal or depression, it’s important to come right out and ask what’s wrong. Klug stressed that a lot of people who are suicidal are less direct, she said, but give clues to their feelings: “They say things like, ‘It’s not going to matter much longer.’”

Klug recommends addressing the suicide question directly. Many friends and relatives hesitate to ask because they don’t want to know, or fear they’ll plant the idea of suicide in the person’s mind.

"Another warning sign is when people begin giving things away and tying up loose ends," according to Klug.

She also said she thinks many deaths among the elderly are suicides, but aren’t reported as such. “Determining suicide is really tricky unless there’s a note,” she said.

The rate of suicide among all ages can be partially attributed to the times we live in, Klug said. Today, “We don’t always know our neighbors,” she said. The philosophy of the Samaritans is to be there, for those who need a listening, caring person, Klug said.

And the Samaritans are there for those who feel isolated, depressed or lonely. When an older person calls the Samaritans, she said, “We try to identify possible supports. We try to help them see answers.”

Some callers contact the Samaritans on a daily basis while others call weekly. Others are able to resolve their problems and often write a thank you note letting the volunteers know how helpful they’ve been.

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Some callers contact the Samaritans on a daily basis while others call weekly. Others are able to resolve their problems and often write a thank you note letting the volunteers know how helpful they’ve been. And “everything is confidential,” Klug said.

The hot line is staffed by about 40 volunteers, but the Samaritans always need more. Regular training sessions are held for volunteers.

Though the Samaritans aren’t affiliated with any religious or political group, they were formed in 1953 by an Episcopal priest in England. Rev. Chad Varah founded the Samaritans after a 15-year-old girl killed herself, and he began counseling and didn’t know what was happening.

The Albany Samaritans is one of 13 branches in the U.S. There are 300 worldwide.

The local chapter can be reached at 270-1357. Klug said the Samaritans do accept collect calls.

“We serve as far as the phone lines go.”

Colonie offices to host health fair

The 7th Annual Town of Colonie Health and Wellness Fair will be Monday, Oct. 29 from 10 a.m. to 2 p.m. at the Goodrich School, 91 Fiddlers Ln. in Latham, and is co-sponsored by the Colonie Town Nurse and the Town of Colonie Senior Citizens Services Department.

A variety of exhibits, demonstrations and activities will be featured, as well as free screenings for height, weight, blood pressure, and hearing.

For information, call 783-2824.

“Christmas in October” craft fair

The “Christmas in October” Senior Citizen Craft Fair is being held on Saturday, Oct. 6 from 9 a.m. to 3 p.m. at the Goodrich School, 91 Fiddlers Ln. in Latham.

A variety of hand-crafted items will be offered, including watercolor and oil paintings, needlepoint pillows, knitted and crocheted items, afghans, place mats, ceramic tiles, wreaths and ornaments.

For information, call the Town of Colonie Senior Citizens Services Center at 783-2824.

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SIDE SPECIALS

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Till 10
Reservations Suggested
A fun learning experience at Elderhostel

By Debi Boucher

Students from across the United States will travel to Russell Sage College in Troy this summer for a different sort of summer school. No matter where they hail from, they will have at least two things in common: a desire to learn and a birthday before 1950.

The Elderhostel program, in its seventh year at Russell Sage, is offered to people over sixty on college campuses and other institutions worldwide. Combining the tradition of European-style hosteling with education, the program is designed to provide older people with intellectual stimulation and the opportunity to develop new interests. Participants live in dormitories, share meals in dining halls with fellow students, and take part in a variety of extracurricular activities.

"They like to be entertained," said Gail Quilter, director of conferences and health sciences continueing education at the college, and coordinator of its Elderhostel program. Enumerating a list of class activities that range from morning seminars to evening outings, Quilter said Elderhostel participants tend to be a fairly lively group. "They wear me out," she said. "I played tennis with two of them and they ran me around the court!"

But the wide range of class offerings is what really draws the over-60 crowd into the program. Working through Elderhostel Boston, the program's United States headquarters, students select from a catalog of programs offered at institutions across the country.

Many study programs are pertinent to the location in which they are offered. For instance, one of the "intensive" courses offered at Sage was last week's study of the American Shakers. Another course explored the Hudson River School of Painting.

Most Elderhostlers view the program as vacation, Quilter said, and choose a location different from their home turf. However, local residents who wish to commute to the courses can register directly through the college instead of going through Elderhostel Boston. Costs are $250 for a week-long session, including all meals, room and board, and travel expenses for field trips. Commuters would pay $315, Quilter said.

The college is offering five one-week sessions, each of which generally features three courses, except those featuring a single intensive study course. In keeping with the guidelines established by Elderhostel, the maximum class size is 40 people.

Field trips are a part of most sessions; this year's include a trip to Hancock Village, Mass., for the Shaker course, and a visit to an art museum in Hudson.

This year's Elderhostel program at Sage started the week of July 8. The next session will be July 25 through Aug. 4, with a lapse of several weeks before the next session the week of Sept. 23. The final session will be held Sept. 30 through Oct. 6.

How the courses cover subjects as diverse as China, the Erie Canal, economics and a historical study of the City of Troy, literature is explored in courses on Shakerism and Herman Melville.

"We've had very good success with the program," said Quilter. "Our classes are always filled, and we enjoy doing it." Although this is her first year coordinating the Elderhostel program at Sage, Quilter has been involved in the program at other college campuses, and is very enthusiastic about it.

"I'm trying to get my parents to go," she said, noting that once people become involved in the program, they generally come back for more. "All it takes is once, and they're hooked." Approximately half of the Elderhostel participants at Sage this year have been involved in the program at other locations.

Participants who begin the sessions as strangers often wind up being good friends, Quilter said. "We do a lot to encourage friendship," she said, including an orientation to break the ice when participants first arrive. Students sometimes even make plans to attend future Elderhostel workshops together.

Elderhostel has come a long way from its humble beginnings at the University of New Hampshire in 1974. Involving 200 people on five New Hampshire college campuses in 1975, the program had spread to 50 states in 1980, with 20,000 participants. This summer, more than 500 colleges and universities will hold Elderhostel programs in the United States, Canada, Germany, Australia and Great Britain.

