Businessmen shoot holes in homestead act

By Susan Graves

Several Bethlehem business owners say the county board’s enactment of a homestead provision has defeated the purpose of property revaluation.

“I was under the impression we were going to get rid of loopholes,” said Roger Smith of Roger Smith Decorative Products on Delaware Avenue in Delmar.

For Smith, it’s not so much the extra dollars he will have to pay that bother him. “It’s not dollars and cents, it’s the principle of the thing,” he said.

Last week, the board approved a local law enacting a homestead provision, which would allow the town to establish a dual tax rate. Under the provision, residential taxpayers would see a slight reduction in taxes, with commercial and agricultural taxpayers picking up the difference. Homeowners with a property valued at $100,000, for example, would see a reduction of about $40 dollars a year on their tax bill.

“If they (the town board) made the decision too quickly. They jumped a little too fast,” before all the facts were in on homestead, Smith said.

“The ramifications of the move, Smith feels, will not only be hard on business but hard on the overall character of the town, since the homestead provision applies to farmers and owners of vacant land. “If I were a landowner, what would I have but to sell to a developer,” he said.

“They basically just told the landowner: sell it to a developer. That’s why I’m not sure the three (board members) that did their thing really thought this thing out.”

Charles Gunner, Sheila Fuller and M. Sheila Galvin made up the majority that voted to approve the provision, while Supervisor Ken Ringle and Frederick Webster voted against it.

“Irresponsible,” is the way Robert Verstandig characterizes the town’s action. “It’s not the solution. It shouldn’t have become a question by the town board,” he said.

Verstandig, owner of Verstandig’s Florist on Delaware Avenue, said he thinks homestead is inequitable and that ultimately consumers will feel its effect in higher prices at businesses. “First of all in real dollars, it will come from business passing it on to consumers,” which in turn can hinder businesses who might realize fewer sales, he said.

Verstandig, like Smith, believes the homestead provision defeats the purpose of reval. “Business represents the least number of property owners. (With homestead), the minority carries the burden for the majority.”

Wayne Johnson, who operates Johnson Stationers on Delaware Avenue, is also unhappy with homestead. “Needless to say, the move of the homestead provision is preposterous. It’s a wanton disregard for the town’s reputation.”

Local law offers town control of waste

By Susan Wheeler

A proposed law on waste disposal facilities developed by Bethlehem’s Solid Waste Task Force is the first step in gaining town control of refuse disposal within its borders, according to Commissioner of Public Works Bruce Secor, the task force’s chairman.

“Every solid waste management facility must come before the town board. This gives the town local control,” Secor said.

The local law outlines minimum criteria for siting, design, construction and operation of facilities.

“The standards become more restrictive as the use of the facility becomes more complicated,” Secor said.

The law is set to come before the town board tonight at 7:30 p.m. in town hall.

Because state standards for permitting solid waste management facilities are drawn on a state-wide basis and are not tailored to Bethlehem, the task force drafted the local law, Secor said. “Now our local standards would exceed state standards,” he said.

If applicable state or federal laws are more restrictive than the town’s, the more restrictive law will apply, according to the proposed law, which is titled “Permitting of Solid Waste Management Facilities.”

The proposed law, drafted by Assistant Town Attorney Michael Smith, does not set limits on specific chemicals, compounds or pollutants, according to Secor. Both the consulting firm retained to provide technical support while drafting the law and Dr. Edwin Holstein of Environmental Health Associates of Cambridge, Mass., a special consultant on the project, said it was not advisable to include specific compounds.

Consensus:
DARE needed

By Susan Wheeler

Drug Abuse Resistance Education will make its way into Bethlehem Central High School next year, and everyone from students to community members agrees it’s needed.

DARE will be incorporated into a first-year health course, said Principal Jon Hunter. DARE officers from the Bethlehem Police Department will train for the program along with the district’s high school health class teachers.

“I think this is one of the most successful programs out of the water is that first of all in drug use.”

It became almost a joke that Bethlehem was tops in education and drug use.

Jennifer Matuszek

The program, given on 10 consecutive days, aims to teach students not only how to say “no” to drugs, but also how to make the best personal choices.

“You need to educate students so they can make meaning out of the facts,” Hunter said, “so they can become informed decision makers and good decision makers, DARE is an important addition to our already good curriculum dealing with drug and substance abuse education.”

Life-management skills, refusal or resistance skills and education are important components of the program, according to Bethlehem Networks Project Acting Coordinator Mona Premo. “I don’t think you can do enough,” she said. “A lot of people think they can do enough.”

Kaplan’s star rising in West

By Michael Kagan

One of Bethlehem’s rising stars is shining brighter than ever this week. Anita Kaplan, probably the most successful basketball player to come out of BCHS, earned a national title Sunday in Los Angeles when her Stanford Cardinal basketball team became the NCAA Division I women’s champions.

Kaplan, a 6-foot-5-inch freshman at Stanford and a 1991 graduate of BCHS, scored two points in the Cardinal’s 65-60 semifinal victory over the University of Virginia.

“It’s very exciting,” said Kaplan, speaking by telephone from the university campus. “It was like, ‘Oh my god, all our work has finally paid off.’ After six months, we finally did it.”

Her father, Allen Kaplan, was having trouble comprehending the scope of his daughter’s achievement.

“I guess it’s exciting,” he said. “You look at the TV every year and you see the boys and girls who win championships, and you think, ‘That will never be my child.’”

He said watching the semifinal and final games from the stands was a gut-wrenching experience for him. “We were more nervous than the girls were. I think all the parents are more nervous than either the coaches or the players.”

“When you win two games like that, it’s always fun. I think this is one of the best seasons in BCHS history.”
7 vying for BC board seats
19-year-old throws hat in ring

By Michael DeMasi

In what Bethlehem Central Superintendent Leslie Loomis described as the biggest turnout ever in his five-year term, seven district residents have filed petitions to run for seats on the school board.

The seven candidates will be vying for three positions opening on the board — the expired terms of Bernard E. Harvith, George D. Sussman and Dennis J. Stevens. Two of the seats carry three-year terms and the third, currently occupied by Stevens, represents the unexpired term of Sheila Fuller and has one year remaining.

Stevens was chosen by the board in August 1991 to serve the remainder of Fuller’s term after Fuller resigned to join the Bethlehem Town Board. Harvith and Stevens both filed petitions to run for new terms with the board. Sussman announced last month he would not be running for another term.

The other candidates are:
• Daniel Blendell, 40, of Delmar. Blendell, a principal account clerk with the New York State Banking Department, has lived in the area two-and-a-half years. Blendell has three children, one of whom attends Elemere Elementary. He said his family is going to be living in the area “for a while” and that he felt compelled to become involved with the school board. “I felt it was maybe time to get some new ideas in there,” he said. “There’s too much agreement with the board.”
• Joe Cardamone, 43, of Slingerlands. Cardamone is a self-employed attorney who has been a local resident since 1983. He said he moved here because of the reputation of the district and wants to help maintain the quality of the schools. He has four children, three of whom attend Slingerlands Elementary.
• “This year in particular the budget crisis and property tax issue really highlighted the problem of the school district,” he said. “I came to grips with the idea that I could do something about it.”
• Matthew “Jim” Kelly, 38, of Delmar. Kelly is a lawyer who has lived in the district for eight years. His four children are currently attending BCHS. Kelly said he is concerned about relying on state aid for school funding and also about the effects of resexcuss on the district.
• “I’m sure some people have initial misgivings, but as a former student I have some perspective from the inside.”
• Matthew “Jim” Kelly, 38, of Delmar. Kelly is a lawyer who has lived in the district for eight years. His four children are currently attending BCHS. Kelly said he is concerned about relying on state aid for school funding and also about the effects of resexcuss on the district.
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Happy Scherer, 42, of Delmar. Scherer is a community services specialist with the New York State Office of Mental Health and has lived in the area for 12 years. She is president of the Bethlehem Music Association and has three children, two of whom are in the BC schools.
• “I’m really interested in being an advocate for quality education in the district,” she said. “The challenge is how to ensure quality programs and keep expenditures where they are or use less.”
• Jason Wilkie, 19, of Delmar. Wilkie is a freshman at the University at Albany studying philosophy and English. He graduated from BCHS in June 1991. Wilkie said he wants to form student-teacher committees that would decide on funding for extra-curricular activities and wants “non-moralistic” sex education in the district.
• “I felt I’d be a different voice,” said Wilkie. “I’m sure some people have initial misgivings, but as a former student I have some perspective from the inside.”

A “Meet the Candidates” night is scheduled for April 28 from 7:30 p.m. to 9:30 p.m. in the BCHS auditorium. The forum is hosted by the PTA President’s Council and will include an open discussion and question/answer period with the candidates.

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BC district taxes to jump 6 percent

By Michael DeMasi

A $31.7 million spending plan adopted last week by the Bethlehem Central School District Board of Education will increase school taxes next year by approximately 6 percent.

Board members voted unanimously to adopt the 1992-93 $31,664,092 budget, which is a 6 percent, or $1.8 million jump, over the current budget, which also increased taxes by 6 percent.

"I think it's reasonable," said President Pamela Williams of the rise in taxes, "given the increase in student population and inflation."

The district projects 154 more students will attend schools next fall. In response to that increase, the district will increase school taxes by 6 percent.

"The budget represents the minimum that's necessary," said board member Bernard Harvith. "There couldn't have been less of a tax increase without a significant impact on programs."

Several expenditures fell victim to the budget ax, including the elimination of the guidance supervisor position, a 60 percent reduction for the purchase of equipment, a 33 percent decrease for funding of the "Arts-in-Residence" program and a 15 percent cut in support for school libraries.

"Everybody's going to have to bear some of the pain," said Williams.

"For the (tax) increase to be lower we would have had to cut even further," she added. "That would have been penny-wise and pound-foolish."

Board seat, anyone??

What if they held an election and nobody ran?

That problem may be facing the Voorheesville school district this spring. With current school board member Judith Shearer stepping down after this term, no one has yet officially entered the race for her seat.

Getting their kicks

Mike Friello, owner and head instructor at Hudson Valley Taekwondo Fitness Center, watches his students, Joshua Morro, left, and Jonathan Porco, practice for an upcoming tournament, set for Saturday, April 11, at a tournament sponsored by Friello, will benefit the town's Drug Abuse Resistance Education program.

By Eric Bryant

Smoking in the Boys Room may be a rock 'n' roll chestnut, but at Clayton A. Boston Junior-Senior High School, it's a real problem.

Members of the high school student council presented a strongly worded letter to the board of education Monday night outlining the severity of the in-school smoking problem. The board in turn authorized the administration and student council to step up enforcement of the district's "no smoking" rule. District Superintendent Alan McCartney said penalties may be as strict as a five-day suspension for possession of cigarettes on school grounds.

According to student council secretary Noelle Crisafulli, the problem has gotten out of hand.

"At this point, smoking in the lavatories is not only annoying, it's illegal," the letter said.

Several board members said they were concerned about the issue of privacy if the doors are removed. Looking through an open door at one of the school's bathrooms, a row of sinks is in plain view. All toilet stalls have doors that are not utilized in determining the tax rate.

Board members said they've been confronted with this problem in the past, but never as a formal request from the student council. Steven Schreiber, a nine-year veteran of the school board, said this is the fourth time the issue has come up during his tenure.

"Every other time we've just kind of sat here and wrung our hands. I'd support the steps that have been recommended here on a trial basis," he said.

In other business:

- A short-term solution was found for the elementary school traffic problem. Board members voted to ban private traffic in the school circle from 8 to 9 a.m. and 3 to 4 p.m.

- The board approved a final budget proposal for the 1992-93 school year. The $10,871,702 plan represents a 4.6 percent increase over the current budget. Taxpayers will see a 5.3 percent increase in their tax levy.
Task force recommends waste disposal options

The following report was compiled by the town of Bethlehem Solid Waste Task Force, and sent to the town board on March 31, 1992.

In the fall of 1991, the Solid Waste Task Force issued a broad RFP looking for long-term solid waste management solutions for the Town. This was an attempt to gather more concrete information about the cost, feasibility, and social acceptability of various options and also to begin to develop final recommendations to the Town Board.

Nine responses were received in December 1991. Those with specific options and facilities have been analyzed using a chart which includes eight categories of comparison. We also analyzed two additional options which do not require action from an outside vendor.

All analyses and recommendations from the Task Force are based on several assumptions. First, the need to protect human health and safety and the integrity of our environment is of the highest importance. We recognize that all solid-waste disposal practices cause some pollution. The proposed local law for permitting solid-waste management facilities is planned to complement state and federal regulations and minimize negative impacts.

Second, the Task Force intends that all current waste-reduction and recycling programs be continued. These programs are required by state law and have been well received by the community. In addition, the Task Force supports expansion of our recycling plans wherever possible. As more markets, MRPs, and brokers become established, additional materials and products will be able to be diverted from the waste stream.

Third, the Task Force recognizes that there are gray areas in the field of solid-waste management. It has not been possible for us to make direct comparison of technologies because of a lack of comparable data. Direct quantitative comparisons of the potential pollutants from an incinerator versus potential pollution from either mixed-waste composting or landfilling are not available.

Fourth, economic factors are a very real and driving force in solid waste disposal. Because the Town does not control solid waste pickup, the flow of waste will generally follow the path of the lowest tipping fee. Any plan may need to optimize health and environmental impacts, but must also be done at a competitive cost.

With these factors in mind and after the investigation of many different technologies and options, it is the finding of the Solid Waste Task Force that no single technology will solve the solid waste problem. An integrated system of reduction, reuse, recycling, and some combination of composting, waste-to-energy, and landfilling will be required to meet the needs of the Town of Bethlehem and the region.

Based on research, field trips, expert presentations, and four years of study, three options are recommended, all of which must be viewed in detail for their health and environmental impacts. It is also expected that any final plan must meet the requirements of any proposed local law regulating solid-waste facilities, as well as state and federal regulations. The three options are as follows:

- **Option “New Town Landfill”**: That Bethlehem re-initiate direct talks with neighboring communities including Guildertown, New Scotland, and Coeymans because the proposed local law for permitting solid-waste management facilities is planned to complement state and federal regulations and minimize negative impacts.

- **Option “New Technology”**: To develop a new land disposal system that can handle a variety of waste streams, identifies economic considerations, Start-up costs include a new sanitary landfill ($4 to $8 million); added facilities for convenience station, recycling, and household hazardous waste collection ($0.1 to $0.2 million); and new yard waste composting facilities ($0.5 to $0.6 million). The final combination of these facilities and services must be economically competitive so that they do not become an undue burden on the Town taxpayers.

We realize discussions were held before with some communities and did not result in a specific plan; however, this option should continue to be explored.

- **Option EAC; This option is a proposal from Energy Answers Corporation (EAC) who is the operator of the ANSWERS facility on Rapp Road in Albany. Their proposal includes continued use of the ANSWERS facility along with a proposed Cabbage Island Waste-to-Energy Plant, and Bank Road Recycling, C&D Recycling/Disposal, and Composting Facilities. This proposal complements the ANSWERS integrated plan for waste reduction, reuse, recycling, composting, waste-to-energy, and landfilling. It combines the advantages of continued use of facilities already paid for by the taxpayers (i.e., the Rapp Road Shredding Facility and Albany Landfill with proposed new facilities to be sited in Bethlehem. The EAC plan does not project the need to site a new regional Sanitary Landfill — ash would be processed for materials recovery and reuse or be disposed of in the Albany landfill or other approved facility.

The EAC proposal presents a comprehensive approach to all of the waste streams, identifies specific sites and facilities, allows direct local control of waste disposal, and provides host community economic benefits.

While the Task Force supports the EAC proposal, it is our consensus that if a regional Waste-to-Energy facility is sited in Bethlehem, we should also consider siting a regional C&D Landfill. The proposed Bank Road Regional C&D Landfill should be removed from further consideration. The Bank Road C&D recycling component could remain in the proposal.

It is not the intention of the Task Force to suggest that Bethlehem site a waste-to-energy plant in addition to the proposed plant in Green Island. Rather, we view the EAC proposal as a competing plan which may have a superior technology and is worthy of full review. If this option is considered, the New York State Department of Environmental Conservations would be in a position to compare these competing proposals and select the plant that best serves the needs of the communities.

The Task Force realizes that it may require a Town referendum to fund only residents will support construction of a Waste-to-Energy facility on Cabbage Island. If a referendum is needed to make this decision, it should be scheduled as soon as possible.

Alternative Option “Haul Waste Out of Town”**: This option is currently under consideration. Residents will support construction of a Waste-to-Energy facility on Cabbage Island, and the cost of the new facility will be funded by residents. The residents will support construction of a Waste-to-Energy facility on Cabbage Island, and the cost of the new facility will be funded by residents.

A number of responses suggested transfer stations to haul wastes out of Town. The location and type of final disposal must be determined along with costs and long-term reliability. Contracting with such a service is also complicated by the fact that Bethlehem does not have direct control over waste collection or...

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**PAGE 4 — April 8, 1992**

**THE SPOTLIGHT**
Eighty-four residents showed up to the Village's monthly meeting on the second Wednesday. The matter was eventually tabled but not before several members of the audience, including Village of Voorheesville trustee Dan Reh, spoke up against the move. Shufelt said Sunday that he has made a copy of the encumbrance report available for viewing except January and February when the town's books had to remain open for invoices from the previous year. The supervisor said he will recommend leaving the meetings on the first Wednesday and creating a late afternoon session during the second week in which board members can get together for the sole purpose of paying the bills.

Bank rejects offer for acquisition

National Savings Bank of Albany has announced that its board of directors voted unanimously to reject an unsolicited acquisition offer from TrustCo Bank Corp NY of Schenectady.