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The inflation rate in 1989 was reported at 4.5 percent. However, retired individuals face a real rate of 6.5 percent and higher because Consumer Price Index components that affect them most are above the average rate of increase in the CPI.

Hidden increases

Some examples of "hidden increases" within the CPI include hospitals and related services (11.8 percent), medical care (8.1 percent), gasoline (8.8 percent) and automobile repair (7 percent).

Even if the real inflation rate really was 4.5 percent, over five years that represents 23 percent loss in buying power. In 10 years, the drop would be 45 percent.

Real return

The "real" return on investment is the rate on the investment less the cost of inflation and less taxes. For example, an investment return of 8 percent for an individual in the 28 percent tax bracket would be calculated at 8 percent less 4.6 percent inflation, or 3.4 percent less taxes of 2.5 percent for a "real" rate of return of only 1.2 percent.

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• Plan ahead. Don't wait until inflation places you in a position where you can't make ends meet to do something about your investment portfolio.

• Help for retirees The Mature Investor is a monthly investment letter for retired people and those planning to retire. For information, write to Oxo Publishing, Box 2741, Glen Ellyn, IL 60138.

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Bridging the generations: Seniors in day care

By Renée Hunter

Working with children may just be the fountain of youth for many senior citizens looking for.

"It keeps you young," said Evelyn Allen, who works with children at the Cabbage Patch Day Care Center in Loudonville.

Allen, of Colonie, is just one of the senior citizens who have benefited from working with children. Several senior citizen groups and individuals in the area take part in activities that bring them in contact with children. Through foster grandparent programs, job in day care centers and volunteer work in hospitals, seniors have multiple opportunities to enjoy the companionship of a young, smiling face.

One way seniors can work with children on a regular basis is through the Capital District Foster Grandparent Program. The organization has been in existence locally for 13 or 14 years and was originally set up under President Lyndon Johnson's War on Poverty Program, according to Susan Ackl, the program director.

Although the program welcomes anyone to participate, "no one seems to be willing to have the 20-hour per week commitment without pay," she said. The program will make arrangements for foster grandparents to work only a few hours per week, if they do not want the larger commitment.

Ackl said the program currently is missing a large segment of its leadership.

"The most enjoyable part for me is reading to them," said Lillian Ellsworth, who works with three and four-year-olds at Masterpiece Child Development Center in Albany. "They work understand something and will look up with those big eyes and ask for grandma to explain something."

Ellsworth said she became involved in the foster grandparent program because she likes children, the program gets her out of her apartment and keeps her active. She said it is meaningful to her when she helps settle squabbles between children. "If they get in a fight, they will come over and ask grandma to solve it," Ellsworth said. "Oh, they'll fall down, and they look up at you to give them a hug and a kiss."

For information on the Capital District Foster Grandparent Program, call 272-6002.

Other senior citizens work with children on a less frequent basis. Last summer, the New Scotland Senior Citizens worked with the town's Summer Day program, teaching the children how to make crafts. Program Director Alene Crouse said about six of the seniors took part in the activity, and the group just received a check that was started by the participants.

The concert is free and open to the public.

The Summer Youth Programs at the Herbert R. Kuhn Senior Citizen Center provides opportunities for seniors to work on strawberry festivals, ice cream socials and family days sponsored by the village.

Lions to picnic

The annual Lions Club picnic will be held on Thursday, Aug. 16, at the Elan Avenue Park warming area. A barbeque will be served at 1 p.m. There is no charge for this event, but reservations are required. Transportation will be provided. For information and reservations, call the Senior Services Office in Delmar at 439-4955.

Old age has its pleasures, which, though different, are not less than the pleasures of youth.

W. Somerset Maugham

The Summing Up

Colony Town Band to perform

The Colonie Town Band will perform at the former Goodrich School, 91 Pfeiffer Ln., in Latham, on Monday, Aug. 13 at 7 p.m.
Senior care improvements approved by legislature

After a long, acrimonious fight over the budget and a $2 billion tax increase, the state Legislature redeemed itself with a strong finish, especially on a number of issues important to senior citizens, according to Carol Wallace, legislative director for the Coalition for the Concerned for Older Americans.

"The timing was nerve-wrack-
ing for advocates waiting and watching anxiously at all hours of the day and night," she commented. "In fact, Manditory Medicare Assignment, the No. 1 priority, was the last major bill to pass the Senate before it recessed on July 2. The Assembly had already recessed and was the first to pass the negotiated bill."

A "highly successful" EPIC (Elderly Pharmaceutical Insur-
ance Coverage) Reform bill had also passed the assembly just hours before it recessed, and then a repeat of that performance took place in the Senate. Senior citizen advocates praised the hard lesson of compromise at the session's close. In particular, Manditory Medicare Assignment was altered in order to pass both houses. This provision, which guarantees physicians' extra charges beyond a "reasonable rate" as established by Medicare, The Medical Society fought the compromise bill to the end and has threatened to sue the state for precluding new fed-
elaws on Medicare. Neverthe-
less, the bill did pass and offers the elderly considerable relief from physician overcharges (balance billing) on their Medicare bills. Doctors who violate the provisions of the new law will be fined and excess charges refunded to the patient.

EPIC Reform, offering ex-
tended pharmaceutical coverage for low-income senior citizens, was the clearest triumph for their inter-
est. It doesn't begin until April 1, 1991, but it puts in place a vastly simplified program and expands the income eligibility of senior citizens. There will be a one-time
only registration fee of $10. Income eligibility currently at $20,000 for single persons and $32,000 for couples, is increased by $1,000 in 1991 and by another $3,000 in 1992. For moderate income elderly, the annual deductible entering the program has been lowered to only $150.

With Care Proxy, another top issue, had passed in the Assembly early in June, but the final version was passed by both houses only two days before the recess. A "health-care proxy" allows a per-
son to designate a health-care agent, such as a friend or a rela-
tive, to make medical decisions in their behalf, when they are unable, to do so.