Historian covets photos for chronicle

By Susan Graves

Bethlehem Town Historian Joe Allgaier is hoping to snap up as many old photos as possible to include in the bicentennial history of the town.

The historic publication, in its final stages, will soon be ready to go to press, and Allgaier, associate editor, wants to get his hands on as many photos as he can. Allgaier said he is looking for previously unpublished prints that will help to tell Bethlehem's 200-year-old story.

"A lot of pictures we've seen have already been published, we're looking for something new," he said.

"What we're looking for are photos that people may have in the attic," he said. In particular, he's looking for anything that adds to the historic story of the town.

"God knows what's out there," he said, "we'll take anything that adds to the historic story of the town."
**H-hour for the Republicans**

Seven months from today, the unparalleled leadership for improved governmentality which Mr. Hoblock offers Albany's residents will be a thing of the past, for better or worse.

As this week's "Point of View" column on the Page Opposite effectively reminds us, County Executive Michael Hoblock has been on the job for just 100 fast-moving days. He has tackled a variety of big issues, most of them tracing back to the anything-goes days of his unlaurelled predecessor. Underneath them all is the urgent need to revise the county charter so that the Executive can actually manage rather than shadow-box.

Seeing this as a popular cause as well as a practical necessity, Mr. Hoblock has called for a referendum on charter reform in the Nov. 3 general election. Apparently, he and his supporters have been stymied on the timing; the Democrats insist that with traditional election-year timing, the Republicans must find and nominate - and support - first-rate, electable candidates in all districts. A legislative majority, once unthinkable, seems within its grasp.

Where is the Republicans' leadership at this decisive stage? It is invisible, inaudible, incoherent, indifferent, It's "in," all right. Where it needs to be — prudently — is out. We believe that Republican rank-and-file voters should now assist their party's leaders at the town level, in insisting on changes that can produce an aggressive, winning campaign. Fall is coming, and county Republicans residents to endless, disastrous government-by-whim.

These next seven months can produce great results for Albany County and its residents — but only if timely, decisive action creates a winning ticket.

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**Surprising the schools**

The kinder and gentler State Legislature has brought in a number of surprises for some school districts. The finalized budget, reversing the recommendations of Governor Cuomo by about $275 million, makes possible moderate increases for a variety of districts and modifies potential decreases in others.

One of the increases, certainly a welcome one, was allocated to Bethlehem Central School District, which under the approved budget will have $237,000 more than what had been expected in the district's forecast.

In adopting its own income and outgo forecasts for 1992-93, the school board projected a tax rate that assumed a $200,000 decrease in state aid. Now that the reduction has been rescinded, the district's need for revenue from property taxes must be revised accordingly, and the tax rate along with it. To maintain the previous tax projection and yet to accept the new windfall would not be proper.

We are confident that the board will be quick to act and bring down the tax rate.

The same principle holds true for other districts where the Legislature's bounty is less than what had been expected. In Ravena-Coeymans-Selkirk, for example, the State aid turns out to be $184,298 more for the next school year. (Voorheesville, on the other hand, takes another hit — down $78,372. Someone upthere in Albany doesn't like that district.)
THE SPOTLIGHT

April 8, 1992 — PAGE 7

Your Opinion Matters

Tracking the new ‘national game’

Traveling around the U.S. by air (covering a distance at the rate of 100,000 miles a year), I used to be frequently struck by one scene that appeared over and over in every airport. It was like a kaleidoscopic view of whatever section of the country.

That repeated scene was a greenfield featuring a square corner — or a narrow, flat-topped diamond. From an airliner’s window, this seemed to me to represent the most easily distinguishing view of each community, small or large.

“The national game” clearly was at home throughout the nation. Sometime the game could be caught in progress, but more often the view was simply of this levelled field, a touch of green dedicated to the pursuit of skill and fun and dreams.

I assume that those diamonds probably still exist out there. My opportunity to observe them is now strictly limited.

But what I see right around my own home base persuades me that the game of baseball has been supplanted as the national game.

In a Sunday afternoon scene over a six-month period, you’ll find so many miles flipped before a TV screen that you have to be convinced that football has become the national game. For the most part football is a spectator sport, to be watched and bet on.

It’s readily countable because they are in front yards. (Imagine that there are some in back yards, as well.) Some are mounted above garage doors, but at least as many are mounted atop a pair of poles that make a strange architectural statement among the rosebushes and yew hedges.

The aspects that strike me about this development include the ubiquity of this apparatus. (Incidentally, only rarely do I happen to see it actually in use.) Boys by the hundreds in this

Basketball’s visibility supports the idea it’s the No.1 sport

remote as the slopes of the Winter Olympics, which also seems to have temporarily entertained a bunch of viewers.

Uncle Dudley

No, the national game is basketball. Apart from the evidence in TV programming and newspapers’ sports sections, I base my opinion on the circuit road right outside my own front door. It’s as prevalent — more so, in fact — as baseball diamonds have been in days gone by.

When I drive a mile or so down a few residential streets, en route from home to the local business area, I can easily count a couple of dozen basketball courts.

They’re readily countable, because they are in front yards. (I imagine that there are some in back yards, as well.) Some are mounted above garage doors, but at least as many are mounted atop a pair of poles that make a strange architectural statement among the rosebushes and yew hedges.

The aspects that strike me about this development include the ubiquity of this apparatus. (Incidentally, only rarely do I happen to see it actually in use.) Boys by the hundreds in this

Hoblock’s ‘100 days’

County deficit imperils its future viable status

Differences of philosophy and structure separate Executive and Legislature

The contributor of this Point of View is the Albany County Executive. A lawyer, he was elected as a Republican in November and took office on Jan. 1 — 100 days ago.

By Michael J. Hoblock, Jr.

“One hundred days” has become a traditional time to take the measure of public servants. It’s the first time for the new Albany County Executive to be judged by the people he represents. It’s also time for the Executive to make his case to the people by telling them what he has done and what lies ahead.

I have completed 100 days on the job with a mixture of optimism and frustration. Optimism because I know I’ve made an impact, and frustration because I know that so much more needs to be done. As the 100 days end I and the County Legislature are at an impasse because we support dramatically opposed structures and philosophy as I shall explain.

The $17 million problem

It has been said that I remind people that I inherited problems. I do remind them, because some people still don’t want to believe there is anything wrong with this county — certainly not their county — and philosophy, both of which must be addressed if the county is to remain a viable municipal corporation.

Millions lost at airport

Many other areas — aside from, and related to the deficit — are real or potential problems. Airport development is a case in fact. Here is a project of major importance that drifted along for three years with millions of dollars spent. As an example, a former consultant at the airport spent millions with little or no oversight. When county officials were asked who is minding the mint? fingers pointed in all directions.

Now, when we are truly entering the development stage at the airport, some in the County Legislature are determined to let the county budget decide the airport. To get an $8 million one-shot revenue into the budget, many legislators are willing to rush the preliminary planning stages of the project so that we can sell a piece of county land to the airport.

My intentions with regard to the airport are clear: we must remember that the end goal is a safe and modern airport that serves as a gateway to the Capital District. The previous County Executive and many legislators have looked at the airport as a liquid asset to be sold whole or piecemeal just to balance the budget for another year. This is a shortsighted philosophy that endangers this project.

'Managed Care' in Medicaid

Another major undertaking in the county is the move to 'managed care' in Medicaid. Managed care has been mandated by the State, but it appears to be a mandate that has the capacity to be the first significant reform in Medicaid. Managed care offers two promises — better medical care and stabilized costs.

In Albany County I have called on the Department of Social Services to work with the Health and Mental Hygiene Departments to offer coordinated preventative health services. With Medicaid costing at a rate of $100 million a year and more managed-care contracts offer price stability in the short term. In the long term, I believe it will lead to lower costs because the preventative care it offers will keep people healthy.

Managed care can be instituted ahead of the schedule put in place by the State, giving the county a quality service that is...
Matters of Opinion

100 Days (from page 7)

more efficient than the service it replaces.

9-1-1 on target date

We are instituting an Enhanced 9-1-1 service in the county. The E-911 planning process was begun before I took office and it moved forward before and after that time because a number of dedicated people in this county kept working. Professionals and volunteers are working together to create an addressing and dispatching system that will allow police, fire, and emergency services to better respond to calls for assistance.

My office picked up the process and we are working toward having this vital service on line, as scheduled, in the Fall of 1993.

The county is working to reestablish an economic development presence. A bipartisan effort is under way to rebuild the county Industrial Development Agency and restore the AITech revolving loan fund.

Volunteers important

I am very appreciative of the assistance my office is being given by members of the community — particularly businessmen and women who have offered their services as volunteers on advisory groups to look at the ice rink and the Knickerbocker Arena. I have, in fact, been overwhelmed by the offers of people who want to help make the county a better place to live and work. I strongly feel that these people see the government as a forum for the people, rather than as an ineffectual body that is simply picking their pockets.

The transition team has reported a lack of coordination and leadership in the county — a situation where many departments and agencies operated totally independently of each other. The $2,000 annual salary threshold is required by law. For every person who pays those salaries, we have to make some hard choices. Over the past few years the county budget has been stripped to the bone in every area except personnel. Equipment, contract services, construction, and renovation have all been curbed to keep us going from year to year.

On the positive side, I have found that even under this existing charter we can bring about considerable change. Where I don’t have explicit authority under the charter, with public support I have been able to take a number of actions.

Following up on the work of the transition team, I have created a new charter. The process for creating a new charter is a logical step in the transition team's work. We need leadership now, not in the future. We need the people of Albany County to work on this project from the beginning of the next administration.

New charter needed

I referred to the structure and philosophy of county government. In regard to structure, we need a new charter to define and balance the powers of executive, legislative, and judicial branches of government. The county government's mission should be to provide services, not to provide jobs for the party faithful.

Hoblock on the record

- The unprecedented $17 million deficit from our budget deficits and philosophy. It is our most pressing problem.
- The people of Albany County are needed to publicly arbitrate the impasse between Executive and Legislative - or the deficit will grow.
- Some people still don't want to believe there is anything wrong with this county.
- The Legislature is an anachronism. Albany County, and the people of Albany County, are suffering from a lack of leadership and effective government.
- There is a new county charter needed to define and balance the powers of executive and legislative - checks and balances based on equal branches of government.
- The county government's mission should be to provide services, not to provide jobs for the party faithful.

Mission: offer service

In terms of the philosophy of county government, I believe the county’s mission is to provide services, not jobs for the party faithful. With a $17 million deficit we have to make some hard choices.

The unprecedented $17 million deficit...
Soften revaluation blow by a four-year phase-in

Editor, The Spotlight:

To soften reval’s blow, Bethlehem should phase in the proposed 1992 property tax adjustments over the next four years. Joe Hesch of the State Board of Equalization and Assessment and Brian Laste, the Town Assessor, said that the Real Property Tax Law does not forbid it.

The reassessment of residential properties in Bethlehem could shift $2.5 million in taxes from the shoulders of the town’s newcomers to the backs of old-timers and veterans. The effects of reval could exceed 10 percent of the total paid in property taxes; and, it is not hitting just a few owners. One half of the residential properties in the town could receive increases. Twenty-five percent could have increases exceeding $500.

Making adjustments in one year for 30 years of wrongdoing makes little sense. The magnitude of the adjustments dictates that they be spread over the time that will elapse before reval will again take place. Much of the burden will be borne by elderly and disadvantaged persons living on falling incomes. Phasing the adjustments would show that compassion and social justice are two of Bethlehem’s attributes.

To learn why these big jumps have taken place, one has to look at Bethlehem’s past taxing policy. New York’s Real Property Tax Law says that the tax to be proportional to the market value of the property. Market value means what a willing buyer will pay a willing seller at any given time.

The market value of an existing property is always in a state of change because of depreciation, inflation, market conditions, etc. Assessors tell us that, at any given time, the market value of a property in Bethlehem probably will not be the same as it will be six months down the line.

Bethlehem did not comply with the law. Except for those properties that changed owners in the prior year, property taxes were not proportional to market value. Everyone is a victim of the reval.

One might argue that the newcomer knew what to pay in taxes, that old-timers, at one time, were newcomers; that the score is evened out if the old-timer’s tax dollars are being used to educate the newcomer’s children. One might also note that old-timers pay more than they need to for the roads, utilities, etc., so that they will be large enough to accommodate the newcomer. However, these arguments miss the point, which is: bygones should remain bygones.

Reval is producing another inequity. Finnegan Associates is setting some market values to the nearest 0.08 percent. This is too close and the numbers are unwieldy. Appraisers say that if we can consistently estimate within 5 percent what buyers will pay and sellers will accept, we have been very lucky.

Any property owner who has the nerve to challenge the Grand Union, should challenge Finnegan’s market values if they have been based upon sales comparisons. This method of setting values is so loaded with flaws that it should be thrown out.

The replacement-cost method should be used. It does not produce a selling price for setting market values, but it does produce the replacement value at the base. Also, one need not invoke another’s privacy to compute it. The numbers are fairly consistent and it is easier to estimate the old-timer’s incomes. Insurance companies have methods for coming up with replacement costs. Depreciation and land values are factored in for the net value.

Finally, don’t be in favor of the Homestead provision; this is the “free lunch” method that politicians use. All those from whom you purchase material and services the billing agents for the Town of Wappinger Falls will have the same incentive...and they will also carry the vendor’s mark-up.

Marge Kanak
To our readers and Vox Pop contributors

The unusual volume of letters on the Bethlehem "Homestead Law" makes it impossible for The Spotlight to publish several letters on other topics in this issue. They and other letters received later will be published as soon as space permits in succeeding weeks. We appreciate the high degree of interest our readers consistently show in timely matters.

Landowners held unequal to homeowners in taxes

Editor, The Spotlight:

I left the recent meeting at Town Hall with the feeling that the Homestead proposal would be defeated, since there were only two who spoke in favor and 200 obviously against it.

I was shocked to learn it had passed. Apparently the board members voting for passage felt that the majority of the people have been served. This is not the case. Those who do not live in

Delmar have been rendered a disservice. Landowners have been determined to be unequal to homeowners in the matter of taxation.

Mr. Ringler is right. An additional burden on landowners is simply unfair. Fairness dictates that the Homestead Act be repealed.

Fred Richter
Selkirk

We residential homeowners then get to pay our taxes on installments every time we make a purchase. This way the tax is hidden. Superintendent Loomis, the School Board, and their representatives on the Town Board will have made it seem that residential property taxes for school taxes were not raised, though they were. As the TV ad says, "You can pay me now, or you can pay me later."

Residential property owners in Bethlehem have been duped by the School Board and the three "yes" votes on the Town Board. Now we will have only illusory tax savings and the wonderful setting of our area is further threatened with the likelihood of further, unneeded development.

Delmar
Henry J. Steadman

Owners of older homes suffer discrimination

Editor, The Spotlight:

Property re-evaluation in Bethlehem indicates serious generic concerns discriminating against the owners of older homes in the tri-village area. Information sent out by Finnegans Associates concerning total projected taxes is misleading.

Finnegan failed to include all special district charges; i.e., frontage charge and water-use surcharge that was part of our 1992town and county tax bill. This would increase the total projected tax by $125 to $200 per year.

There was no breakdown on land and total property assessment. This information is only available under "Street Assessment." Under the old assessment, land was generally valued at 10 percent or less for the average-sized lot in the Tri-Village area. Under the new property assessment, land represents 10 percent to 15 percent of the total property assessment — a significant increase.

Homes in the older parts of the Tri-Village are on average located on lots 10,000 square feet or less, which do not meet today's zoning requirements. Many of these lots are assessed for $3.50 a square foot but within the same block other lots are assessed for $1.30 — $2.50 per square foot!

In the newer subdivisions, lots are larger and have underground utilities, yet are assessed in the range of $1.50 to $2.20 per square foot. In the older areas the above-ground utilities are aesthetically unattractive and subject to disruption from accidents or ice storms. The square-footage assessment on smaller lots is significantly greater than on lots in newer subdivisions. The assessment failed to consider acreage located in established water and sewer districts versus acreage outside these special districts.

Based on Bethlehem's re-evaluation, many older residents will become property-rich and income-poor. The state's limit on income for an older-citizen tax benefit fails to consider differences in the wealth of community, such as a wealthy school district.

Preliminary comments from U.S. Supreme Court justices suggest the court may uphold the distortion in property assessment. Their decision is due in July in a California case.

If it takes the Town Board six months to approve the location of a stop sign, is it unreasonable to suggest that the board postpone reassessment for a six-month period?

Why should land be assessed for over $150,000 per acre in old Delmar--Elsmere and only $60,000 to $75,000 per acre in Adams Woods and Normansgate subdivision?

Delmar
Sherwood Davies

The Spotlight welcomes letters on matters of local interest. Writers are urged to keep letters as brief as possible. Letters will be edited for taste, style, fairness and accuracy.
Owner to put pitbulls to sleep

The owner of three pit bull dogs involved in the mauling of a 10-year-old boy on Friday will have the dogs put to sleep, according to New Scotland Animal Control Officer Chet Boehlke.

Boehlke met with Robert Lewis, the dogs' owner Tuesday and said Lewis volunteered to have the dogs put to sleep. Boehlke also requested a court order which would force the procedure if the owner did not cooperate.

Simon Foulger, 10, of 4 New Scotland Ave., Ferra Bush, was taken to Albany Medical Center Hospital Friday afternoon after being attacked by a trio of pit bull terriers owned by Lewis, a neighbor. Foulger suffered bites on his face and legs and was admitted to the hospital. Lewis was eventually able to pull his dogs off the boy.

Foulger was held over night for observation and released Saturday, according to a hospital spokesman.

Foulger was running in his front yard when the three pit bulls spotted him and attacked. According to sheriff's department reports, the boy was dragged to the ground and bitten on the face and legs. Lewis was allegedly taking the dogs to a pen in the rear of his home when they spotted Foulger and charged him.