The U.S. Supreme Court ruling on the Nancy Cruzan case, encour-
gaged states to pass laws al-
lowing people to record their in-
stractions for implementing their medical wishes, if they are inca-
pacitated, undoubtedly gave this law the final push it needed. New York became the first state to pass such a law after the historic Su-
preme Court ruling.

This bill was subject to consid-
erable compromise also. New
wording was added to require a second physician's opinion in de-
termining "competence."

The forms are simple to fill out and require only two witnesses. They are voluntary and can be revoked at any time. Numerous safeguards protect the integrity of the procedure and underscore the illegality of euthanasia and assisted

suicide. Numerous organizations that provide services to the elderly are expected to have the forms available for individual citizens use soon.

"The Madison Emporium, an upscale thrift shop at 1096 Mad-
son Ave., is seeking donations. Acceptable merchandise in-
cludes clothes for men, women and children; small household items; dry goods, towels, sheets and bedspreads; books, records, tapes, CD's; toys and games; post-
cards and pictures and limited furni-
ture items.

All clothes should be cleaned and pressed and either put on hangers or rolled. The shop will open for business on Aug. 7.

Thrift shop seeking donations of goods

"Albany's only downtown Inn"
Group helps seniors make connections

"Children" whose ages range from 40 to 60 are turning increasingly to a unique service organization that helps widowed persons about three months after the death of the spouse. Their ages range from 55 sometimes to a lesser extent in four other communities nearby.

Whether because of tradition, the "maternal instinct," or some other reason, in nearly three-quarters of the cases in which Senior Care Connection is contacted, the first inquiry is made by a daughter or daughter-in-law of the elderly individual. In addition to them, the sons who call, other contacts sometimes are made by lawyers, physicians, and trust officials who are perplexed about where to find care for a client.

Membership tends to fall into three categories. The largest group (about 40 percent of the total) involves individuals who are deemed to be in need of some particular type of service, such as housing or keeping. The function of Senior Care Connection is to find the available person or business that can provide the required attention. Later, Senior Care Connection provides continuous monitoring of the arrangement, with follow-up contacts at least monthly.

Another 30 percent of members consists of individuals or couples who feel they've been helped want to help others, and become volunteers, she said.

According to Millus, many then attend a meeting, although some are not ready to re-enter society at this time. "Grief takes many forms," and not everybody is ready after three months, she said.

But when people are ready, the group can help. "They want to do something," (despite, loneliness and depression) are "normal."

Sometimes people attend only a few meetings, while others become involved for years.

"Some who feel they've been helped want to help others," and become volunteers, she said.

Millus said she cautioned the recently widowed out to make big decisions such as selling a house for at least a year.

Widowed persons meet twice a month on first and third Wednesdays at Calvary Methodist Church on West Lawrence Street in Albany. For information, call 453-2288.

Senior Care Connection, based in Troy, can be reached at 272-1771.

"There's a clear direction of grief through membership, because of expanding needs," notes the executive director, David Howells. "The complexity of living in this time of health-care crises makes this imperative."

Bethlehem offers senior activities

By Robert Webster Jr.

Senior citizens clubs and organizations in Bethlehem are offering a variety of summer activities.

Seniors interested in finding out what clubs and activities are available in the town can best begin by calling Karen Pelletier, director of the town Senior Services Department, at 439-4955.

The Bethlehem Senior Services Department offers a full range of services and programs to local seniors, including transportation services, meals on wheels, an outreach program, shopping trips to plays and other activities. The department also publishes a newsletter and hosts the AARP-55 Alive driving courses.

Additionally, the town offers a senior bowling league, arts and crafts activities and medicare information.

The Bethlehem Senior Citizens is a group whose purpose is to provide social and cultural enrichment to the town. Led by President Mavis P. Thomas, the group meets every Thursday at the town hall, 445 Delaware Ave., from 1 to 4 p.m. Activities include day trips, card games, overnights and trips and speakers. For information, call Mavis Thomas at 439-1575.

The Second Mills is a non-denominational social organization for retired men of the Bethlehem area.

The group meets every second Wednesday, Sept., through May, at the United Methodist Church in Delaware. Meetings consist of a fellowship hour with a noon luncheon and program. For information, call Neil Smith at 439-6003 or Kenneth Marriot at 439-4875.

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Reading glasses may not solve problems

Many stores sell reading glasses off the rack to try to solve their own vision problems. But the other do-it-yourself diagnostic aids, off-the-rack reading glasses can cause a person to miss or misdiagnose a health problem, says the American Optometric Association.

Off-the-rack reading glasses are simply magnifying lenses mounted in frames. They generally come in about 10 different powers and the consumer tries them on until he finds a pair that permits easy reading.

These glasses are relatively inexpensive. But there is a risk in buying them without first getting a thorough eye examination to detect eye disease and determine the exact cause of seeing difficulties. Even among adults, blurred vision cannot always be attributed to the natural effects of aging.

Other disadvantages of these glasses are:
- The magnification of both lenses is the same. Most people need a different lens prescription for each eye.
- They have no correction for astigmatism, a common vision problem causing blurred vision.
- They can cause headaches, tired eyes or other eye-strain symptoms because the wearer's line of vision may not correspond to the optical center of the lenses.
- They may seem fine when worn for a minute or two in the store but when used for an hour or more to concentrate on reading, needlework or other close work, they may prove unsatisfactory.

By having a thorough optometric exam each year, consumers can rule out or obtain treatment for an eye health problem that may be interfering with their vision. And prescription lenses can be custom-ground to the wearer's exact vision needs, as determined by the optometrist. Although they cost more than over-the-counter glasses, prescription lenses provide better and more comfortable vision.

Food stamp information

Colonie seniors will have two opportunities in the fall to begin the process of obtaining food stamps. The first is on Wednesday, Sept. 5 at the Town of Colonie Community Center, 1653 Central Ave., from 10 a.m. to 1 p.m. and Nov. 8 at the One-Stop Session at 91 Fiddlers Ln. in Latham from 10 a.m. to 1 p.m.

For food stamps, proof of residency, age and financial situation is necessary, as well as medical and utility costs.

For information, call 783-2824.