Boehlke said that one of the dogs seemed to instigate the attack. That dog, a male, had previously been quarantined for fighting with another dog and is currently being held at the Menands Animal Shelter.

Delmar: The Sale You've Been Waiting For

The Shoppe* is celebrating
14 Years in Saratoga
10 Years in Schenectady
Take 25% Off Everything includes jewelry and sale merchandise
Now at 3 locations
Downtown Saratoga • Downtown Schenectady
Our Newest Store: 318 Main Square, Delmar 475-1808
HOURS: M-F 11-6 • S at 10-6 • Sun 12-5

A merican legion sets Easter egg breakfast

The Voorheesville American Legion Post No. 1493 on Voorheesville Ave. will have an all-you-can-eat sausage and egg breakfast on Easter Sunday, April 19, from 8 a.m. to noon.

The cost will be $3.50 for adults and $2.50 for children.

Albany Academy for Girls

Consider the advantages for your daughter:

- An outstanding education. That means small classes, caring teachers and a cross-enrollment program with The Albany Academy that includes 15 Advanced Placement courses. 100% college placement.
- Opportunities for growth in the arts, athletics and extra-curricular activities.
- An emphasis on values. Girls learn to respect themselves and others in a caring atmosphere.
- A comprehensive financial aid program.

OPEN HOUSE
APRIL 14, 4-6 P.M.
For More Information call Joan Lewis at 456-2201

Todd Heim recently won first place in a poster contest sponsored by The Albany Citizens Council on Alcohol and Other Chemical Addictions. The St. Thomas Elementary School eighth grader was presented with a $100 dollar savings bond for a poster of balloons that said "High on life, not on drugs." 

Elaine McLain

Cool Prices
For the HOT Days of Summer

Knit Shirts 100% Cotton and Cotton Blends in Solids and Color Blocked
Reg $29.99
NOW $19.99

Sport Shirts by Sero. At Ease Short Sleeve Cotton and Cotton Blends in Solids, Stripes and Plaid
Reg $35-49.50
NOW $28-39.50

Reg $22.50-32.50
NOW $18-26

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DELARW PLAZA • DELMAR
"Where quality clothing becomes affordable!"
New job corps chief looks toward top ranking

By Susan Wheeler

The new director of the Glenmont Job Corps said her goal is to see the center ranked nationally as close to number one as possible. Rose Walker Cook, named center director last month, believes her goal is attainable for Glenmont, which received five awards for excellence in the last two years.

“We have the potential to be number one,” she said, “and at least in the top five. The staff and students are motivated.”

Walker Cook, who served as a center administrator since she began in July 1990, led the center to its first director’s award for “best administration program” in Job Corps’ Region II. The award was presented by the U.S. Department of Labor in January. The center was named best center in Region II in 1990, as well as having the best education, student support services, and residential living programs.

Rose Walker Cook

“A lot of stuff contribute to an award,” Walker Cook said. “You just guide. If nobody follows, you’re in big trouble.”

Now she will direct the center in its effort to achieve a top-five ranking. There are 100-plus centers in the United States and Glenmont’s is already one of the top performing centers. She said staff and administrators work toward the shared goal of seeing that the center’s students succeed.

“Anyone who’s in this field cares about what happens to these young people,” she said. “They have the potential to succeed. No one here works on a clock — they’re always involved. You can’t just walk away. Our goal is to have each student leave here a little better than when he or she came.”

The national profile of an average student participating in the Job Corps program is an 18-year-old high school drop-out who reads at a seventh grade level, according to Walker Cook. Most of the students at the Glenmont center are from New York City, and the ratio between males and females is fairly even. Most are defensive when they start at the center. “They don’t know what to expect, they’ve been through a lot,” she said. “It’s very rare if they leave here with a defensive attitude.”

As center administrator, Walker Cook said she saw the Glenmont Job Corps from a different view than she now does. Her responsibilities included managing center finances, food and health services, student transportation and inventory procedures. She said she gained a broad view of the center, and spent as much time as possible getting to know the students.

The staff and students often interact during the day, sharing meals together in the cafeteria. Special field days and activities are also a part of life at the center. Walker Cook said the students like the interaction with the staff, and have been supportive of her new position.

“The students are very accepting, they deal well with change,” she said. “Some students were surprised because they accepted a woman, a black woman, for the job.”

Although Walker Cook said her job is very demanding, it allows her more time with the students. “I want them to be able to talk to me. They can’t do that if they only see me at assembly.”

“I’m very reassured by the people around me. All have offered their support in doing this job — that’s very rare in any work environment.”

No challenge seems too great for Walker Cook, the first woman director of the Glenmont center.

“No one has expressed concerns about that. I just do my job,” she said. “That’s how I approach my life. I assume you’re going to accept me. If you don’t, then we’ll talk. If there’s a problem, I don’t assume it’s because I’m a woman or I’m black. I want to get to the heart of the problem.”

As for now, Walker Cook has an “ocean of documents to read” and is looking forward to each day.
Next fall's freshman class received DARE when they were in the middle school. In fact, Officer Mike McMillen said they were the first class he ever taught. He said reaching out to the kids again with a new DARE program will reinforce what they learned as sixth graders.

Eighth grader Gayle Chafetz, a member of the first DARE class, said she doesn't recall anything specific about the program, but remembers liking it. "I know it told us to say "no" to drugs, and how to handle peer pressure," she said. "It's a good idea to have DARE again in high school to keep kids off of drugs and also to help with peer pressure."

Chafetz said she hasn't had the occasion to use the resistance skills McMillen taught her through the DARE program, but she said if faced with the opportunity it's "essential we don't have a case of the students teaching the unit on drugs was taught, she remembered liking it. "I know it told us to say "no" to drugs, and how to handle peer pressure," she said. "It's a good idea to have DARE again in high school to keep kids off of drugs and also to help with peer pressure."

Matuszek said when she was younger, she heard drugs were prevalent in the high school but thought it wasn't true. Now she flips through her yearbook and pinpoints drug users. "It became almost a joke that Bethlehem was tops in education and tops in drug use," she said.

Alcohol and marijuana are the most popular drugs on the high school level, according to Frye. In addition, LSD is "making a comeback," he said. Most students he knows would rather drink than smoke pot or take other drugs, but it worries him to see sophomores and juniors drinking vodka or other hard liquors. "The purpose would be to get really drunk," he said. "It doesn't seem reasonable."

Students agree DARE is needed to change kids' attitudes about drugs, including alcohol. "The way things are today, the kids who prepare for their future are called nerds and no one wants to associate with them," said BCHS senior Mike Chafetz. "The kids who smoke, drink and do drugs are more popular and have friends. It's deranged, almost psychotic."

He said by the time he was in sixth grade, he had been offered beer and marijuana. When he was in the middle school, he first came in regular contact with alcohol and drug users. "By high school, it's already a fact of life," he said.

Bethlehem junior Andy Finley said freshman year is the best time to teach DARE because the first-year students are "removed" from the rest of the students. He is currently taking a health class in which chemical use and abuse is discussed, but said by junior year "people will just do what they're going to do." Matuszek agreed that the older students get, the harder it is to reach them. She said looking back on her health classes, it was more an important part, deterrence and intervention are important alone together they make a difference," Hunter said.

"Education, of which DARE is an important part, deterrence and intervention are important alone together they make a difference," Hunter said.

In addition, the school district, students, parents and community must work together to provide students with the tools and information for making the right choices, according to Hunter.
Stamp collection posted

It's been called the world's number one hobby, and it's a safe bet that even people who have never done more than lick a postage stamp will be fascinated by a special exhibit on stamp collecting on display at the library this month.

Created especially for library users by the American Stamp Dealers Association, the display is of interest not only to philatelists but to historians, travelers and students.

Voorheesville Public Library

A group of photographs shows the history of the postal service, while mounted stamps show different areas of collection, including banknotes, errors and other unusual examples. Various books and publications on collecting are also included in the exhibit.

The display can be viewed during the library's regular hours, Monday through Friday from 10 a.m. to 9 p.m., and Saturdays from 10 a.m. to 5 p.m.

Coming up at the library on Saturday, April 25, at 10 a.m. is an intergenerational jewelry-making workshop led by guest artist Leslie Keeble. As one of five local librarians participating in this year's "Mini-Imagination Celebration," Voorheesville's program will center around the creation of a pin with the festival's theme of "Seeking New Horizons."

Adults and children over the age of 5 are asked to bring family photos or memorabilia to be used as raw materials for their pin.

Registration is required. To sign up, call the reference desk at 765-2791.

Story hours for the week of April 13 will center around boats. Sessions are held on Mondays at 10:30 a.m., Tuesdays at 10 a.m., Wednesdays at 4 p.m. and Fridays at 10:30 a.m. and 1:30 p.m.

Petitions for a term on the board of trustees are available at the circulation desk. Applicants for the five-year position must be registered voters of the Voorheesville Central School District and must obtain a minimum of 27 signatures.

Deadline for filing is 5 p.m. on Friday, April 10. The vote will be on Tuesday, May 12, at the high school.

Christine Shields

Republican Peter Van Zetten, a Town of New Scotland board member, chats with Albany County Executive Michael Hoblock Jr. at last Friday night's annual New Scotland Republican Dinner, held at the Crossgates Restaurant.

Eric Bryant
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With your help we have reached our goal of a new playground
at Slingerlands Elementary School

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The Crisafulli Family
Slingerlands, NY
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S P O N S O R S

Norman J. Levine D.D.S.
Michael J Lipnick D.M.D.
822 New Scotland Ave., Albany, NY 12208 (uptown)
99 Pine St.-Capital Center, Albany, NY 12207 (downtown)
Main Square Merchants Association
318 Delaware Ave., Delmar, NY 12054

P A T R O N S

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279 Delaware Ave., Delmar, NY 12054
1004 Western Ave., Albany, NY 12203
Blackman & Destefano
231 Delaware Ave., Delmar, NY 12054
Bryant Asset Protection
1280 New Scotland Ave., Slingerlands, NY 12159
D.A. Bennett
341 Delaware Ave., Delmar, NY 12054
Daniels Builders
834 Kenwood Ave., Slingerlands, NY 12159
Delmar Travel Bureau
Delaware Plaza, Delmar, NY 12054
Fantastic Sam's
Delaware Plaza, Delmar, NY 12054

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Burt Anthony Associates
Chase Lincoln Bank
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Ted Danz Heating & Air Conditioning
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B O O S T E R S

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Ben & Jerry's Ice Cream
Bruegger's Bagel Bakery
Curtis Lumber
Haggerty's Restaurant & Pub

Long Lumber
Mangia Wood-Fired Pizza & Pasta
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A. Phillips Hardware

Hughes Opticians
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Little Country Store
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Manufacturers Hanover
360 Delaware Ave., Delmar, NY 12054

Urbach Kahn, and Werlin, CPA
66 State St., Albany, NY 12207

Hanifin Construction
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Huckleberry Finn
Tivoli St., Albany, NY 12204
Jeffrey Levine Financial Consultant
1 Executive Park Dr., Albany, NY 12203
B. Lodge & Co.
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264 Delaware Ave., Delmar, NY 12054
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Slingerlands, NY
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Emma Willard School senior visits Spain

Emma Willard School senior Robin Parnes, daughter of Dr. Steven and Susan Parnes of Delmar, joined 15 other Spanish students on a school-sponsored trip to Spain, which ran from March 7 to 15. The students toured the Royal Palace and the Prado in Madrid, El Greco’s home in Toledo and the beach resort of Toremedina. They also visited sites in Cordoba and Granada.

The students were chaperoned by Spanish instructors Marilyn Hunter and Diana Malecki.

Holy Week services scheduled at church

Bethlehem Lutheran Church, 85 Elm Ave., Delmar, invites the community to worship during Holy Week.

On Palm Sunday, April 12, there will be two special services at 8 a.m. and 10:30 a.m. Music will accompany the services.

On Maundy Thursday, April 16, there will be a service at 7:30 p.m. that celebrates the Last Supper.

RCS students earn citizenship award


These students are being recognized for their academic accomplishments and their efforts to help other students and the community.

Doctor displays works by young artists

Pediatrician Dr. Michael Kaiserman of Voorheesville hosted his annual art reception for RCS High School artists on March 18.

Many young artists entered their works in the juried show, and eight were chosen to display their works for a period of one week at Kaiserman’s office on Maple Ave. in Voorheesville.

The winners were Nick Klercker, Becky Shufelt, Kelli Homicz, Amber Sickles, Jessica Kruis, Kristen Schubert, Seth Roe and Tara McKerrnan.

Building committee to discuss Ravena school

The Board of Education building and grounds committee will present plans options for the future.

Spring's surprise florist

Flowers and plants are a natural way to celebrate Spring. Give us a call. We'll send as unexpected pleasure.

Delmar 439-0977 • Central 489-5461 Stuyvesant Plaza 638 2302

Yearly florist

Daniker Florist
Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

The town of Bethlehem is expanding its recycling program to include magazines and catalogs on a voluntary basis. A covered rolloff, which was recently purchased by the highway department, is now located at the Rupert Road Transfer Station. This is the same recycling bin that was located at the town hall for the two-week phone book collection. All magazines and catalogs are acceptable. The covers must be ripped off Reader’s Digest and TV Guide only. These covers are incompatible with the magazine recycling process. All items must be stacked inside the recycling bin. One suggestion is to take items to the transfer station in corrugated cardboard boxes, then recycle the empty boxes.

Mother’s Time Out group to discuss decorating

Mother’s Time Out meets Mondays from 10 to 11:30 a.m. at the Delmar Reformed Church on Delaware Avenue.

Mothers of preschool children are welcome, and child care is provided.

Church card party builds building fund

A card party will take place at the Glenmont Community Church on Chapel Lane in Glenmont on Monday, April 27, at 8 p.m.

Entertainment will include an antique fashion show from the collection of Evelyn Steurvan. Tickets are $3, and reservations can be made by calling 465-8732. Proceeds will benefit the church building fund.

Young thespians make drama debut

Children are noted for their acting ability and Voorheesville children are no exception.

Members of the Voorheesville Elementary School drama club will make their debut on April 11, at 7:30 p.m. at the high school auditorium.

This stage production of the operetta “Cinderella” will be directed by teacher Pamela Hamlin and produced by Janice White, assistant principal.

The cast includes: Colin Birinci, Madeleine Bonnenville, Rebecca Cooper, Dan Grego, Jeff Field, Justin Fuld, Jason Halpin, Beth Korolewicz, Alison Leonard, Jessica Lindner, Jeremy Malloch, Bryan Mathews, Doug Pike, Stefanie Pivar, Michelle Rathke, Adam Ritchie, Lindsay Rudd, Candice Speanburg, Sarah Steinke, Beth Tidd, Kelly Utson, Kristen Vanderwaerker and Adam Wozniak.

Tickets can be purchased at the door for 50 cents.

Voorheesville Key Club sponsors annual show

The Voorheesville Key Club at the Clayton A. Bouton Junior Senior High School will sponsor the annual Air Band show on Friday, April 10, at 7 p.m. in the high school auditorium.

Brian Goldstein and Erin Sullivan will emcee the show, which will feature nine sketches.

Refreshments of pizza, hot dogs and beverages will be sold during the evening. Tickets will be sold at the door for $3 per person.

Medical, Health & Dental Services

Views On Dental Health

Dr. Geoffrey B. Edmunds, D.D.S.

WHY DENTAL FLOSS?

Dental plaque is the primary cause of tooth decay and gum disease. A toothbrush can help remove plaque from visible surfaces but cannot remove it from between the teeth and beneath the gum line. Unwaxed floss is most often recommended to remove plaque from these hidden areas.

Cut off about 18 inches of floss and wrap the ends around the middle fingers, leaving to use 2 inches between the hands. Guide it with thumbs for the top teeth and index fingers for lower. Pass the floss gently between two teeth, sliding several times to the gum and back along the side of one tooth. Be gentle in scraping on the side of the adjacent tooth and move on until all teeth are flossed.

A word of caution: Always control the floss. Try never to snap the floss suddenly between two teeth as the gums may be sensitive. Use a gentle, sawing motion. If gums bleed, you may be flossing too hard, or they may be in poor health. It makes sense to have your dentist or hygienist demonstrate the flossing method to you. It will help ensure the future health of your teeth and gums.

Prepared as a public service to promote better dental health. From the offices of:

Dr. Thomas H. Abele, D.M.D.
Dr. Geoffrey B. Edmunds, D.D.S.

544 Delaware Avenue
Delmar, N.Y. 12054
(518) 459-4228

and

Dr. Virginia Plaisted, D.D.S.
74 Delaware Avenue
Delmar, N.Y. 12054
(518) 459-5299

News Notes

Voorheesville
Susan Casler
785-2144

Local charities interested in receiving part of the proceeds should contact Rebecca Coffin, president of the Key Club, at 765-4556.

Kiwanis Club schedules chicken barbecue

New Scotland Kiwanis Club is having its annual chicken barbecue. By Brooks at the New Scotland Presbyterian Church on Route 85 on Saturday, April 11, from 3:30 to 7 p.m.

The full chicken dinner will include half of a chicken, baked potato, cole slaw, roll and butter for $6.25. The children’s dinner will cost $4.75. A half chicken can be ordered for $4.25.

The dinner is takeout only. To order, call 439-6454.

Workshop to feature money-saving ideas

A college-planning workshop for parents and students will be held at the high school on Tuesday, April 14, from 6:35 to 9 p.m. in the cafeteria.

Donald McCormick, president of Directions Unlimited, Inc. of Loudonville, will discuss ways in which families can save money.

For information, contact Robert Quackenbush, guidance director, at 765-5529.

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The Spotlight

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Homestead

(From Page 1)

say, I'm not too pleased." He thinks homestead is really discrimination against commercial interests by both the town and school boards.