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and around the region will participate to feature parade Saturday, September 4. Fairgoers will get a taste of Food, Fun and Fitness! The Senior Centers of the Albany Area are holding a Food, Fun and Fitness Luncheon on Thursday, July 16, from 12:15 to 2 p.m. at the Leader Corning Center.

Sidney Kaplan

In other instances, SCORE volunteers refer prospective business people to government agencies who can help with funding arrangements and other business needs. Kaplan, who owned and operated New York Auto Radiator and Body Co., in Albany until 1982, said SCORE recently helped Ron and Nancy Tielking in Bethlehem get started.

Food, fun and fitness luncheon held

The Senior Centers of the Albany Area are holding a Food, Fun and Fitness Luncheon on Thursday, July 16, from 12:15 to 2 p.m. at the Leader Corning Center.

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"It's a great feeling. It makes you feel wonderful that this country's got a future," because of young people like the Tielkings who are willing to take risks to have a business of their own.

Kaplan said there are a number of local success stories of businesses who have taken advantage of SCORE counseling. Sometimes a minor problem can even be solved over the phone, he said. In other instances, the business person can arrange to meet with several SCORE experts at the Small Business Administration office in the post office building in Albany.

Kaplan said the number of requests from women in business represent about 40 to 45 percent of the contacts.

Business people who want advice should contact the SBA, Kaplan said. "That makes it official." The SBA then contacts the appropriate SCORE counselor. "The SBA picks up the best and most informed counselor in that field," he said.

Marvin Zepf, business development coordinator for the SBA, said there are about 65 SCORE volunteers. "They do good work and are quite active," he said.

The number of SCORE volunteers has tripled in the last 10 years, he said.

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Seniors groups offer a variety of activities

By Robert Webster Jr.

Seniors in the Town of Colonie have a variety of activities available to them this summer, as many local senior citizen clubs and service organizations gear up for the summer months ahead.

The Town of Colonie Senior Citizen Services Department, located at the old Goodrich School, 91 Fidlers Ln. in Latham, can help in the search for a club or group that offers activities for individual tastes. Under the direction of Jan Susan Medved, the department in addition to helping seniors find organizations to become a part of offers activities along with the Colonie Senior Service Centers Inc. which meets from 9:30 a.m. to 2:30 p.m. every Tuesday, Wednesday, Thursday and Friday.

The department is open every weekday from 8:30 a.m. to 4:30 p.m. for seniors and their families, and on the last Thursday of the month, blood pressure readings are taken between 1 and 2 p.m.

The department offers monthly sessions of "TLC for Caregivers," from 7:30 to 9 p.m., with a presentation on a specific topic of interest to caregivers in a support-group atmosphere.

For information from the Senior Services Department, call 783-2834.

The Hart Social Center Inc., 18 Wilson Ave. in Colonie, led by President Mary Coulter, meets Monday through Friday from 9 a.m. to 4 p.m.

The Hart Social Center offers a number of activities during the week, with something for every one. On Tuesday, the club has dancing at 9:30 a.m., painting from 10 a.m. to noon, arts and crafts at 12:30 p.m. and bowling at Sunset Lanes in Latham at 1 p.m. Bridge is the order of business on Wednesday at 1:30 p.m., and at 1 p.m. on Thursday is bingo. The second Thursday of every month is a special meeting and "everything day," when the club offers a number of activities such as playing cards, sewing, games, and other activities. The business meeting is at 1 p.m., preceded by blood pressure readings from 11:45 a.m. to 12:45 p.m.

For information, call Mary Coulter at 438-0059.

The St. Francis de Sales Senior Citizen Group Inc. 1 Marta Dr. in Colonie, under the leadership of President Lynes Gervais, meets daily from 9:30 a.m. to 4 p.m., as well as a monthly business meeting the first Monday of the month at noon.

The business meeting often features speakers of interest to the senior crowd, and of late have included representatives from recycling programs in Colonie and others. The daily meetings are informal get-togethers where members can play bingo, cards, and have some doughnuts and coffee.

For information, call Lynes Gervais at 459-4220.

The Village of Colonie has its own senior services center, the Herbert B. Ruhn Senior Citizens Center, at the rear of the village hall on 2 Thru Rd. in Colonie. The group meets Monday to Thursday from 10 a.m. to 3 p.m., and is led by Director Anne Joeachin and President Ida Parson. The center offers a number of organized classes on exercise, dance, crafts, Spanish cooking, and many other as well as informal activities such as the poker club, other card games and bingo. Outdoor activities such as bocci ball, shuffleboard and horseshoes are also available. A formal meeting is held the first Tuesday of the month at 10 a.m., often with guest speakers and reading.

For information, call Anne Joeachin at 869-7172 or Ida Parson at 869-7316.

Other clubs in the Colonie area that offer services to Colonie seniors include: The Rensselaerville Leisure Club, 1 North Elmhurst Ave. in Colonie, under the leadership of President David Gajda, has a regular business meeting the first Friday of the month at 1 p.m., and has a social meeting every Friday from 10 a.m. to 3 p.m. For information, call 783-1739.

The Lisha’s Kill Senior Citizens Club, 1533 Central Ave. in Colonie, has a business meeting on the second Saturday of the month at 10 a.m. and a monthly meeting every Wednesday from 10 a.m. to 1 p.m. For information, call the president Carl Larson, at 489-6635.

The Menands Senior Citizens Club, 21 North Lyon Ave. in Menands, meets the fourth Tuesday of the month at 7:30 p.m. In addition, they have the weekly use of the Bethany Presbyterian Church on Thursday for a crafts program. Call either Joann Crooks, club director, at 434-7470 or Louise Ruth Reiten, club president, at 271-8877, for information.

The Towers of Colonie Silver Streakers Inc., 420 Sand Creek Rd. in Colonie, meets daily from 10 a.m. to 4 p.m. offering various services, goods information and daily activities, and on the first Tuesday of the month for a business meeting. Call club President Julia Matusiak at 459-3186 for information.

Senior Services hours of operation

The Town of Colonie Senior Citizen Services Department, at the old Goodrich School, 91 Fidlers Ln. in Colonie, is open to seniors and their families every weekday from 8:30 a.m. to 4:30 p.m.