"I do feel it's discrimination. It defeats the whole purpose of paying $450,000 to Finnegan. They're talking out of both sides of their mouth," he said. Finnegan Associates was hired by the town in 1990 to reassess town properties.

The Delaware Avenue businessmen also believe Fuller and Gunner's past affiliation with the school district was a factor in their decision to vote for the homestead provision.

Fuller is a past-president of the Bethlehem Central High School PTA and former member of the Bethlehem school board and Gunner is a former principal of Bethlehem Central High School.

Fuller said she's upset she was being viewed as a "school district representative," rather than a town board member. "As a town board member, I need to represent everyone and that's what I tried to do."

Gunner said there is no reason for business people to relate his vote to his former role in the district. He said he acts independently. "Citizens elected me to represent the majority, and that's what I really try my best to do," he said.

One reason he voted for the homestead provision is that "The majority of residents will see a reduction," in their tax bills.

Bethlehem Chamber of Commerce President Marty Cornelius said many town business people are "confused" and feel the homestead provision came up and was acted upon too fast. The chamber board unanimously voted to ask the town board to reject homestead, she said.

The way the homestead vote was handled also bothered Johnson. "The thing that blew me out of the water is that they argue for months about passing a stop sign, and then pass something like this in a week," he said. "It's preposterous."

Law

(From Page 1)

would be in charge of enforcing the law, while the town's highway superintendent is in charge of implementing solid waste management programs, Secor said.

Other items to come before the town board tonight include a presentation on the Solid Waste Task Force's recommendations on solid waste management options.

The committee is recommending the board review three options. Construction of a waste-to-energy garbage incinerator by Energy Answers Corporation on Bethlehem's Cabbage Island and re-initiating talks with neighboring municipalities about developing an integrated solid waste management system are among the first two options.

The third option, hauling Bethlehem's waste out of town, will be presented as an "alternate option."
Eagles sprint to top three finish as Fritts sets BCHS hurdle record

By Jared Beck

On April 4, the Bethlehem Central High boys' outdoor track team finished in the top three at a meet in Bennington, Vermont against nine other schools.

Although coach Dave Banas described the early morning conditions there as "cold and windy," the team's performance was anything but icy. The Eagles racked up 55 points — good enough for a finish in the top three.

Bethlehem's high placement came on the strength of two first place finishes, two second place finishes, and three third places. Taking first was Matt Dugan, who ran the 800-meter in 2:41 seconds, and the mile relay team (Mike Fritts, Andy Christian, Josh Dianni, and Dugan) which finished with a time of 3:41.

Coming in second were Gary Hurd, who turned in a 4:23 1500-meter, and Fritts, who set a new BCHS record in the 300-meter hurdles with a time of 31.4 seconds.

Fritts added a third place finish in the 800-meter, with a time of 2:08. Christian took third in the 200-meter sprint with a 23.9, as did the 400-meter relay squad (Steve Sarafield, Christian, Dugan, and Dianni) which was clocked at 47 seconds.

Also coming up with an impressive performance was Ryan Ullis, who scored a triple jump of 34 feet-5 inches, good for sixth place.

"I really was pleased with the sophomores and freshmen runners, and those who competed in the field events," said Banas. "You couldn't ask much more from them."
Eagle laxers ‘stick’ it to Hoosick Falls, 4-1

By Josh Norek

Bethlehem Central High varsity lacrosse players got their first taste of victory Saturday, April 4, as they defeated Hoosick Falls 4-1 in the consolation round of a pre-season tournament at Colonie High School.

BCHS lost to Troy High on Friday in the first round game.

The Eagles jumped to a 1-0 lead in the first quarter against Hoosick Falls when Mike DeCecco scored a goal with an assist from Mike Koroluk. Hoosick Falls then followed suit, bringing the score to 1-1.

DeCecco added a second goal to the effort in the second quarter on an assist from Tim Mooney.

"The team felt like it had an obligation to win after the loss to Troy," said DeCecco. "Everyone felt this game was important."

The defensive line of Adam Trent, Matt McGuire, and Greg Zornow were successful in stopping Hoosick Falls from scoring again. Two more BC goals were posted in the third quarter, one by Tim Mooney and the other by Merlyn Gordon on an assist from Chris Hansen.

By Seth Hillinger

Bethlehem Central High senior Merlyn Gordon looks upfield during Saturday's lacrosse tournament at Colonie High.

Bike tour planned to benefit MS society

The fifth annual Roll by the Hudson Multiple Sclerosis 150 mile bike tour will be held July 11 and 12 starting in Columbia County. Overnight stay will be at Vassar College.

The Century Ride for MS - the Adirondack 100 - will be held August 26 starting in South Glens Falls. There is a choice of a 25, 50 or 100 mile scenic country rides.
Step up to aerobics

By Susan Graves

Despite the recession, more and more people are stepping up in the world. Step aerobics, the "new exercise for the '90's," is not only a means to move ahead in life but also an efficient way to fight flab, according to YMCA instructor Michael Hernandez.

Hernandez, who is certified by the Aerobics and Fitness Association of America, said he enjoys teaching step because it addresses the needs of exercisers at all fitness levels. "You can increase the intensity of work through higher steps and by adding hand-held weights," he said.

"Step burns more fat and calories," and is an appropriate cardiovascular exercise. But step alone won't work miracles as far as unwanted pounds are concerned. "You have to watch what you're eating as well," Hernandez cautioned.

Step aerobics is also suited for all ages. At the Y, senior citizens can take step in the Forever Fit program.

Steps range from 4 to 12 inches and can be made of wood or plastic and, for practice at home, an ordinary stair is fine, Hernandez said. Beginners or first-time stepers are encouraged to start with the 4-inch step and work their way up. (In class, Hernandez uses a 10-inch step.)

For best results, he said, step, like all fitness programs, should be done at least three times a week. A benefit of step is that, as the exerciser moves both horizontally and vertically, the workload on the body is increased and the body burns off fat. And, as with regular aerobic routines, warm-up, stretching and cooldown exercises are essential.

Another must for step aerobics is keeping the body hydrated before, during and after the work-out, he said. "In a step workout, you perspire more than usual" because the core temperature of the body increases. Cold water helps to lower the core temperature and prevent dehydration, he added.

Hernandez, 29, who has always enjoyed working out and keeping fit, said he was encouraged by Regina Cornell, aerobics director at the Y, to become an instructor. From there, he went through training in exercise, stretching, kinesiology and physiology followed by a six-week mentoring program.

Since last year, he's been teaching step classes at both the Albany and Troy YMCA's. "I have a lot of fun with all my classes."

Hernandez's goal is to be the best he can be as an aerobics instructor and in his full-time job as head waiter at the Stone Ends restaurant in Glenmont.

Swingers practice and play at batting center

By Mike Larabee

Has there ever been a baseball fan not given to the occasional fantasy?

Seventh game of the World Series, each side has three wins.

Regardless, the crowd roars, your teammates carry you on their shoulders, the television announcer shouts and screams your name.

But if you put the fantasy to the test at the National Batting Center in Colonie, don't be too surprised if you strike out or squib an easy grounder to an infielder for the series-ending out.

Owner Sean Baker said new customers, former high school or Babe Ruth players, sometimes grab an aluminum bat and unwisey step into a cage to take on the center's 80 mile-an-hour machine — it's fastest. "They haven't hit in ages but they think they still have it," said Baker. "They don't touch it."

Baker, 27, opened National Batting Center in indoor space behind Northway Mall at the end of 1990. A one-year veteran of minor league baseball who still competes in an Albany-based twilight league, he said he started the business with an eye toward drawing in local ballplayers of all ages who have almost nowhere to go for batting practice much of the year.

His older brother, also a former minor league runner, runs a successful batting cage in New Jersey, he said.

Altogether, National Batting Center has five baseball and two softball pitching machines. The hitter stands at the far end of an area surrounded on all sides by netting, while a single metal arm slingshots黄色 baseball and softball-sized rubber balls toward him. The baseball machines pitch strikes at a rate of about one every five seconds at speeds ranging from 45 to 80 miles per hour.

The batting center's equipment has an advantage over more common machines that use wheels to fire pitches, said Baker. "This has an arm just like a pitcher's natural motion," he said. "You can time it just like a pitcher."

"It's just about the closest you can come to facing live pitching because it's got the arm," he said.

The two softball machines — one set for fast pitch and one for slow — are intended to attract participants in the area's many adult softball leagues, Baker said.

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SLUGGERS/page 6
Will your way to good health with biofeedback

By Kathleen Shapiro

Migraine headaches, back pain, upset stomach, hypertension, insomnia.

For many people living in today's busy world, stress-related illness has become all too common.

That's the bad news.

On the bright side, research has shown that many who suffer from anxiety and its physical side effects have the power to heal themselves without drugs or medical treatment.

The answer lies in the imagination.

By using mental imagery and relaxation techniques, an increasing number of people are learning to release tension and control body and muscle functions, essentially thinking themselves back to health.

"People have to come in here with the idea that they want to help themselves," said Martin Marazzo, clinical director for Behavioral Health Specialists, a psychological treatment center with offices in both Latham and Albany. "Some people would rather go to a doctor and have them prescribe medication, and that's that. These days, though, a lot of people don't like to take medicine."

That's when many of them turn to Marazzo or the handful of other health professionals in the Capital District who practice biofeedback therapy.

Developed more than 20 years ago, biofeedback uses highly sensitive electronic equipment to amplify and monitor signals generated by the body, including muscle tension, skin temperature, heart rate and brain waves. Patients are taught to recognize those signals and use deep relaxation techniques and mental imagery to produce desired physical changes like increased circulation, higher body temperature or decreased muscle tension.

**People have to come in here with the idea that they want to help themselves.**

Martin Marazzo

"The equipment does absolutely nothing to the person other than provide them with a signal," said Marazzo, who has patients sit in a reclining chair during each 45-minute session. With the machine's sensory electrodes attached to the patient's arm or forehead, he begins to talk them through a series of mental relaxation exercises. If the patient tensed, the machine will alert them by letting out a high-pitched tone. When the tone diminishes,

With practice, most patients can learn to become more sensitive to their bodies and control physical responses before the problem gets out of control, Marazzo said. "Headaches are a good example," he noted. "By the time you start to feel it, the muscles are already tense. If you can detect that tension at a lower level, you can do something about it before the pain starts."

Different exercises can be applied, depending on the target area, said Marazzo. For stress-related tension or muscle pain resulting from an injury or accident, deep breathing and relaxation exercises can be helpful. For migraine sufferers, learning to raise the skin temperature in their hands, by picturing "hot" images such as drinking coffee or sitting on a beach have proved effective, since the increased temperature allows for better blood circulation and a lessening of pain.

After several weeks of training sessions and practice at home, patients are ready to begin using the skills they've learned in the outside world. "I can teach almost anyone to relax in an armchair, but the real key is making it work in real life," said Marazzo.

The therapy, which is usually covered by health insurance, takes an average of five to 10 sessions for most patients to master the techniques, he said, comparing his job to that of a coach. "I'm teaching them and talking them through the process so they come away with a skill they can use for the rest of their life."

Although biofeedback therapy is not always an appropriate substitute for drugs or conventional medical treatment, an increasing number of physicians are beginning to recognize it as a useful tool, he added.

"Clearly, it's not a fix," he said, noting that most patients seek the therapy at the suggestion of their doctor. "A tremendous amount of research has been done over the years demonstrating exactly what it can and can't do."

Dr. Martin Marazzo, clinical director for Behavioral Health Specialists in Latham, and Carol Marazzo, administrative director, demonstrate some of the equipment used during biofeedback therapy. By attaching sensory electrodes to the forehead, patients monitor factors such as skin temperature, muscle tension and heart rate, and eventually learn to control them.

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439-4971
Cardiac rehab helps patients overcome medical mountains

By Susan Wheeler

Thinking about exercising is easier than doing it, and for those recovering from a heart attack or open heart surgery, it may seem like an impossible task.

However, rehabilitation programs offered by several Capital District hospitals help many make the transition from patient to active person. The programs are designed to motivate participants to live a healthier lifestyle, to establish exercise routines and to make the wisest decisions about diet, stress reduction and other health matters.

"We hope to influence them so they make the healthy decision," said Timothy Raymond, director for cardiac rehabilitation at Albany Medical Center. "When they finish, they feel more like people than patients."

"At the cardiac rehab center, they see others in the same boat. They encourage each other and the rehabilitation programs are designed to motivate participants to live a healthier lifestyle," said Christine Gosstola, director of the cardiac rehab center at Peter's Hospital in Albany, for the Spotlight. "When they finish, they feel more like people than patients."

The rehab program at Albany Medical Center, as well as one at St. Peter's Hospital in Albany, focuses on developing patients' strength and increasing their endurance. Both offer the program on an in-patient and out-patient basis.

The core of both programs is a three-month rehabilitation period where the patient visits the center three times a week. Each session lasts approximately an hour and includes warm-up exercises, a cardiovascular workout, a cool-down period and time to talk with center personnel about individual concerns. Patients' heart rates are monitored throughout the exercise routine.

Raymond said Albany Medical Center's three-phase program takes individuals from when they are recovering in the hospital to when they are post-rehab participants. Although the third phase is on a doctor-recommended basis only, many visit weekly.

According to Christine Gosstola, R.N., patient care coordinator of St. Peter's Hospital cardiac services, the 5-year-old program at St. Peter's has a 75 percent success rate.

Once participants finish at the rehab center, they are given guidelines to follow or directed to other community resources. Although St. Peter's Hospital's success rate is higher than the national average for such programs, Gosstola said she would like to see more take advantage of the program.

During the rehab program, exercise routines are tailored to each individual, but they work out in small groups. According to Gosstola, this is one of the biggest motivating factors for participants.

"Motivation is very difficult," she said. "At the cardiac rehab center, they see others in the same boat. They encourage each other and the rehabilitation programs are designed to motivate participants to live a healthier lifestyle."
Couch potatoes, arise, and spring into motion

By Michael DeMasi

Sufferers of cabin fever and assorted couch potatoes take note: Spring is here and it’s time to get out of the chair, stretch that ach- ing back and those shrivelled, wimpy muscles, and get back into shape.

But before you lace up your sneakers and sprint out the door for a 10-mile run, keep in mind that although your will power is in high gear, your body needs some time to catch up.

"People get tricked by their bodies," said John Repsher, a physical therapist and the owner of the Athletic Training Room in Albany. "Whatever the activity, they get the body warmed up, and the body sends a message that everything’s fine."

But, Repsher said, this feeling of euphoria is usually replaced the next day by soreness because many people go too far, too fast.

"They often do too much the first time around," he said.

In addition, many exercisers don’t spend enough time preparing their body for a workout.

"Stretching is one of the most important parts of a complete fitness program," he said, but too often people overlook stretching or simply choose not to do it.

By not stretching, exercisers risk developing tendinitis in and around the joints. Tendinitis is an inflammation of the tendons, the tough fibrous tissue that connects muscles to bones.

"When a person starts training, the muscles become stronger quickly, but the tendons, joint and tissue train at a slower pace," he said.

For weight lifters and racquet ball players, rotator-cuff tendinitis is most likely, since those activities involve the group of muscles that control shoulder rotation. Anterior knee pain is likely for those who run, bike or row.

To help prevent these injuries, Repsher said, it’s important to maintain flexibility.

"Flexibility is the single most important thing," he said.

Repsher said, ideally, exercisers should spend at least 15 minutes stretching before taking off on their bike or jumping into the water for a long swim.

This is especially true as people get older.

"Subtle changes take place as you get older," he said. "It’s important you maintain flexibility."

Once you start exercising, the American College of Sports Medicine recommends that you do it between three and five times per week.

"You have to make sure you’re not just doing it on weekends," said Repsher. "Perhaps start off with every other day."

If you exercise more than five times per week, the ACSM says, you will get only a very small additional increase in physical fitness, and there is a much greater chance of injury.

ACSM also recommends a workout of between 20 and 60 minutes, plus time for stretching and a five to 10-minute cool-down period afterward.

Sweatsuits should be durable, comfortable

Sweatsuits have become a staple of American leisure fashion.

While they may all look the same, experts recommend that consumers look for specific features to ensure durability and comfort.

Wickability is important for clothing to be used for exercise. Wickable fibers draw moisture from the skin to maintain a dry feeling.

Movement of the arms and legs causes stretching. Look for garments made of fibers like acrylic, which are known for their shape retention.

Purchase oversized clothing so movement won’t be restricted. Beware of fabrics which tend to shrink.

Clothing with pockets is helpful for holding small objects or warming hands on cold days.

Use age to figure hearty exercise rate

According to the American College of Sports Medicine, your target heart rate when you work out should be between 60 and 90 percent of your maximum heart rate.

To determine an estimate of your target heart rate:

• First, calculate your approximate maximum heart rate by subtracting your age from 220.

Next, multiply this number by 0.9.

This will be your maximum heart rate.

To determine your minimum heart rate, subtract your age from 220 and multiply by 0.6.

For example, a 32-year-old man would have a maximum heart rate of 169. (220 - 32 = 188) (188 x 0.9 = 169). His minimum heart rate would be 113 (220 x 0.6 = 113).

Bear in mind that maximum heart rate decreases with increasing age and varies considerably at all ages, as much as 25 beats per minute or more. Therefore, to get a precise target heart rate, consult a physician or a certified exercise professional and take an exercise test.

Physical therapist John Repsher monitors Vinny Constantino of Menands as he exercises on a treadmill at the Athletic Training Room in Albany.
Senior puts muscle into workout routines

By Robert Webster Jr.

Like a lot of people, I have always harbored a mental picture about gyms and health centers that involve a sweaty, maddening room filled with guys who bench press the rough equivalent of a tractor and were always discussing the value of immense carbohydrate intake.

The truth is, persons of all ages and all walks of life can be found at your average health and fitness center. Seniors in particular are becoming a major part of the health and fitness craze, as Virginia Correale, a 74-year-old retired schoolteacher, proves.

The program began nearly 10 years ago for Correale after a visit to a personal trainer when "I began tripping and was unable to get back up on my own after falling." Exercise was recommended to elevate the problem, but Correale found that a personal program on her own "just wasn't working out. I would exercise some days and not others and it really wasn't helping."

It was in March of 1991 that the Watervliet native saw an advertisement for the newly opened Accent on Health fitness facilities in Latham—a year later she said her life had changed immensely.

"I have the peace of mind to know strength before complete physical failure," she said. "I really expanded what you can do. I'm out every day, either driving or shopping, and I've got my household chores and I still entertain guests at home."

Although she uses a cane to get around, Correale said "I really don't need it as much as I used to. I have a lot more faith in myself since I've gotten back to where I can be more independent."

Exercise has improved not only her physical strength, but the overall quality of her life as well. "It really expands what you can do. I'm out every day, either driving or shopping, and I've got my household chores and I still entertain guests at home."

Although she uses a cane to get around, Correale said "I really didn't need it as much as I used to. I have a lot more faith in myself since I've gotten back to where I can be more independent."

There are some days at the gym, Correale admits, when she feels "out of my element." "They put you in here with these guys lifting 50,000 pounds and here I am," she laughed. "They use me as an example to the others, 'You see that lady over there? You could end up like her if you don't work harder.'"

Leg lifts, free weights for the arms and an overall workout for flexibility and strength was how Correale described her first few workouts, which have since accelerated to a twice-weekly, hour-long workout that includes free weights, the use of Nautilus equipment to strengthen the legs and chest, stairmesters and cycling. Coupled with swimming three times a week, White said Correale's program "is an all over workout. She has improved her endurance, strength and flexibility."

They put you in here with these guys lifting 50,000 pounds and here I am.

Virginia Correale, 74

24-year-old Virginia Correale gets a leg workout on a Nautilus machine at Accent on Health in Latham.

"The olders who work out here they say, 'If that old lady can do it, I can do it,'" she laughed. "I'm glad I have this."

Juice drinks may not contain vitamin C

Depending on your taste and nutrition preferences, you may not be getting what you expect from your favorite juices and juice drinks, experts say.

Juices are often relied upon to provide vitamin C, a nutrient which helps the body heal wounds, absorb iron and fight infection. However, many juices do not contain a substantial amount of vitamin C.

If vitamin C content is a priority, experts recommend that consumers research their favorite juices and juice drinks.
Swinger

(From Page 1)

But Baker said his best customers are the players with the most vivid baseball imaginations — the Little Leaguers.

"Just imagine if this place was here when you were a kid," Baker said. "Kids love this place." Young would-be major leaguers are often crowded around the cages during the center's business hours, waiting in line to take cuts at the best the machine hurlers have to offer.

"Be prepared to pay for the privilege to swing away," Baker said. "Youngsters are the players with the most anxious and exciting looks as they城市．"

The American Physical Therapy Association recommends that vacationers take these precautions to prevent travel pains:

1. When driving long distances, stop every one- to one-and-a-half hours for a stretch break.
2. Most car and airline seats are uncomfortable for long trips. Try to get a seat that allows you to keep your feet thoroughly as well.
3. Be sure to wear properly fitting shoes after activity.

In Levandale, the Colonic Spotlight is sold at Fay's and Grand Union

Take stress out of travel

Travel can often lead to increased mental and physical stress, making a long-awaited vacation a miserable one, experts say.

"The American Physical Therapy Association recommends that vacationers take these precautions to prevent travel pains:

1. When driving long distances, stop every one- to one-and-a-half hours for a stretch break.
2. Most car and airline seats are uncomfortable for long trips. Try to get a seat that allows you to keep your feet thoroughly as well.
3. Be sure to wear properly fitting shoes after activity.

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BUILD A SOLID FOUNDATION FOR THE BEST EXERCISE PROGRAM

By Barry M. Scheinfeld, MD

Board Certified, American Board of Physical Medicine and Rehabilitation, Assistant Clinical Professor, Albert Einstein College of Medicine; Private Practice, Orange and Sullivan Counties.

What's the best exercise program for you? One that you'll follow, and that means one that takes into account individual likes and dislikes. To help build the best program for you, I've outlined six key elements to consider:

1. Motivation. Why do you want to start exercising? What do you expect to gain from it? Here are some of the possibilities:

a. To take stress out of your life, you should have a stress test done at least once a year.

b. To fully integrate exercise into your life, you require commitment and self-discipline.

2. Consistency. To fully integrate exercise into your life, you require commitment and self-discipline. As you progress, your commitment can only grow. You can also become increasingly aware of proper nutrition and the important roles diet and proper rest play in maintaining good health.

3. Determining What's Important to You. If you prefer to exercise away from your home, like in a gym, you must be done, and you should exercise at least three times a week. Choose a time and stick with it.

4. Consistency. If you choose to exercise in your home, you should exercise at least three times a week. Choose a time and stick with it.

5. Commitment. To fully integrate exercise into your life, you require commitment and self-discipline. As you progress, your commitment can only grow. You can also become increasingly aware of proper nutrition and the important roles diet and proper rest play in maintaining good health.

6. Attention to the Details. A sound exercise program should include stretching. You would be surprised how tight and taut muscles become from activities of daily living. Notably, the thigh muscles thicken and the neck and back muscles tighten with daily stresses and strains.

When you stretch, be sure to include a controlled breathing technique into your routine. Aerobic exercise (that which increases your uptake of oxygen) performed for periods of 20 minutes is the minimum required to achieve measurable benefits. I have found it useful to first become proficient at other specific type of exercise — such as stationary bicycling, jogging, or using a stair master or cross-country skiing machine — and then "cross-train," that is, alternate the types of exercise. This will help you avoid stagnation in your exercise program and help you keep a high level of interest. The addition of upper body aerobic exercise, such as using a rowing machine, is also important since a whole different part of the body is exercised and the aerobic benefits also differ.

Once you have begun exercising, it will hopefully become an integrated part of your life and promote continued change, health and wellness.

Common exercise myths

- Fallacy: Exercising twice a week is wasted effort.
- Fact: A sedentary individual who begins a well-rounded fitness program will benefit from exercising infrequently as twice a week.
- Fallacy: Repeated leg lifts will eliminate saddlebags.
- Fact: Leg lifts help strengthen thigh muscles. Flab and excess fat is reduced by doing aerobic exercise and decreasing fat in the diet.

Fungus can creep up on active people

Active people often have to deal with athlete's foot.

Experts recommend the following preventative methods for dealing with this fungus:

- Wear properly fitting shoes and clean, dry, well-fitting, preferably cotton, socks.
- Keep feet clean, and wash them after physical activity. Dry feet thoroughly as well.
- Remove damp socks and shoes after activity.

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Massage makes muscles more manageable

By Hilary Lesser

A massage can be a nerve-wracking experience until you start feeling comfortable lying on a table with nothing but a towel to cover you in front of a total stranger. In order to write this story, I thought it would be a good idea to have a massage or two. It's a tough job, but someone has to do it.

Here's what I found: whether you're tired, stressed, have sore muscles or just want to relax — a massage will do the trick.

Local massage therapists advocate many types of massage to alleviate soreness, emotional strain and tension or to increase a person's exercise efficiency. I had the benefit of experiencing two massages. One really worked the muscles in a relaxing atmosphere. The other was equally relaxing, but with a more soothing approach.

For those of you who haven't experienced a massage, it's almost better than the new mini bite-size Oreos.

I received my first massage from Norman Early, a local massage therapist who has practiced for 14 years. Currently he works at the Created Equal Salon at 13-14 A Central Ave. in Colonie.

My second massage was from Jennifer Seer, another licensed massage therapist who works out of her home on Hudson Avenue in Albany.

Seer combines Swedish massage, polarity, energy balancing and acupressure. She said her goal is for her clients to become more aware of their bodies.

She believes massage "is a time for people to be peaceful and still." She finds that massage not only helps both her clients and herself to be more balanced, but also relieves tension and stress.

Seer, who restricts her clientele to women, plans to target pregnant women. "Many of them feel horrible about their bodies," she said.

"My intention is to help them feel better about their bodies, and help them realize it's a baby, not a beer belly."

Both therapists agree that there are a variety of effective techniques, and that it's important to find one that is well-suited to a particular individual's needs.

Early explained that he tries to cater to each individual based on his or her needs. In my own case, I needed more of an athletic, stronger massage, due to not enough stretching, and running six miles after eating a much Ben & Jerry's chocolate-chip-cookie dough ice cream. Early said, "Muscles work like an orchestra and a really good massage therapist is in tune with your body."

He described one type of massage as the structural approach, where the therapist works on the body like an auto-mechanic to fix a muscle problem. This is commonly referred to as Swedish massage.

Jennifer Seer, a massage therapist who has a business at her home on Hudson Avenue in Albany, demonstrates an energy balancing technique on her husband Paul.

Hilary Lesser

The second type of massage involves energy work. The Japanese method is called shiatsu, where the therapist uses finger pressure to balance the energy in the body, an example of this type. It is more of an abstract concept that deals with a person's meridian lines of energy.

Early described the third method, the somatic approach to massage, as an attempt to awaken one's emotional memories. This approach is used if someone experiences stress which traps itself in the muscles.

According to Early, everyone should experience massage. "A person shouldn't have to live with overwhelming muscle pain," he said.

Massage also helps to alleviate stress and help people feel good about themselves. "Anything you can do to help your self-esteem is good," said Early.

He also feels that massage can help both athletic performance and efficiency. Massage can not only encourage a longer, more productive workout and increase blood circulation, it also aids in the absorption of nutrients and develops better muscle tone, he said.

When you work out, your body produces acids which work as lubricants for the musculature, he said. Early explained that when a person stops exercising, these acids turn into lactic acids, a waste chemical that can cause uncomfortable stiffness and pain.

He said massage can break down lactic acid, and gently reduce those and other toxins and fatigue products. This means less pain and more gain in a person's workout.

From experience, I found it was easier to run after I received a massage. I actually felt revived instead of relaxed and my legs were looser.

For maximum benefit, Early recommends that people go for a massage as often as once or twice a week, or at least once a month. Early charges $35 per hour and Seer charges between $25 and $40 dollars an hour.

Allergy sufferers can workout safely in aquatic activities

Water sports are ideal for allergy prone athletes since they involve not exposure to plant allergens.

- Swimming - Laps, water volleyball or even splashing around all provide a total body workout. An added bonus is that there is no stress on the joints.
- Water Skiing - A sport that improves balance and toning leg muscles.
- Canoeing/Rowing - Build upper body strength and aerobic endurance.
- Snorkeling - Provides the same total body workout as swimming.

Allergy sufferers should avoid some sports such as camping and hiking and horseback riding.

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Eastern exercise soothes stress for students

By Eric Bryant

Dusk filters through the shaded windows of a nondescript Albany storefront and, inside, Jianye Jiang turns on a tape player, turns down the lights and settles his students into a 15-minute exercise in chi kung—a rhythmic ballet of synchronized movement and intense concentration.

A kind of Chinese New Age music rises and falls to their movements and Jiang calls out gentle instructions as he joins the circle of students in the center of the mirror-lined studio space.

Just watching the choreographed body movements is soothing, but the participants seem in a trance — away from the bustling cars outside and the troubles of the workplace.

The music ends, the students are finished and Jiang instructs them to find a partner and apply gentle pressure with their hands on each other's shoulders. They have gathered a pool of energy from within themselves, and now they are sharing it in a concentrated massage.

Welcome to the world of t'ai chi ch'uan, an ancient Chinese martial art which is rapidly gaining popularity in the Capital District and across the United States. With graceful movements, deep breathing and meditative concentration, t'ai chi attempts to place the mind and body in harmony. Like the eternal circle of yin (passive) and yang (active), t'ai chi helps strike a balance between the two universal forces, Jiang said. Breaking away from everyday pressure and anxieties, it acts as a way to center and regenerate the body's energy.

"This is an internal martial art. It combines physical and mental aspects," said Whitson Brathwaite, a teacher in the Albany City School District who also assists Jiang part time. Brathwaite said his two years of training with Jiang have increased his endurance and calmness, and even when he's in front of a classroom of noisy kids, he can "do (t'ai chi) mentally."

Jiang's students come from all walks of life and range in age from a six-year-old to Bessie Forsyth — a spry and bright-eyed 77.

"I can come in here so tired and afterwards, well, I just feel real good," Forsyth said. The Colonie native had read a book about t'ai chi and decided to join in when Jiang moved from the Saratoga area to Albany.

I don't practice at home as much as I'd like to, and when we have to do the leg lifting parts my balance isn't that great, but I really enjoy this... He makes me sick, the things he can do with his body," she said with a laughing glance at Jiang.

A native of Shangdong Province in northeastern China, Jiang taught t'ai chi, kung fu and gymnastics for many years in his homeland. He is an award-winning calligrapher and has appeared in martial arts movies in China, Australia and Japan.

Jiang spent a year teaching at Saratoga's Skidmore College, and now divides his time between the physical education department at the University at Albany and his own private lessons.

One of his most popular sessions is a weekly routine with state workers, who toss off the coil of bureaucracy for an hour-long lunchtime t'ai chi period once a week. He also teaches through the Knowledge Network, the eba Dance Studio and the Albany Academy for Girls and hopes to expand with several other group lessons.

Brathwaite attributes t'ai chi's burgeoning popularity to its ability to reduce the stress of everyday life. With its graceful and meditative action, t'ai chi is also thought to reduce the pain of arthritis and other degenerative disorders.

"I think it's catching on because everything else has been tried. People are desperately looking for something to reduce stress, and this is proving itself to be extremely worthwhile... It's regenerative to the psyche, the spirit of a person," he said.

For information about area t'ai chi classes, call the Capital District T'ai Chi Association at 456-5645.

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It's more common than you might think - someone believes his or her chest pain is indigestion when it is really a heart attack. By the time help is sought, permanent damage to the heart has occurred. Chest pain, or what seems to be indigestion may be heart-attack symptoms. One thing is certain, if your pain is coming from the heart the sooner you are diagnosed, the better your chance of proper treatment and recovery to a full and productive life. If your problem is less serious, you want treatment and reassurance and then to be on your way back home. That is why we are here. We are a full-service Emergency Department designed to treat emergencies. But if your problem is a minor illness or injury we can give you the proper treatment you need in the Convenient Care Center instead. Let us assess your medical need and give you the proper level of care.

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Eagles set to soar in girls' track

By Emily Church

The Bethlehem Central girls’ track season looks promising after two recent meets. Their first invitational was at Christian Brother’s Academy on April 1 and their second at Bennington, Vermont on April 4.

In the past few years the team has not been at the top of the standings, but with a large contingent of talented middle school students moving up, the future looks promising.

There is a considerable amount of young talent on the team. Kristen Russo, a sophomore, is especially strong in the 400-meter and 800-meter runs. Jen Christian, a freshman, is a powerful sprinter, and Meg Beyer looks to be formidable in the pentathlon. Simone Brewer, Debbie Stuart and Jessica Ramano are also expected to bring in points for BCHS.

The Eagles are led by captains Amy Winters, Kerry Cross, Beyer and Russo. The team is much larger than last year’s squad, and their depth should pay off in competition. Bethlehem Central high runner Megan Beyer clears a hurdle during practice last week. The next girls’ track meet is Thursday, April 9, at Mohonasen.

The Eagles are led by captains Amy Winters, Kerry Cross, Beyer and Russo. The team is much larger than last year’s squad, and their depth should pay off in competition.

Bethlehem Central high runner Megan Beyer clears a hurdle during practice last week. The next girls’ track meet is Thursday, April 9, at Mohonasen.

By Joshua Ragan

“We will come in first,” Bethlehem Central High varsity tennis coach Thomas Straw confidently declared recently.

He believes experience and leadership from captains Josh Bloom and Charles Watson and juniors Dave Rosenberg and Bryan Staff will help his team improve over last year’s third place finish and 1-3 league record (10-5 overall).

Straw said this year BCHS has an advantage over Suburban Council rival Niskayuna because all of Bethlehem’s top six seeds are returning. Straw said Niskayuna lost nine of 12 starters to graduation.

He also said that winning against Bethlehem’s other chief rival, Shenendehowa, will be difficult because of Shenendehowa’s consistently strong tennis program. "(Last year) we lost to Shen 5-4," he said. "The next day we could have beaten them 6-3. It was that close. It came down to one match that went all three sets."

The Plattsburgh didn’t lose many starters to graduation.

Among the Eagle’s returning players are last year’s Suburban Council doubles champions Charles Kawas and Josh Bloom and semifinalists Dave Rosenberg and Bryan Staff. Bloom, Rosenberg and Watson are battling for the team’s top three seeds. The third through sixth seeds will be fought over by Staff, junior Ed Lomotan and sophomore Jeremy Bollam.
Bethlehem wrestlers place in top four

The Bethlehem wrestling team finished strong in the junior modified tournaments held at Burnt Hills/Ballston Lake High School on March 21 and Niskayuna High School on March 28, with several team members placing in the top four in their weight class.

At Burnt Hills, there were several top finishers. In the 7 to 8-year-old category, Dan Hazen finished third (67 pounds) and Lucas Singleton finished fourth (60 pounds). Top finishers in the 9 to 10-year-old category were: 67 pounds (Dean Kawczak, third, and Bob Hazen, fourth). Andy Loux finished second in the 11 to 12-year-old bracket (75 pounds). In the 13 to 14-year-old bracket, top finishers were: 85 pounds (Jon Wagoner, third), and 142 pounds (Matt Carotenuto, third).