Extended hours are offered by appointment, on the first Wednesday of the month up to 7 p.m. Individuals can meet with a department representative on a walk-in basis at the Colonie Community Center, 1633 Central Ave. on the first Wednesday and the William K. Sanford Town Library, 629 Albany-Shaker Rd. on the third Monday of the month, from 10 a.m. to 1 p.m., except for August.

For information, call 783-2834.

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While the signs of gingivitis are usually reversible, a dental check-up should be scheduled as soon as possible. As periodontal disease progresses, the signs can become more noticeable. Any of the following signs necessitate an immediate visit to the dentist:

- Gums that have pulled way from the teeth.
- Pus between the teeth and gums when the gums are pressed.
- Persistent bad breath or bad taste.
- Permanent teeth that are loose or separating.
- Any change in the way your teeth fit together when you bite.
- Any changes in the fit of partial dentures.

Other signs of gingivitis may be red, swollen or tender gums. While gingivitis is usually reversible, a dental check-up should be scheduled as soon as possible.

Tooth decay is another problem common to mature adults. Because they are keeping more of their natural teeth, older adults are getting more cavities. According to one study, two out of three cavities in people over age 50 occur around the margins of old fillings. Because many adults grew up without the benefits of fluoride products and fluoridated water, they are more likely to have fillings.

Older adults are also more prone to root decay — a problem that occurs in more than 60 percent of adults over age 65. Tooth roots become exposed because of naturally occurring gum recession and gum disease. Since the root is softer and unprotected by the hard coat of enamel that protects the tooth crown, it is especially prone to decay.

Simple as it may seem, spending five minutes each day on oral hygiene can help prevent periodontal disease and tooth decay. Unfortunately, it is known that most Americans spend an average of one minute a day on the oral hygiene. Just a few extra minutes a day spend on brushing and flossing, combined with healthy eating habits and regular dental visits, will help the mouth stay healthy.

FOR PEOPLE 60 AND OLDER

Senior Scene/Colonia Spotlight • The Spotlight — July 25, 1990 — PAGE 13
Slim odds for lottery hopefuls

It's been an American dream ever since the first raffle was sponsored by a church. Now, lottery opponents are growing in numbers, some experts predict, from New Hampshire to New York, an estimated $15 billion worth of lottery tickets a year in 48 states.

To put this sort of lightning strikes in perspective, you're more likely to be hit by lightning, get to a hole-in-one on a round of golf, or crack up your car while driving to purchase your lottery tickets.

Thus, the best way to think of your participation in the lottery is as a contribution to your local government, schools, or charities, because your odds of winning big are small indeed.

Older adults may face problems at work after 65

Today's employment trends are troubling implications for older workers, and for the baby boom generation, according to a report called "Social Security: The Economic Marginalization of Older Workers," by the U.S. National Association of Working Women.

The problems older workers face today give us a glimpse of the problems the growing number of older workers will face tomorrow. Older workers are being used as "shock absorbers" for the changing economy.

What we have found is that older workers are bearing a disproportionate burden of the current restructuring and mergers. They are being pushed into early retirement, and into the growing pool of marginal workers. Older workers say that "The economic hardship suffered by this generation of older workers could be even worse for the baby boom generation, if current trends continue, especially in light of the fact that baby boomers are saving less than their parents."

The 9 to 5 report states that: "Many older workers, especially those over 65, prefer part-time jobs and phased retirement... The benefits, these jobs threaten their economic security."

Here are several projects that older and younger families may enjoy together:

- Make homemade magnets using glue and coloring. First, mix a little bit of glue with a bit of coloring. Next, place equal parts white glue, flour, and cornstarch. Form free-hand into flowers, vegetables, or anything else that comes to mind. While the shapes are damp, press a small magnet into the back. When dry, paint with bright colors.
- Create fabric-covered frames for photos. Start with picture mats (available in variety and craft stores). Glue padding to mat, then cover with fabric, gluing it into opening and around edges with craft glue. Edge with lace. For back, cover matching piece of cardboard with fabric. Glue to mat on three sides, allowing opening for insertion. Complete frame with ribbon or other trim, if desired.

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Seniors: Turn that trash into thousands in cash

Don’t trash grandpa’s smelly old pipe! It could be worth $100 or more.

Using old pipes are one of many valuable items overlooked when people clean house or settle an estate. Seniors lose a great deal of money when they throw away what is called “junk,” cautions collecting expert Tony Hyman. “I’ve found $300 in trash in trash cans more than once,” he says.

Many everyday items made between the 1930s and 1950s can be worth value today, according to Hyman, because they’ve become collectible.

Fishing tackle is a good example. Wooden and metal plugs that sold for less than a dollar in the 1930s can be worth hundreds of dollars today, and high quality old rods and reels can be sold for thousands.

“Don’t throw away your old or expensive items with no substantial value, according to Hyman.

Youthful appearance bolsters self-esteem

So, you’re not a kid anymore. You’ve reached the golden years, a time to sit back and reflect on the year’s events. Too late to chase dreams anymore?

Don’t you believe it! Today’s mature citizens are more active than at any other time in history. Americans in their fifties, sixties, and even beyond are hardly sitting back and letting the rest of the world go by. They’re changing career, raising kids, even starting up new businesses.

Women, in particular, have learned that growing older is nothing to fear. In fact, many mature women admit to feeling relieved when their children leave the nest. They claim they feel younger and more energetic than at any other time in their lives, ready to tackle new adventures. Perhaps they, too, can now achieve long-postponed goals at any age, however, is to prepare for the image of confidence and self-esteem. Fortunately, this is not difficult to achieve when you start by enhancing your appearance.

“While some of the effects of aging are inevitable, there are many ways in which you can maintain the illusion of a youthful appearance, beginning with a lovely complexion. Since your skin is the first thing that people see when they meet you, a lovely complexion is critical to the image you present,” he says. To keep your skin looking fresh and glowing at any age, here are some tips:

- Watch your diet! Be sure to eat plenty of yellow vegetables, fish, and other foods that contain vitamin A, which is essential for good skin tone.
- Stay active. Activity in strong winds, or sitting in the sun, since both activities cause the skin to dry out.
- Don’t use harsh soaps to wash your face.
- Always tone your skin after washing with a non-drying astringent such as witch hazel. Witch hazel is a natural botanical astringent that tones the skin without irritating it.
- Apply your favorite moisturizer while your skin is still damp from toning. This will help emollients penetrate deeper and more easily.