At Niskayuna, Andy Loux defeated three opponents to place first in his weight class. Top finishers in the 13 to 14 year old level were: 110 pounds (Hank Tripp, third), 142 pounds (Matt Carotenuto, third), and 150 pounds (Jeff Brown, third). Placing by winning three matches in the 9 to 10-year-old level were: 65 pounds (Dan Kawczak, third) and 70 pounds (Dean Kawczak, third). Guy DeGennaro finished fourth in the 11 to 12-year-old category (85 pounds).

All of the tourney athletes from Bethlehem have been participating in the town’s Parks and Recreation Department wrestling program for students in grades three through nine. The program, which runs every year from late February to early April, focuses on the development of wrestling skills, basic conditioning activities and group participation skills.

Varsity head coach Rick Popp next year will have to conduct the program, while varsity wrestlers assist at practices.

In Delmar

The Spot Light is sold at Convenient Express, Stewart’s, Tri-Village Drugs and Sunoco Elm Ave.

Voorheesville softball pumping with new blood

By Greg Sullivan

The Voorheesville High girls softball team is gearing up for a new season under the direction of veteran head coach Chris Canata.

The Ladybirds, who finished 7-8 last year for fifth place in the Colonial Council, will need to blend the talents of the new and inexperienced players with those of the few seasoned returners in order to produce a team capable of success.

Only four players from last year’s team have returned—Kate Kepasquale, Pam Harta, Erin Sullivan and Kelly Griffin—and they will definitely be looked to for leadership in a cast of new faces.

Sullivan, in her fourth year as varsity coach, will be put to use in the infield, while Kepasquale, also in her third year, is at home in the infield, the outfield or on the mound.

Harms, in her second year of varsity work, will receive the bulk of the pitching duties.

The loss of three key seniors from last year’s team, all of whom were solid fielders and hitters, will leave a gap to be filled by the younger players. Canata said the way in which these younger players step forward could be a major key to success for this year’s team.

“The kids are young,” said Canata. “I expect to win more games at the end of the year than in the beginning.”

Of the seven remaining players, three are freshmen, two are sophomores and only two are juniors. One junior, Marcia Guadino, did see time at the varsity level last year when she was moved up from jayvee for the seasonals. She will probably play in the infield, but could also see time in the outfield.

Beth Lucia, the only other junior on the team, and freshman Jen Person should both receive outfield duties, while another frosh, Darcy Langford, will round out the infield staff.

Freshman Christie Area will move into the catcher position with sophomores Sam Tuttlebee and Carmina Scarapich closing out the roster.

The Colonial Council should be very competitive this year, with tough games from Holy Names and Lansingburgh, plus the addition of two new teams, Emma Willard and Averill Park.

Voorheesville will open their season Monday, April 6, at home against Emma Willard, followed by a trip to Cohoes on Wednesday, April 8.

Kearse to give speech at Williams graduation

Brendan Kearse, a senior at Williams College, has been selected by his classmates to be class speaker for the class of 1992.

As speaker, Kearse will be one of three students to deliver an address at the commencement ceremonies in June.

Kearse is the son of Mr. and Mrs. Edward Kearse of Delmar and is majoring in history at Williams.

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D Kaplan

(From Page 1)

things Anita really wanted. and I'm very glad she was able to get it. It's exciting. We're all very happy for her."

Kaplan has long been able to find a way to climb to the top. At BCHS, she scored 2,445 career points, third best in Section II history, and led the section in scoring her junior and senior years. Her junior year, she was named to the "Parade Magazine" All-America third team. In her senior year, she averaged 29.9 points, 17 rebounds, and 6.1 blocked shots per game and was one of only 10 girls named to the Parade All-America first team.

"You can pick all the superlatives and they apply to her," said Kaplan's high school coach, Bill Warner. "She just worked very hard and really was very good. She got a lot of credit here, but I don't think people realized how good she was."

"People thought she just scored a lot of points. She's a ferocious rebounder, and a great defensive player. She's a great all-around player. Somebody like this comes along once every two lifetimes."

After finishing her final high school season, Kaplan predicted college basketball would be "a huge transition" and that "the college game is a thousand times tougher."

Now, after completing one season at Stanford, she said, "I think it's been a pretty smooth transition. It's a lot of work, but it's been fun."

"I think the competition in college is incomparable to that in high school," she added. "People put a lot more into it. It matters more to people. It's a lot more fun."

The added pressure of playing in front of a national television audience didn't bother her. "We had played on ESPN a couple of times, so it wasn't really all that new," she said. "We were trying not to focus on that."

Although she hasn't seen the same playing time in college as she did in high school, Kaplan has been a stand-out player. She averaged seven points and four rebounds per game as Stanford compiled a 30-3 record. She's also earned an "A" in most of her classes.

"I've definitely learned a lot about the game," she said. "There's a lot of things a bigger person like myself needs to learn how to do, I just want to keep improving."

She said her team's success came as no surprise to her. "I knew we would have a good team. They had a good team every year at Stanford."

Her father attributed the team's success to its coaching. "I think that during the Virginia game, it was the coaching that made the difference," he said. "We're very pleased with the school. She's getting a great academic experience, and she has 12 very nice young women around her, and the coaching staff can give her nothing but good habits."

"You can't find a kid that works harder than Anita," said Warner. "I think you're just going to see her become one of the best players in the country. She's got the incentive and she works really hard."

Spotlight names Kieltyka manager of ad projects

Robert Evans, advertising director for Spotlight Newspapers, has announced the appointment of Frances J. Kieltyka as the newspapers' special projects manager in charge of new advertising projects and promotion.

A Gloversville resident, Kieltyka has an extensive background in both sales and the arts, having previously served as program and grants coordinator for the Schoharie County Arts Council and as a sales representative for the Times Journal, a weekly newspaper in Cobleskill.

From 1978 to 1980, she was also a part-time photographer for The Spotlight, the Colonie Spotlight's Bethesda-based sister publication.

As special projects manager, her responsibilities include creative new marketing ideas for advertisers, as well as designing promotional materials for special supplement sections frequently published by the newspapers.

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Marty Cornelius reads
Middle school works out exercise program
An innovative program at the Bethlehem Middle School exemplifies the spirit of community partnership which was the goal of the recent Bethlehem Networks overnight training program.
Last year, Yvonne Doberman, middle school student assistant counselor, created a before-school workout program. It was based on a Harvard study which documented dramatic change in self-image, self-esteem and anti-social behavior of young inmates who participated in a physical exercise program for six months.

Middle school program, known as the Student Wellness and Training, or S.W.A.T. team, invited students to come to school one hour early twice a week, to work out and share a healthy breakfast.
The goal of the program was to promote wellness and enhance self-esteem. The program was highly successful and many students reported the unexpected benefits of making new friends and being much more alert in school on the days they exercised. Unfortunately, the grant money for the program was not available for this school year.

So, to help out, physical education teacher Robert Salamone and Spanish teacher Roberta Lovell volunteered to come to school early and exercise with the students.
Physicians Health Plan, an insurance company which is committed to preventive medicine, donated funds for breakfast for the program for the entire year.
Mike Friello of Hudson Valley Tae Kwon Do and Fitness Center donated one month of free instruction to each long-term participant in the program.
Mike Mahtau of Nautilus Center teaches S.W.A.T. team members two mornings a week. Rewards for participation also came from Del Lane, Ben & Jerry's and Friendly's. Bethlehem Networks solicited a donation from Price Chopper, and Bethlehem Opportunities Unlimited provided money for trophies.

For information on helping to continue this program should contact Yvonne Dober- man at the middle school guidance office at 459-7461.

THE YOUTH NETWORK
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Local 'stars' ready for reading debut
Joyce Strain, library board of trustees president and a fabric arts
enthusiast, will read tales by two
President of the Friends of the
Library's reference and Brett journeyed to the Caribbean ences relate to the environment, "April 15 to view a needlework
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will also be shown.
planned a bus trip to Boston on
are
galleries.
Achievement Medal. was given to
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Ryan, Tillet to wed

Neil and Lee Ryan of Win--low, Ark, formerly of Delmar, have announced the engagement of their son, Richard Kevin Ryan, to Crysta Danielle Tillet of Delmar, daugh- ter of Richard and Vicki Tillet of New Bern, N.C.

The bride-to-be is a graduate of Delaware Academy and Central School in Delhi, N.Y., and Bay

Simmons, Pellettier wed

Martha J. Simmons, daughter of William Simmons of Slinger- lands and Deloris Simmons of Delmar, and William R. Pellettier, son of John R. and Ann Pellettier of Delmar, were married March 21.

State Supreme Court Judge Edward Conway conducted the ceremony at the bride’s father’s home in Slingerlands.

Penny Bonanno was maid of honor.

In the courts

Timothy P. Whitbeck, 38, Lower Flat Bush Road, Feura- Bush, arrested for felony driving while intoxicated Jan. 19, recently pleaded guilty in Albany County Court before state Supreme Court Justice Thomas W. Keegan and was sentenced to five years on probation.

Church sets events for month of April

Grace United Methodist Church, 16 Hillcrest Drive, Rave- na, has announced several upcoming events.

The chance choir will rehearse at 7 p.m. on Thursday, April 9.

Sunday school will begin at 9 a.m. on Sunday, April 12. Morning worship, “Celebration of Confirmation,” will be at 10:30 a.m., fol- lowed by a coffee and fellowship hour at 11:30 a.m.

Here’s to a WONDERFUL WEDDING!

Delmar Terrace Banquet, 217 Delaware Plaza, Delmar.

Married recently:

Robert Bonanno was best man.

Both the bride and groom are graduates of Bethlehem Central High School and Hudson Valley Community College. The bride is self-employed by Health Education Services. The groom is employed by Agfa Division of Miles.

After a wedding trip to Paradise Island, the couple resides in Delmar.

Robert Bonanno was maid of honor.

Marriage Pic. David A. Woods, a resident of Delmar recently com- pleted recruit training.

During the training cycle at Marine Corps Recruit Depot, Par- ris Island, S.C., recruits are taught the basics of battlefield survival, introduced to typical military daily routine, and personal and profes- sional standards.

Wood is a 1991 graduate of Bethlehem Central High School.

Marine 1st Sgt. Michael J. Jubrey, son of Kathleen Prasier of Delmar, was recently deployed with the 24th Marine Expeditionary Unit, based at Camp Lejeune, N.C., for a six-month deployment to the Mediterranean.

Barbara A. Root, daughter of Violet G. Root of Delmar and the late Richard H. Root Sr., and Frederick William Veltman, son of Iva Veltman of Delmar and the late Herbert E. Veltman, were married Feb. 29.

State Supreme Court Judge Edward Conway conducted the ceremony at the Desmond Ameri- cana.

Nancy Panna was maid of honor.

The bride is general manager for My Place & Co. in Delmar.

The groom is a chemical engi- neering technician for GE Plas- tics in Selkirk.

After a wedding trip to Aruba, the couple resides in Delmar.

Lion’s Club plan breakfast

The Bethlehem Lions Club’s annual pancake breakfast will be on Palm Sunday, April 12, from 8 a.m. to 1 p.m. at the Blanchard Post of the American Legion, Poplar Drive in Delmar.

Co-chairmen for this year’s event are Richard C. Clark and Daniel J. Ryan.

An all-you-can-eat breakfast of pancakes, sau- sage, coffee, tea, milk and juice will be served.

Cost for adults will be $4, senior citizens over 62 will cost $3.50, and children under 12, $2.50. Pres- choolers will be free.

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THE SPOTLIGHT

April 8, 1992 — PAGE 25
Mr. Campbell served as an engineer for New York Telephone for 46 years, retiring at the age of 65. He was also a professional photographer, and worked as a freelance photographer for the late Nat Boynton, former owner and publisher of The Spotlight. He attended Rensselaer Polytechnic Institute.

During World War II, he was a volunteer for the War Emergency Radio Service.

Mr. Campbell was a former president of the American Association of Retired Persons in Delmar and a member of the Albany Men's Garden Club and the Knights of Columbus. He was a volunteer for the Boy Scouts of America and for the American Red Cross.

He was a member of Church of St. Thomas the Apostle in Delmar.

Survivors include his wife, Miriam Phillips Campbell; two sons, J. Phillips Campbell of Law­yersville, and Kenneth W. Campbell of Kennebunkport, Maine; and a daughter, Ellen Carter of Arlington, Va.

Services were from Church of St. Thomas the Apostle. Burial was in Oak Hill Cemetery, Oak Hill.

Memorials may be made to the Memorial Fund of Church of St. Thomas the Apostle or the American Red Cross.

Alexander Rokicki

Alexander J. Rokicki, 88, of Tierry Drive in Delmar, died Sunday, March 29, at his home.

Born in Cambridge, Mass., he worked as a general construction engineer for New York Telephone Company in Buffalo for 36 years, retiring about 22 years ago. Mr. Rokicki received a master's degree in electrical engineering from Massachusetts Institute of Technology in 1925.

Survivors include his wife, Beatrice Fisher Rokicki; a daughter, Barbara J. Porter of Durham, N.H.; and a son, John W. McLaughlin of Jupiter, Fla.

Services were from Church of St. Thomas the Apostle, Delmar. Burial was in St. Agnes Cemetery in Menands.

Memorials may be made to the Bethlehem Senior Projects Inc., 445 Delaware Ave., Delmar.

Allan M. Herbst

Allan Mabel Herbst, 80, of Kentwood Ave., Delmar, died Wednesday, March 25, at St. Peter's Hospital in Albany.

Born in North Hudson, she worked as a shirt color matcher for the former Chet's, Peabody and Company in Troy, retiring in 1981. She later worked in the Bethlehem Central Middle School cafeteria.

Mrs. Herbst was a member of Church of St. Thomas the Apostle in Delmar.

She was widow of Harold E. Foster and William G. Herbst. Survivors include four daughters, Lorraine Connor of Delanson, Barbara A. Wango of Schenec­tady, Katherine Kristopherson of Minnetonka, Minn., and Gay Myers of Glenmont; a son, Spencer Herbst, of Fine Plains, Dutchess County; three sisters, Sophronia Riley of Jacksonville Fla., Shirley Looper of Cohoes, and Leona Heitman of Colonie; eight grandchildren; and five great-grandchildren.

Services were from Church of St. Thomas the Apostle. Burial was in Bethlehem Cemetery.

Stephen Kawczak

Stephen Kawczak, 64, of Indian Fields Road, Feura Bush, died Sunday, March 29, at St. Peter's Hospital, Albany.

Born in Albany, he worked as a bus mechanic for the Bethlehem Central High School for 22 years before he retired. He had worked as a painter for 20 years for the Voorheesville Army Depot.

Mr. Kawczak served in the Army as a technician fifth class from 1945 to 1946.

Survivors include his wife, Beverly Vroman Kawczak; five sons, Stephen N. Kawczak, Donald W. Kawczak, Dennis P. Kawczak and Stanley A. Kawczak, all of Feura Bush, and Peter J. Kawczak of Voorheesville; four daughters, Catherine Slaver of Delmar, Susan Banahan, Selkirk, and Betty Kawczak and Martha Kawczak, both of Feura Bush; and 12 grandchildren.

Services were from Meyers Funeral Home, Delmar. Burial was in Onesquethaw Cemetery, Feura Bush. Contributions may be made to the Onesquethaw Volunteer Fire Company, Feura Bush P.O., or the Visiting Nurse Association, 50 Colvin Ave., Albany 12206.

Edward Stringham III

Edward B. Stringham, 61, of Delmar, died Saturday, April 4, at Portsmouth Regional Hospital.

Born in Beacon, Dutchess County, he spent his early years in Hopewell Junction and Poughkeepsie. He attended Bethlehem Central Schools from 1939-45. After high school graduation, he served in the Army.

He received a bachelor's degree in management science from the Massachusetts Institute of Technology in 1951 and a master’s degree in education from Lesley College in Cambridge, Mass., in 1980, where he studied psychology and personal development.


At the time of his death, he was serving as director of GF & W Plastics of Bethel, Vt., Stow Manufacturing of Binghamton, and Alair Restoration Systems of Orlando, Fl.

While in Delmar, Mr. Stringham joined the Young Presidents Organization at the age of 34 and was active in Albany-Delmar area politics. He ran for Bethlehem town supervisor in 1978 and served many terms as Albany County Democratic committeeman.

After moving to the Portsmouth, N.H. area, he was active in the Portsmouth Rotary, New Castle Public Works and many other civic organizations. He also provided counseling to individuals at the Rockingham County Prison in Brentwood, N.H.

Survivors include his wife, Mary Anne Dresser Stringham; three sons, Ned Stringham of Lincoln, Neb., Scott Stringham of New Castle, N.H. and Jerry Stringham of Mass, Mass.; a daughter, Jennifer War of Lawrenceburg, Ind.; and four grand­children.

A memorial service was held in the New Castle Congregational Church in New Castle, N.H.
Shirley’s universal appeal touches the heart in one-woman show

By Mike Larabee

There’s a vignette in English playwright Willy Russell’s play “Shirley Valentine,” for which actress Eileen Schuyler holds special affection.

In the first act, the title character is recalling the first, last, and last, theatrical performance of her now-grown son Brian, who played Joseph in his school’s nativity as a child. Though Brian has been practicing for weeks in his bedroom, when he gets to the point in which he’s told there’s no room in the inn, he improvises a slight alteration to the script.

Instead of leaving to find shelter elsewhere, Brian’s Joseph turns to challenge the innkeeper.

The language is marvelous. It’s about real life and you laugh because it’s so familiar.

Actress Eileen Schuyler

“Full up?” protests Joseph. “We booked! I’ve got my wife waiting out there on a donkey. She’s having a baby any minute. It’s snowing and there’s six-foot

The universal quality, the story of the wrecked na
tivity has a uni

versal quality, conjoining images of countless similar perfor

mances by other schoolchildren. The universal themes are what make the play, and Valentine herself, so special, says Schuyler.