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Proctor's signs Rhythm Kings

Proctor's has added an evening of musical memories from the '20s, '30s, and '40s to its star-studded season by signing the internationally renowned Manhattan Rhythm Kings for June 29.

Known for a superb combination of close harmony vocals, virtuosic instrumental work, and spectacular tap dancing, the trio has worked its way from the streets of New York to the great halls of Moscow and Leningrad.

The dynamic threesome have collaborated with Broadway's talented Tommy Tune, performed with many of the top symphony orchestras, in symphonic pops concerts and have been seen on TV in numerous PBS specials, The Today Show, Entertainment Tonight, and The Pat Sajak Show.

Insurance advice offered to vacationers

Be certain you have the necessary insurance in place so your summer vacation fun is not spoiled by an accident or theft. That's the advice of the Professional Insurance Agents of New York State Inc. (PIANY).

Before leaving home for vacation, take simple precautions to avoid theft while you are gone. Stop delivery of newspapers and mail; ask a neighbor to park their car in your driveway from time to time; put lights on a timer to turn on at night or ask a neighbor to turn lights on occasionally. These steps will create a lived-in look to deter burglars. Also make sure all door and window locks are secure to make entry difficult for intruders.

PIANY also recommends that vacationers check with their professional insurance agents to be certain their home contents insurance is adequate and that their passenger's auto insurance is up to date. Be certain that your car is in good operating condition and that your passengers wear seat belts at all times. If your plans include renting a car, your insurance agent will be able to tell you what extent your auto policy provides you with coverage when driving in other countries. Boat owners should also check with their agents about insurance since boats require special coverage.

If you plan to travel by car, you should check with your agent to make sure your auto insurance is up to date. Be certain that the vehicle is in good operating condition and that your passengers' wear seat belts at all times. If your plans include renting a car, your insurance agent will be able to tell you what extent your auto policy provides you with coverage when driving in other countries. Boat owners should also check with their agents about insurance since boats require special coverage.

Should you suffer a loss, report the incident to the police and to your insurance agent as soon as possible. Follow up with your insurance agent by sending a written explanation of what happened and a list of missing or damaged items. Save receipts for any purchases or repairs linked to the incident, for possible reimbursement from your insurance company.

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**Limited death benefit during the first two years.
Mary Dearstyne

Mary M. Dearstyne, 70, of Feura Bush, died Tuesday, July 15. A native of Saratoga County, she was a member of St. John's Episcopal Church, Saratoga Springs.

She was a member of the American Legion Auxiliary Unit 1216, Women's Presbyterian Church, and the Feura Bush Volunteer Ambulance Service. She was a past president of the American Legion Auxiliary Unit 1216.

Survivors include a sister, Shirley M. Dearstyne of Feura Bush; a brother, Nicholas Romanowski of East Greenbush; and two daughters, Shirley M. Dearstyne of Feura Bush and Margaret Fahrenkopf, all of Albany.

Burial was in Calvary Cemetery in Delmar. Contributions may be made to the American Red Cross, Delmar, N.Y.

Walter Krzanowski Sr.

Walter A. Krzanowski Sr., 68, of Selkirk died Monday, July 14. A member of St. Peter's Church in Albany, he was a former member of the Calvary Cemetery in Delmar.

Survivors include his wife, Jeanine Krzanowski, a daughter, Michelle Murray, and a son, Walter A. Krzanowski Jr. of Delmar.

Burial was in Calvary Cemetery in Delmar. Contributions may be made to the American Cancer Society or the American Heart Association.

Daniel J. Furey

Daniel J. Furey, 68, of Montrose Drive in Delmar, died Wednesday, July 18 in St. Peter's Hospital after a brief illness.

Born in Danfallo, he moved to Delmar 35 years ago.

He was a labor relations manager for the New York Telephone Co., Albany, for 39 years. He retired in 1985.

Survivors include his wife, Florence Traum Furey; a son, John F. Furey of Delmar; and six daughters, Dr. Patricia Schillie of Alletown, Pa., Kathleen Collins of New York City, and Danielle VanDenburg of Delmar; two sisters, Marguerite Grady of Florida and Mary Jane Niles of Elsmere, Schenectady County; and a grandson.

Burial was in Calvary Cemetery, Delmar. Contributions may be made to Applebee Funeral Home in Albany.

Grants awarded to community groups

The Mohawk-Hudson Community Foundation has awarded grants to the following five local non-profit organizations: Albany Dislocation Program, Inc., $2,500 for a special assistance to aid in foster child care cases; Burnt Hills Lakehills Community Services, $2,000 for a drug and alcohol abuse prevention program; Capital District Community Grants, $1,500 for expansion of a garden plot in Tivoli; Joseph's House and Shelter, Inc., $1,000 to meet basic clothing and clothing requirements for homeless children living in the Troy shelter; and Sunny Side Center, $1,500 for a commercial dishwasher required for licensing of its KinderCare Program for impoverished children in Troy.

The Community Foundation serves Albany, Rensselaer and Saratoga Counties by supporting a broad range of human services and programs in the arts, culture, education, health and the environment.

Facility earns accreditation

The mammography facility at Women's Imaging Center has been accredited by the American College of Radiology.

The facility has met the necessary requirements, which include a peer review evaluation of the facility's staff qualifications, equipment, quality control and quality assurance programs, image quality and breast dose.

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Consumer board takes stand on postage hike

The Executive Director of the New York State Consumer Protection Board, speaking on behalf of the agency, said that the Postal Rate Commission's rejection of the Postal Service's request to raise the price of a first-class stamp from $2.25 to $3.50 next February, is a step in the right direction.

'The Postal Service's request was based on a need to raise revenue to meet its costs and to maintain service levels, but the Board is concerned about the impact of such increases on consumers,' said the Executive Director.

Realtors raise money for children's camp

The New York State Association of Realtors, Inc., raised over $200,000 for Camp Good Days and Special Times with a statewide rally. Since 1987, Realtors across New York State have donated over $200,000 to Camp Good Days.

Camp Good Days is a New York State organization that provides year-round programs and support services for children with cancer.

Camp Pinnacle offers Saturday dinners

Camp Pinnacle, located on Road 1 in Voorheesville, is offering a smorgasbord every Saturday evening throughout the summer, at 5:30 p.m. The cost is $8.

The public is also invited to bring a Bible study at the camp, held Monday through Friday at 9:30 a.m., and evening service Sunday through Friday at 7:30 a.m.

For information, call 872-0036.

Back to School Supplement

Advertise in the SPOTLIGHT NEWSPAPERS popular "Back to School" issue — Coming August 15th.

Ad Deadline — Wednesday, August 8

Call your ad rep now at 439-4940 for information and space reservation.

The Spotlight — July 25, 1988 — PAGE 17
Mr. and Mrs. John Boyd Thacher, III

Thacher, Montgomery wald

John Boyd Thacher III, son of Elizabeth J. Thacher and Kenneth R. Thacher of Delmar, and Dawnetta Montgomery, daughter of Amelia K. Stewart and Janet Bushnell, were married at Woodside Presbyterian Church in Troy. Rev. Leif Erickson conducted the service at Woodside Presbyterian Church in Troy. Ann W. Peck was maid of honor; Beci Land, Nancy Thacher and Janet Bushnell were bridesmaids. Mark Correy was best man. Richard Dulin, Thomas Thacher and William Butcher were ushers. The groom is a graduate of University of Arizona and a member of Phi Kappa Psi. The bride is a graduate of RPI.

Veterans get toll-free information number

The Department of Veterans Affairs has established a new toll-free information number for New York state veterans and others with questions about veterans’ benefits. The number is 1-800-VAY-A7054, and can be used throughout the state except in New York City, where the number will continue to be 1-212-600-6001. The groom is a graduate of Bucknell University, and the couple resides in Troy. After a cross-country wedding trip, the couple resides in Troy.
A Section Of Something for everyone yesterday (fuesday) and will run through -and there's something there for grounds at 162 Prospect -a rooster crowing contest.

By Debi Boucher

By Debi Boucher

For many, a horse track does not conjure up the image of a family day of fun and adventure. Many parents would cringe at the suggestion that they pack the kids and head off for an entire day at the track.

However, the Saratoga Race Track at Saratoga Springs need not be viewed as a potential spot for corruption of children. In fact, a day at the historically famous track could be one of the best family trips to take this summer, if you go prepared.

A more 45 minutes or so north on I-87 or Route 9, the Saratoga Race Track has numerous things to offer for the entire family.

Parking at the track usually consists of two choices. Either you can park along the streets, on N. Broadway Avenue, Union Avenue or others near the track, or you can go to the track lots for regular or VIP valet parking.

You could begin your day with breakfast at the track if you and your family can find it in you to get up early enough to make the 7 to 9:30 a.m. serving schedule. Breakfast is served every day, except for Tuesday, on the grandstand porch. During breakfast, you can watch the horses go through the routine of their morning workouts, without all the pre-nice excitement that occurs at post time.

The races don’t begin until 1:30 p.m., so the family has a great amount of time to spare following breakfast. The track offers a number of tours through the stables and to show the starting gates, so take advantage of this entertaining and informative tour. Workers will put on a starting gate demonstration as well as showing the types of equipment used on the horses for their races.

After the guided tours, you’ll still have plenty of time for sightseeing and to visit the T-shirt, painting, hot dog and souvenir stands scattered throughout the grounds.

In fact, a day at the historically famous track could be one of the best family trips to take this summer, if you go prepared.

If that isn’t your style, however, you can drive across the road to the National Museum of Racing and Hall of Fame, which is celebrating its 40th anniversary this year.

The museum is a separate entity, but a perfect complement to a day at the track as it presents American racing history, a history in which Saratoga has played a major role.

To celebrate its 40th anniversary, the museum is holding a special benefit event on Aug. 2 with “A Breakfast of Champions” from 7:30 to 9:30 a.m. Thirty-nine Hall of Fame greats will be on hand, including Eddie Arcaro and Johnny Longden. Tickets are $15 for the breakfast and a commemorative class, and they are available at the museum. The museum’s regular hours of operation are 10 a.m. to 4:30 p.m., Monday through Thursday, and noon to 4:30 p.m. on Saturday. For information, call 584-4040.

The rail Pavilion is located at the finish line of the Saratoga Race Track. It is a park setting with a picnic area for a group of up to 1,200 people. There are restrooms, a playground, and a game area. The pavilion has a bandstand and a stage for outdoor concerts and events.

Saratoga Springs is a charming city located in the heart of the Adirondack Mountains. The city is known for its beautiful architecture, historic mansions, and picturesque landscapes. It is a popular destination for tourists and vacationers.

The city offers a variety of attractions and activities year-round. Visitors can enjoy hiking, biking, fishing, and other outdoor activities in the Adirondacks. Saratoga Springs is also home to a number of spas and wellness centers, making it a great place for a relaxing vacation.

In addition to its natural beauty, Saratoga Springs has a rich history and cultural heritage. The city is home to a number of museums, art galleries, and performing arts venues. Visitors can enjoy concerts, plays, and other cultural events throughout the year.

Saratoga Springs is a great destination for families, couples, and solo travelers alike. The city offers a unique combination of natural beauty, historic charm, and cultural experiences that make it a truly special place to visit.
Poets

(from page 19)

Using open mic readings at QE2, also had a band in the recently-completed "Sixes and Sundays" series held at the brilliance of nature on Central Avenue in Albany. That program, cosponsored by the Social Justice Center and the Valentine's Day Guild, enjoyed audiences of about 30 people at each afternoon, Nattell said.

This year's first Washington Park reading featured Bubba Bregers, Brian Hall and Jodi Marano, who, like all the performers in the series, read in the Great Basin District. Anssi heads up the recently-formed African American Writers Collective, and, like many of the poets in the series, writes predominantly on social issues.