“Shirley’s Shirley Valentine” is playing at the Steam No. 10 Theater, at the intersection of Madison and Western avenues in Albany, a final weekend this Thursday, Friday, Saturday and Sunday. Schuyler, who hails from Delmar, plays the lead role, a middle-class, middle-aged woman from Liverpool, stuck in a marriage and day-to-day exist-

ence she feels has gutted the life from the person she used to be.

While, literally, talking to the walls, Valentine (her maiden name) recounts episodes from her life, some recent, some from days far past. She mimics the voices of her children, her husband and her neighbors, playing all parts in vignettes like her son’s maternity performance while ruminating on marriage, love, sex, loneliness and life.

The monologue revolves on a friend’s offer of a two-week vacation to Greece and, after a blow-up with her husband Joe over a chips-and-egg dinner, Valentine decides to take the trip in an attempt to recover her identity.

“The language is marvelous,” Schuyler said. “It’s about real life and you laugh because it’s so familiar.”

“Tucker to perform comedy at Steamer No. 10 Theatre

Nancy Tucker, singer, songwriter, guitarist and comedian, will perform for Kids’ Fare on Saturday, April 11, and Sunday, April 12, at 4 p.m.

Both performances will be at the Steamer No. 10 Theatre in Albany.

In Tucker’s performances, she inhabits a crazy world of ridiculous animals, animated objects and virtuoso guitar work. She often uses an overstuffed blue suitcase that spills colorful props, bringing her audience into a world of outrageous comedy.

Tickets for the Kids’ Fare performances are $3 for children and seniors, and $6 for adults.

For information and reservations, call 438-5503.

Local activities highlight National Library Week

By Michael DeMasi

Area libraries are celebrating National Library Week this week (April 5th through 11th) with a variety of activities relating to the theme “Your Right to Know: Libraries Make It Happen.”

The theme calls attention to the crucial role libraries play in a free society by ensuring access to information for all citizens.

Bethlehem Public Library

451 Delaware Ave.

“An All Of Us Together in Harmony” Wednesday, April 8, 7 p.m.

“Stars” in the community will read aloud favorite pieces of writing and verse.

Reading to families and children will be Ken Ringler, Bethlehem town supervisor; Joyce Strand, president of the Library Board of Trustees; Holly Billings of Bethlehem Youth Opportunities; and Marty Cornelius, director of the Bethlehem Chamber of Commerce.

Reading to adults will be Dr. Leslie Loomis, superintendent of Bethlehem Central Schools; Debbie Rohrbach, president of the Friends of the Library; and Susan Lehman Keitel, executive director of the New York Library Association.

There will be musical entertainment and a combined reception with refreshments in the community room at the program.

“Meet the Author: Alexandra Sty” Thursday, April 9, 7 p.m. (recommended for grades three and up)

Local author Alexandra Sty will show the start-to-finish process of producing her books, using slides and hands-on demonstrations.

Sty is the author of “Circle of Life,” a series on the endangered ecosystems of the world, and the soon-to-be-published “Global Villages.”

Albany Public Library

Delaware Branch

482 Delaware Ave.

463-0254

“Winnie the Pooh” Thursday, April 9, 3:30 p.m. to 4:30 p.m.

Children’s librarian Eileen Purcell will read from A.A. Milne’s books “Winnie the Pooh” and “The House at Pooh Corner.”

After the readings, food prepared with honey will be served.
THE MUSICAL OF EDWIN LUTHER KING
Students present, Bennington College. April 11-13; 8 p.m. Information. (800) 462-5841.

THE MYSTERY OF EDWIN DROOD
Victoria vanguard melodrama, SPF Players, SPF Playhouse, Troy. Apr. 10-12, 16-18, 23-25, Thurs.-Sat. 8 p.m., Sun. 2 p.m. Information. 276-6665.

TARTIFUGE
cöedy, The College of Saint Rose, Albany, Apr 9-11, 7:30 p.m. Information. 454-5299.

A MIDSUMMER NIGHT’S DREAM
University of Albany Performing Arts Center. Apr 9-11, 22-28, 8 p.m. Information. 442-3996.

TWELFTH NIGHT
Vicenza Commedia Acting Troupe, Bethlehem Central High School, Darmor. Apr. 9-11, 7:30 p.m. Information. 430-6461.

THE SHIPYARD
FINE RESTAURANT
Everett Rd., Colonie
Being Consistency Good Makes us Better
JOIN US ON EASTER SUNDAY
1PM-7PM
For Reservations Call 438-4428
Now Welcoming entertainment '92

CELEBRATE EASTER WITH US
Ham Steak $795
Pineapple or Champagne Sauce includes Soup, Potatoes & Vegetable or Side Order of Spaghetti

King Cut Prime Rib $1250
Includes Soup, Potatoes & Vegetable or Side Order of Spaghetti

Aliter’s
Reservations Accepted 430-0002

THE HISTORY OF WOMEN’S POETRY
trace the history of women’s poetry from ancient Chinese civilization to the present. The College of Saint Rose, Albany. April 8, noon. Information. 458-5369.

THE LA NAPOLEON DRAWINGS
presented by artist Bruno La Vendore. The Hyde Collection, Glens Falls. April 11, 4 p.m. Information.

LEONARDO’S TINTORI
Hudson River Vessels and New York State History. The youngest of the paintings, The College of Saint Rose. April 8, noon. Information. 458-5369.

FORM OF ALIENATION
lecture/film, The Sage Colleges, Albany. April 8 & May 7, 7 p.m. Information. 270-2556.

FIRST LADIES OF THE THEATER IN THE RENAISSANCE PERIOD
presented by Mauro Antonini. The College of Saint Rose, Albany. April 15, noon. Information. 458-5369.


AUDITIONS
JOEL DOVLEN VOCAL AWARD COMPETITION students between the ages of 16-30, sponsored by the Mendola Club of Albany. For applications call 458-8004.

FILM
BAREFEET’S FEAST
1985 Danish film, Sage College, Audubon Center, Albany. April 12, 7:30 p.m. Information. 783-2431.

READINGS
AUDRE LORDE poet to read from her work, University of Albany’s downtown campus. April 14, 8 p.m.

THE SHIPPING COMPANY
naturalized Czech family,生活 in New York City, the Scotch, The Hyde Collection, Glens Falls. April 10, 6, 8 p.m. Information. 442-5401.

ONE HEART
Ken Andy and Moureau De לוק. every Thursday, 9-30 p.m. Mon. 257-0123, Village Inn, 899- 3740 or 938-5932.

FRANKLY ROMANTIC
Frederick Mevors piano, Norvia Green, cello. Troy Savings Bank Music Hall. April 12, 3 p.m. Information. 273-0338.

OUT OF CONTROL
Rhythm and Blues Band, Paul’s Hotel, Albany. Apr 9, 8 p.m. Information. 797-3939.

MUSIC AT NOON

THE LATE GEORGE CHAMBER ORCHESTRA
concludes its tenth season, The Hyde Collection, Glens Falls. April 12, 2 p.m. Information. 799-7811.

MUJI STRING QUARTET
concert for friends of Chamber Music. Emco Willett Social Club, Troy. April 8, 6 p.m. Information.

ALL-BEETHOVEN CONCERT
featuring at Albany Symphony Arts Center. April 12, 8 p.m. Information. 442-3995.

INDIAN CLASSICAL MUSIC
musicians from India, Zahir Husain and Sultan Khan, Union College Schenectady, April 8, 7:30 p.m. Information. 370-6118.

The San Diego Opera, the most successful commercial opera company in the country, presented by chef Jennifer Jones, The Queen Elizabeth, Glens Falls. March 16, 3 p.m. Information. 420-5401.

THE THREEPENNY OPERA
musical, Sycamore College, Saratoga Springs. April 9-11, 8 p.m. April 5 and 12, 3 p.m. Information. 438-5946.

GOODSPEED
musical, Sycamore College, Saratoga Springs. April 9-11, 8, 10 a.m. Information. 458-5369.

SCHENECTADY BRASS QUARTET
Schenectady County Community College. April 8, 8 p.m. Information. 340-6211.

FOCUS ON CHINESE
installation, Henry Street High School, Troy. April 12, 10 a.m. Information. 273-0338.

THE MOTHER LUCKIN GOSPEL ENSEMBLE
2nd annual benefit concert. First Church of Albany. April 11, 5 p.m.

UHRA PHILLIPS
singer/storyteller, The Eighth Step, Albany. April 10, 6 p.m. Information. 438-5946.

NOT NECESSARILY THE BLUES
Jeff Gorahes and John Rogue, The Eighth Step, Albany, April 11, 6 p.m. Information. 438-5946.

ALBANY SYMPHONY ORCHESTRA
The Grand Symphony Ball, Empire State Plaza Convention Hall. April 11, 6:45 p.m. Information. 466-4655.

JAZZ CONCERT
Tell Thornton, vocalist. David Leonidoff, pianos, The Hyde Collection, Glens Falls. April 10, 6 p.m. Information. 442-5401.

FUGAZI
concert, Bennington College. April 10, 6, 9 p.m. Information. (802) 442-5401.

THE MYSTERY OF EDWIN DROOD
Victoria vanguard melodrama, SPF Players, SPF Playhouse, Troy. Apr. 10-12, 16-18, 23-25, Thurs.-Sat. 8 p.m., Sun. 2 p.m. Information. 276-6665.

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### Bethlehem Community Church

- **YOUTH EMPLOYMENT SERVICES**
  - P.O. Box 1631, Delmar, 4-3:30 p.m. Information, 439-4503.
- **SOLID ROCK AMISHIA GROUP**
  - Provides volunteers with excavation and laboratory experience Monday and Wednesday mornings, archaeology lab, 9-12 South. Information, 439-6391.
- **TRADITIONAL BIBLE STUDY**
  - "The Last Supper," Rev. Arthur H. Jr., Delmar United Methodist Church, Delaware Ave., Delmar. 9:30 a.m. to 11 a.m. Information, 439-2335.
- **TESTIMONY MEETING**
  - First Church of Christ Scientist, 505 Delaware Ave., Delmar, 6 p.m. Information, 439-2621.
- **WELCOME WAGON**
  - Newcomers, engaged women and new mothers, call for a Welcoming Wagon visit. Mon.-Sat. 8:30 a.m.-4 p.m. Information, 785-9692.

### Bethlehem Community Church

- **NORMANVILLE COMMUNITY CHURCH**
  - Bible study and prayer meeting, 10 Rockefeller Blvd., Delmar. Information, 785-7664.
- **ROCK BEND CHURCH**
  - 1 Kenwood Ave., Glenmont, evening prayer and Bible study, 7-9 p.m. Information, 439-2100.

### Winter Festival '92

**SOLID ROCK AMISHIA KID'S LODGE**
- Meetings second and fourth Wednesdays, 22 South Main St., Voorheesville, 9 a.m. Information, 760-2313.

### Mountainview Evangelical Free Church

**Sunday School**
- Evening service, 7:30 p.m. Bible study and prayer, 8:15. Voorheesville. Information, 765-3390.

### Bethlehem Youth Employment Services

- Parks and Recreation Office, 5997 Delmar, 2-4:30 p.m. Information, 439-4503.

### New Scotland

- **NEW SCOTLAND CONGREGATIONAL CHURCH**
  - Every Wednesday, Wyman Center Community Center, New Scotland, 6:30 p.m. Information, 765-2109.
- **GOOD SHEPHERD COMMUNITY CENTER**
  - Voorheesville Public Library, 51 School Road, Voorheesville, 4 p.m. Information, 439-7579.

### Summer Dance Festival '92

- **Learning and Fun!**
  - Children's Dance Camp / Teen Dance Workshop
  - Children 6-12: 12 yrs and up
  - Classes: Ballet, Modern Dance, Jazz Drama, Red Cross Swim, Arts and Crafts
  - Field Trips - Beginner - Advanced
  - July 6-31: For Info. Phone 2 and 4 week sessions (518) 393-4640
  - Daily Transportation Available

### Bethlehem Community Church

- **CHILD ABUSE: SIGNS AND SYMPTOMS**
  - Discussion, Bethlehem Community Church, 261 Elm Ave., Delmar, 7:30 p.m. Information, 439-9560.
- **DEL MAR FIRE DISTRICT COMMISSIONERS**
  - Meet second Wednesdays, Delmar firehouse, Adans Place, Delmar, 7:30 p.m. Information, 439-3851.

### New Scotland

- **NEW SCOTLAND SENIOR CITIZENS**
  - Every Wednesday, Wyman Center Community Center, New Scotland, 6:30 p.m. Information, 765-2109.

### Bethlehem Community Church

- **DELPHI HEALTH CENTER**
  - Open house, Thursday, Second Thursday of every month, 262 Delaware Ave., Delmar, 6 and 8 p.m. Information, 765-1644.
- **BETHLEHEM WORK ON WASTE MEETING**
  - Bethlehem Public Library, 451 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4588.
- **BETHLEHEM SENIOR CITIZENS**
  - Meet every Thursday at Bethlehem Town Hall, 466 Delaware Ave., Delmar, 12:30 p.m. Information, 439-4515.

### Summer Festival '92

- **KAHRAN CLASS**
  - In Jewish mysticism, every Thursday, Delmar Chabad Center, 159 Barren Ave., 8 p.m. Information, 439-9250.
- **OVERNIGHTS ANONYMOUS MEETING**
  - Every Thursday, First United Methodist Church, Kenwood Ave., Delmar, 7 p.m. Information, 439-9976.

### Bethlehem Community Church

- **RECUPERATION INC.**
  - Self-help for those with chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., Delmar. Monday, 10:30-12:30 p.m. Information, 439-9976.
- **RECOVERY INC.**
  - Self-help for those with chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., Delmar. Monday, 10:30-12:30 p.m. Information, 439-9976.

### Bethlehem Community Church

- **WELCOME WAGON**
  - Newcomers, engaged women and new mothers, call for a Welcoming Wagon visit. Mon.-Sat. 8:30 a.m.-6 p.m. Information, 785-9690.
- **DELMAR PROGRESS CLUB CHATEAU GROUPE, NEW YORK CITY**

### Bethlehem Community Church

- **YOUTH GROUP MEETINGS**
  - Sponsored by Bethlehem Support Group, for parents of handicapped children. Lanes, Elmery. Every Thursday, 8:30 a.m. Information, 439-7860.
- **NEW SCOTLAND**
  - **FEUR VAN FISHERS**
    - 4th Floor for you're 18-19, meets every Thursday, Jewish Community Center, Feurs, 7:30 p.m. Information, 765-2780.

### Bethlehem Community Church

- **FIRE MAFE'S LUNCHEON**
  - Sponsor, Delmar United Methodist Church. Delmar. 7:30 p.m. Information, 439-2512.
- **GLENMONT CRAFT FAIR**
  - Sponsored by New Scotland United Church of Christ, GLENMONT, 9-11 a.m. Information, 439-2952.

### Bethlehem Community Church

- **ST. MATTHEW'S ROMAN CATHOLIC CHURCH**
  - Invite you to Worship with Us
  - Mountain Road, Voorheesville
  - **WEEKLY SCHEDULE - APRIL 15 - 19TH**
    - Wednesday, 7:00 PM, Penitential Service
    - Holy Thursday, 7:00 PM, Mass of the Lord's Supper
    - Good Friday, 3:00 PM, Children's Stations of the Cross
    - 7:00 PM, Passion and Death of the Lord
    - Holy Saturday, 8:00 PM, EASTER VIGIL SERVICE
    - Easter Sunday, Masses at 8:30, 10:00, and 11:30 AM

### Christmas at the Bethlehem Community Church

- **SPECIAL NOTICE TO ALL PARENTS OF SCHOOL AGE CHILDREN...**
  - In light of continuing and damaging cutbacks in school programs, the LEARNING CENTER shall, EFFECTIVELY IMMEDIATELY, offer:
    - **FREE TESTING** (with parent conferences on results)
    - **SCHOLARSHIP OPPORTUNITY** (for all students as needed)
  - **Preparing students for the twenty-first-century**
    - **Learning Center**
      - Albany: 459-8500
      - Clifton Park: 371-7001

### Bethlehem Community Church

- **SINGLERLANDS COMMUNITY UNITED METHODIST CHURCH**
  - Weekly worship service, church school, 10 a.m. Fellowship hour and adult education programs, nursery care provided, 169 New Scotland Ave., Glenmont. Information, 439-1796.

### Bethlehem Community Church

- **FEUR VAN FISHERS**
  - Sponsored by Bethlehem Support Group, for parents of handicapped children. Lanes, Elmery. Every Thursday, 8:30 a.m. Information, 439-7860.
- **NEW SCOTLAND SAY RICHES**
  - Story Hour, Voorheesville Public Library, 51 School Road, Voorheesville, 10:30 a.m. and 1:30 p.m. Information, 765-2791.
- **NEW YORK STATE MUSEUM**
  - Open house, 10:30 a.m. to 5:30 p.m. Information, 827-1500.
- **NEW SCOTLAND YOUTH GROUP MEETINGS**
  - United Pentecostal Church, 85, New Scotland, 7 p.m. Information, 439-4510.