"Poets in the Park" represents a "cross-cultural cross-section of the Albany cultural scene," according to Nattell. The poets involved, he said, are "tuned into topical issues," a facet that tends to make their work "not so much political, but a reflection of what's going on in our society."

The readings are held at the Robert Burns statue. Starting time is 7:30, with each poet reading for about 20 minutes. This Saturday, July 28, Diane Lunde, Franklin Whitney and Ellen Disz will read from their works. Lunde's readings, Nat­ tell said, tend to be ritual-oriented, and often include chants. Whitney's readings are colored by an "incredibly good sense of humor," while Biss "works dance into her performance, so expect some movement."

The third and last session, on Aug. 4, will be "the most dynamic," Nattell predicted, since it will feature five different poets including Paul Weisman, Mary Ann Murray, Judith Johnson and Nattell himself.

Most of the grant money is used to pay the poets for their performances, Nattell said, with the balance being used for printing and postage. For this series, notices were sent to some 400 poets and writers.

While last summer's series featured an open mic at the end of each session, Nattell said that tradition would not be carried out this year. He noted that at one of last year's readings, the open mic portion turned into a reading run into Wash­ington Park's 11 a.m. curfew.

However, Nattell noted, there is an open mic night for poets on Monday, July 30 at QE2, "so that should fit right in."

Hunter Mountain Festival features country music

The Hunter Mountain Summer Festi­val season is continuing July 26 through July 29 when some of the top country music stars will perform for Part One of the Hunter Mountain Country Music Festival.

The Forester Sisters, Hank Thompson, the Oak Ridge Boys, Doug Kershaw and Ricky Van Shelton, among others, will perform for Part One of the three-day festival.

Weekly Crossword

"COLE PORTER TUNE" by Garry Frey

A C R O S S

1. Start of Cole Porter's tune
2. River in the Baltic
3. State of unincorporated territory
4. Parts of a train
5. Pairs of shoes
6. Bal drake
7. Piano player
8. Panorama capital
9. Panama
10. Rolling stones
11. Chicago landmark
12. Anti-snowflake
13. Native American treaty month
14. Mail order
15. Info.
16. Dime store
17. Caesars Palace
18. Local boy
19. Newspaper ad
20. Hat color
21. Songsmen, eg
22. July
23. IQ test
24. Lexicon
25. Swiss watch
26. Cole Porter's tune
27. Ragtime
28. Drag investigator
29. Peru ("TREM"
30. Software
31. Cole Porter's tune continued
32. Bony, eg. os.
33. TV show
34. "I love you..."
35. Turn sharply
36. "Call me Burt" and Elizabeth Taylor
37. Sits
38. "(L.A.)/theme"
39. States
40. 1890s
41. Melting ("DOO"
42. "Let's face the music and dance"
43. "I love you..."
44. Consumer advocate
45. "I could have danced with you"
46. "I could have danced with you"
47. "I could have danced with you"
48. "I could have danced with you"
49. "I could have danced with you"
50. "I could have danced with you"

D O W N

1. "I love you..."
2. "I love you..."
3. "I love you..."
4. "I love you..."
5. "I love you..."
6. "I love you..."
7. "I love you..."
8. "I love you..."
9. "I love you..."
10. "I love you..."
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16. "I love you..."
17. "I love you..."
18. "I love you..."
19. "I love you..."
20. "I love you..."

Answers: June 25, 1990 - PAGE 21

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Smoky the Bear

comes to Heritage Park

What do you get when you combine one of America's most recognizable symbols with the natural preserve?

Answer: Smokey the Bear at the Albany-Colony Yankees baseball game.

Today, July 25, Smokey and his friends from the New York State Forest Rangers will be at Heritage Park in Colonie to hand out free pennants to the first 1,000 children age 14 or under. The Albany-Colony Yankees (1981) Tigers, managed by former New York Yankee star Chris Chambliss, will play.

The red, white and blue pennants feature the logos of the Albany-Colony Yankees, Smokey the Bear and the New York State Forest Rangers. The gates of the ball field open at 11:30 a.m. with game time at 1:05 p.m.

Spotlight

Teen Night

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Museum exhibit features _undersea creatures_

From Aug. 4 to Jan. 6, the New York State Museum in Albany will present an exhibit, "Giants of the Deep: Ancient Undersea Creatures.

One of the largest undersea creatures on exhibit will be the classroom-size, 350-pound reptile that became extinct 65 million years ago.

Hands-on activities include Ocean Medley, Ocean Locomotion and Crustacean Creations in which children can examine shrimp jaws, moon snail fossils, fish skeletons and make their own sea creatures.

The museum is open daily from 10 a.m. to 5 p.m. and to 7 p.m. on July 16 through Aug. 15. The Deep is $4 for adults and $2.50 for children ages 12 and under. For information, call 474-5877.

Fund-raisers can use Troy Music Hall

For the third consecutive year, Troy Savings Bank Music Hall will be available free of charge for fundraising events for non-profit organizations.

Among the organizations using the hall in the past were the Capital District Chapter, American Lung Association; Lansing- lohman Library, the Junior Museum of Rensselaer County, and the Salvation Army.

The hall will be available for a maximum of 10 fund-raising performances during the 1999-2000 season, from September 1, 2000, to August 31, 2001.

Sponsors of the performances need not be non-profit organizations, but all funds must go to established, well-recognized charities.

Troy Savings Bank, which leases and manages the hall, provides management and box-office services for the fundraisers.

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Good fuel economy makes sense for the environment as well as your purse. Stop idling your engine excessively—it wastes gas. If waiting for a train, for example, turn off the ignition. Starting the car again uses less gas than idling for 30 seconds or more. Accelerate smoothly and stop gradually. Check tires every two weeks to make sure they're inflated properly. Underinflated tires cause drag which wastes gas.

Good fuel economy makes sense for the environment as well as your purse. Stop idling your engine excessively—it wastes gas. If waiting for a train, for example, turn off the ignition. Starting the car again uses less gas than idling for 30 seconds or more. Accelerate smoothly and stop gradually. Check tires every two weeks to make sure they're inflated properly. Underinflated tires cause drag which wastes gas.

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PAGE 32 — July 25, 1990 — The Spotlight