### Bethlehem Community Church

- **SATURDAY, APRIL 11**
  - **BETHLEHEM**
    - **RUMMAGE SALE**
      - Sponsored by Slingerlands Nursery School, Slingerlands, 9-11 a.m. Information, 439-9252.
- **GLENMONT METHODIST CHURCH**
  - 10:30 a.m. Information, 439-2952.
- **FIRST CHURCH OF CHRIST SCIENTIST**
  - Weekly worship service and Sunday School, 10 a.m., child care provided, 505 Delaware Ave., Delmar. Information, 439-2513.
- **GLENMONT REFORMED CHURCH**
  - Worship, 11 a.m., nursery care provided; Sunday school, 10 a.m. 1 Chapel Lane, Glenmont. Information, 439-7150.
- **NORMANVILLE COMMUNITY CHURCH**
  - Sunday school, 10:45 a.m.; Sunday service, 11 a.m. 1 Rockefeller Blvd., Delmar. Information, 439-7564.
- **ST. MATTHEW'S EPISCOPAL CHURCH**
  - Sunday school, 9:45 a.m.; church school, 9-11 a.m.; youth and adult education programs, nursery care provided, 10 Chapel Lane, Glenmont. Information, 439-9976.

### Bethlehem Community Church

- **SINGLERLANDS COMMUNITY UNITED METHODIST CHURCH**
  - Weekday worship service, church school, 10 a.m., fellowship hour and adult education programs, nursery care provided, 169 New Scotland Ave., Glenmont. Information, 439-1796.

### Bethlehem Community Church

- **SOLID ROCK CHURCH**
  - 1 Kenwood Ave., Glenmont. Information, 397-3763.
- **SOUTH BETHLEHEM UNIFIED METHODIST CHURCH**
  - Sunday school, 9:30 a.m.; worship, 11 a.m. Information, 439-4314.
April 8, 1992 — PAGE 31

Siena Greyfriar Film Series to feature Danish film

The 1985 Danish film "Hedda's Feast" will be shown in the Roger Bacon Hall auditorium at Siena College, Route 9 in Loudonville, at 7:30 p.m. on Wednesday, April 8.

The film, based on Isak Dinesen's story of a servant who brings the joys of French cuisine to a poor Scandanavian village, is being presented as part of the English department's Greyfriar Film Series.

The film is free and open to the public. For information, call 783-3431.

Museum workshops show Indian weapons, rocks

Parents and children can have fun and learn together in a special hands-on workshops with Paul Weinman at the state museum on two Saturdays, April 18 and May 9, from 10:30 a.m. to noon.

Fees are $6 per adult and $3 per child. Museum members pay $3 per adult and $2 per child.

The first workshop, "When Longhouse and Wigwam Were Home," will be held April 18. Kids and their parents can handle, use and learn about the tools and spear points the first New Yorkers used 10,000 years ago. Fireside tales of the Iroquois and the sounds of woodland music will also be featured.

"Rock With Mountain Minerals" will be held on May 9. Families can hold a giant quartz crystal, try to lift a hunk of magnetite, and check out the latest earthquake in this lively workshop.

State museum to sponsor April 25 tour of Ellis Island

Retrace the footsteps of your ancestors on a special guided tour of Ellis Island sponsored by the New York State Museum on Saturday, April 25, from 8:30 a.m. to 10 p.m.

Cost is $48 per adult and $45 per child. Museum members pay $40 per adult and $37 per child. Fee includes transportation and all admissions. Pre-registration is required by April 10.

Participants will tour the restored facility with an expert guide and then spend time on their own exploring the place to which one of every four Americans can trace their roots. Museum educator Sharon Kolody will accompany all tours.

The afternoon will also include a visit to the South Street Seaport, with a guided tour of the restoration.

For information or to register, call 474-5801.

Weekly Crossword

"April 15:A Taxing Time" By Gerry Frey

ACROSS
1 Tax ________ schedules
5 Prepares the present
10 Money drawer
14 Gulf of________
15 Concocted-or's dwelling
16 Understanding words
17 Author's words
18 Tax preparer
20 Boston from N.Y.
21 Prances
22 Lowest female voices
23 Wind pointers
25 Bread
27 Slopers
29 Sales Tax assessor?
30 Moist adhesive
34 Bell hop at times
35 Pay dirt
36 Eye part
37 Tums ashen
38 Sirer's delight
39 Self
40 Zodiac sign
41 Reagan's icy. Gen'.
42 1940 ZZ, antibalistic
44 Tax court expert
45 Experts
46 Trunk
47 In a fuzzy
50 Floor's feet
51 Vacation wheels
52 ________ Tax
54 ________ Notion
55 Shopping concourse
59 Vibes
60 ________ of Dep.
61 Fr. female saints' abv.
62 Twist
63 ________ shelter: Abv.

DOWN
1 Mechanical learning
2 Hymn ending
3 Capone's crime:2 wds.
4 ________ Doorway:Abv.
5 Harpoon targets
6 Speed contests
7 Circle parts
8 Precedae."PLE-Humans
9 Texas Univ.
10 Distinguishing names
11 The ________ the door
12 Carson backup
13 Allows
15 The IRS ________
16 Farm dwellers?
19 Consumer advocate
21 Feed the kitty
22 ________ hand, use and learn about the tools and
23 ________ of an American can trace their roots.
24_______ the tools and
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P.O. Box 461, Schenectady, NY 12301
Mona
PAGE 32 - April 8, 1992

Sunday, evening at the Senior High School, school year may have been decided on during the School Board of Education meeting. On Monday, May 1992, that being the day when the Coeymans Selkirk Central School District, 26 dates for the Board of Education District must state the name and residence of the candidates for the Ravena Coeymans Selkirk Central School District shall not be considered. The Coeymans Selkirk Central School District will hold a Board of Education election on April 6th, 1992 between the hours of 9:00 a.m. and 6:00 p.m., at the Town Office, 445 Delaware Avenue, Delmar, New York 12054 for

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Planning Board of the Town of New Scotland, Albany County, New York will hold a public hearing on Wednesday, April 15, 1992 at 7:30 p.m. at the Town Office, 445 Delaware Avenue, Delmar, New York to take action on application of Ken Ogden, 65 Boyston Drive, Delmar, New York 12054 for variance under Article XVII, Side Yard, Section 128-76, Fences and Walls and Article XVII, Rear Yard, Sections 82-8, Fences and Walls, of the Code of the Town of Bethlehem to maintain an existing solid cedar fence 7 feet in height at premises 55 Boyston Drive, Delmar, New York.

There is no fee for this course, but pre-registration is recommended. Early registration is recommended due to limited class size. For information and registration, call Joyce Layman at 439-6955.

Now that winter is coming to an end and boiling suits are on the way, teens can shed those extra winter pounds in a fun Danzskis

The class, which will be at the Women’s HealthPlus facility on 2092 Western Ave., Guilderland, will run for 10 weeks, every Thursday from April 9 to June 11.

There is no fee for the course, but pre-registration is required. Early registration is recommended due to limited class size. For information and registration, call Joyce Layman at 439-6955.

Newspaper Classifieds

CLASSIFIEDS

Spotlight Newspapers

We've got a good thing growing
HOME GARDEN ISSUE

Coming APRIL 22, 1992
Advertising Deadline: April 15th

Call your advertising representative today:
CURT RAGLEY • LOUISE HAVENS • FRAN KIELITKA
BARI BARBARA MYERS • BRUCE NEYERLIN
BOB EVANS
Advertising Director

(518) 439-4940
FAX (518) 439-0609

Spotlight Newspapers

Minimum $8.00 for 10 words, 30 cents for each additional word, payable in advance before 4 p.m. Friday for publication in Wednesday's newspaper. Box Reply $3.00. Billing charge for business accounts $2.50. Submit in person or by mail with check or money order to Spotlight Newspapers, 125 Adams Street, Delmar, New York 12054. Phone in and charge to your Mastercard or Visa.

LOVING MOM, Preschool teacher to provide secure "home away from home" for your child. Reasonable rates. All meals, snacks, plenty of TLC provided. P/T/F. 475-0551.


WILL COME TO YOUR HOME for part-time 2-3 days per week. Experience/References. Must take taxes out. 485-3970

VERY EXPERIENCED MOM, any age, weekdays only 765-4042

BABYSITTING HELP WANTED

BABYSITTING NEEDED: Occasional nights and weekends. Preferable home. (Students welcome to apply.) Please call 459-4263.

BABYSITTING HELP WANTED

SPOTLIGHT MAILING ADDRESS:

Advertising Network

NEW YORK STATE Classifieds

15 E. 40th Street

Press Release Mail Service:

439-4949

For $100 NYP will send you 1 press release to

For more information, contact NYP, Executive Park Tower, Albany NY 122-3, 800-322-4221.

WANTED: Good Used Appliances, Working. Refrigerators, Ranges, Air Cond. (any make) Sears, Kenmore & Whirlpool.

Washers & Dryers 439-0912.

CARE FOR YOUR CHILD, my Albany/Delmar area home. Short-term/Daily, Babysitting, Evening, Saturday/Sunday. (Students welcome to apply.) Call Kathy 475-1756.

ANNOUNCEMENTS

JOURNALISM STUDENTS - $2,500 Scholarship available for qualified NYS journalism undergraduate students. For more information, contact New York Press, Executive Park Tower, Albany, N.Y. 12203, 800-322-4221.

Cultural Exchange Program.

We are looking for students to participate in an international exchange program. The program offers a unique opportunity for high school students to travel to Sweden and participate in the life of a Swedish family. Students will have the chance to experience a different culture, improve their language skills, and make lifelong friends. For more information, please contact the Swedish Student Exchange Program at 518-439-4949.

For information on page 39

Automotive Classifieds on page 39
**CLASSIFIED ADVERTISING**

**WILL DO HOUSEWORK** experienced with references. Call Christine 439-0599.

**LIGHT OR HEAVY** Cleaning, painting, painting, painting. Delmar native. 439-5530.

**SPECIAL SERVICES**

ED's OOD JOB SERVICE. Painting, roofing, yard work, garage & basement cleaning. Contact: 439-4084.

WANTED ONLY 19 MORE PEOPLE: to lose up to 29 pounds in 30 days! "cellular nutrition" program 100% guaranteed. Call now 1-800-242-8597. Earn $88 while losing weight!!

PET-SITTING - An alternative to kennelling. Local college student will feed, walk and provide the TLC your pet deserves while you're away. Honest, reliable. Call Eric 439-4072.

**RESUME AND COVER LETTER CONSULTING**, design and preparation services from a professional specialist at low prices. Rush services available. Top-notch computer system and laser printer to give your resume a professional look. Call 899-6726 after 2:00 p.m.

**TYING, WORD PROCESSING** - Resumes, letters, term papers, labels, etc. Prompt & reliable. 439-4034.

**PROFESSIONAL KNIFE SHARPENING** - one dollar per knife 472-0076.

**SWIMMING POOLS**

WE OVERBUILT QUALITY COMMERCIAL POOLS. Distributor liquidating 1991 above ground pools complete with deck, fencing, more. BUY NOW HUGE SAVINGS. 100% financing. Low monthly payments. 1-800-888-3131.

**BUILDING MATERIALS**


SLINGERLANDS NURSERY SCHOOL: Saturday, April 11, 9:30 a.m. to 1:30 p.m. Slingerlands. Methodist Church, New Scotland Road. Clothing, books, toys, house- hold, miscellaneous.

**RESIDENTIAL LAND**

DANA COURT: Across BCHS April 11, 9 a.m. to 1 p.m. Multiple family wide variety. Sixty assorted golf balls, golf clubs, Nintendo, video games, books.

**MOUNTAIN HOME**

DELMAR: Furnished apartment. Available May 1, 439-5029. Call after 6 p.m. 439-4891.

**REAL ESTATE FOR RENT**

2 BEDROOM DUPLEX R/1W. Garage, laundry room, $500 plus. Available immediately 756-6732.

DELMAR & NEWSCOTTLAND: location for lease. 300ft to 1200sf. Call for prices and use Pagano/Weber Inc. 439-9921.

ROOM FOR RENT $75: Includes all utilities, laundry, share kitchen and bath. May available. Call 439-1339. Available immediately after 5 p.m.

DELMAR: One bedroom apartment on busline; by appointment only: $430+ utilities 347-1367.

$900 DELMAR KENAWAIE: Three bedroom, garage available May 1, 439-4556 or 475-1351.

COLONIE ONE BEDROOM: $450 plus utilities. Off street parking, large yard. Quiet 459-2360.

$500 nice 1 bedroom apartment with washer/ dryer. Includes all utilities, on busline. Call Jim 439-5029.

DELMAR DUPLEX $625 plus utilities, 3 bedrooms. Call 439-9481.

**REAL ESTATE CLASSIFIEDS**

OFFICE SPACE w/ mirror uses. 725 SF @ $45/m; 300 SF @ $300 gross. 1200 SF @ $700 mo. Pagano Weber 439-9921.

DELMAR: 1 room office, on busline; by professional Bldg, Delmar Ave., separate entry, OS parking. $100 per month, available April 1. Call 439-8237.


SELKRICK: One bedroom apartment $450 includes heat. Plus security. 432-7471.


DELMAR Duplex $550: Three bedrooms, garage, basement. No pets, 785-9096.

**DESIRE TO BUY** contents of Athletic Equipment & more. Please call 439-6854.

**GIRLS WANTED** From NY, Mass., & VT, between 7-19 to compete in this year's 3rd annual 1992 Albany Pageants. Over $20,000.00 in prizes and scholarships. Call today 1-800-PAGEANT - EXT. 1426.

**REAL ESTATE FOR SALE**

150 ACRES, 150 year old, 12 room farmhouse and barn, open fields, borders state owned Catskill mountain, off Route 23 Cairo NY, magnificent views, hiking, horseback riding and cross country ski trails, turkey and deer abound, near Windham, Hunter ski areas, $350,000 (518) 634-7183.

**TWO PLUS ACRES**: Town of Coeymans, driven well with approved perk test. 767-2180.

**YOU SAVE! CATSKILL MOUNTAIN LAND LIQUIDATION! Only $6,500. 5 surveyed, wooded and open acres! Beautiful Views! Many others, Low down payment! Easy payments! Call owner (518) 725-6266.

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**Country Retreat or Comeunto Albany**

- 175 Year Old Catskill Farmhouse
- 1 Acre
- 10 Rooms
- Brookside
- Screened Porch
- $90,000

**Pet Listing**

**Classified Advertising...**

**It works for you!**

**Spotlight Classifieds Work!!**

**WRITE YOUR OWN..**

Minimum $8.00 for 10 words, 30¢ for each additional word. Phone number counts as one word. Box reply $3.00. Business ads to be charged to account $2.50 extra.

Write your classified ad exactly as you want it to appear in the newspaper. Do not abbreviate. Telephone # is one word. Be sure to include the telephone number in your ad. It is not necessary to include the category in your ad.

**THE SPOTLIGHT and the SPOTLIGHT**

30,000 readers every week.

$8.00 for 10 words

$30/for each additional word

CLASSIFIED DEADLINE: 4:00 PM FRIDAY for next Wednesday's paper.

**Country Retreat or Comeunto Albany**

- 175 Year Old Catskill Farmhouse
- 1 Acre
- 10 Rooms
- Brookside
- Screened Porch
- $90,000

**Show by appointment**

634-7183
REAL ESTATE CLASSIFIEDS

KNOX COUNTRY SETTING: New home on 3.2 acres. Large familyroom, 21/2 baths, fireplace, two decks, quiet deadend street. $135,900. Call 479-7105.

OPEN DELMAR SUNDAY APRIL 12: 2 to 4 p.m. BY OWNER 89 Kenaware Avenue, $179,900. Home, 21/2 bath, Colonial, family room with fireplace, screened porch. From 4 Corners Kenwood, left on Kenaware. 439-5463.

65 B HANCOCK DR., GLEN MONT; Saturday, April 11, 9 a.m. to 1 p.m. Bikes, mowers, household, clothes, miscellaneous.

COMMERCIAL: Zoned properties in prime Delmar location. Call today for information on these excellent opportunities. Paganoweb.com 439-9921.

DELMAR: charming 2 bedroom cape, room for expansion, large corner lot. Hamagrael area. $125,000. Principals only call 439-2551.

NORTH CAROLINA’S CRYSTAL COAST Oceanfront Vacation Rentals, sales and construction. For information call TETTERTON MANAGEMENT GROUP at 800-334-2727 for FREE BROCHURE.

DELMAR BY OWNER: 4 bedroom Colonial, 2 1/2 baths, family room with fireplace, Screened porch. Slingerlands Grade School, Many extras, must be seen; realistically priced $164,900. 439-5463.


HAMGRAEL Elementary area: 4 bedroom, 2 1/2 baths, $160K. Noreast Real Estate 439-1900.

GOT A CAMPGROUND MEMBERSHIP or shoreline? We’ll take it! America’s oldest and largest Resale Clearinghouse. Call 1-800-423-5967. Resort Sales International.

175 YEAR OLD 10 room brookside Catskill mountain farmhouse, off route 23 Cairo NY, near Windham, Hunter ski areas, one acre, $30,000 (518) 634-7183.

VACATION RENTAL:
CAPE COD RENTAL: West Dennis and Dennisport - Two and three bedroom homes near water. Immaculate, TV, phone, gas. 571-4051.

RHODE ISLAND: New 4 bedroom, oak frame home, 3 acres, beach 8 more. 185 miles to Albany $630/week 439-0346.

CAPE COD: BREWSTER: 3 bedroom, 2 bath, home sleeps 6, near beaches, bike path, in-season off-season rentals 439-7232 eves.

DELMAR $199,000
4 BR, 2 1/2 BTH COL, Tastefully Decorated, Family Room w/ Fireplace, Tiled Ceiling in Family Room, White Brick FP. 439-2888

BRUNSWICK $104,900
3 BR Ranch, Starter Home On Large Lot, Hardwood Floors, Country Kitchen, Deck. 439-2888

DELMAR $205,000
Newly Decorated 4 BR, 2 1/2 BTH COL In Move-In Condition, Amazing Views, Finished Basement, FR w/FP. 439-2888

DELMAR $179,900
Gorgeous 3BR, 2 1/2 BTH Cape Near Golf Course. Family Room. 2Fireplaces, Deck. 439-2888

OCEAN CITY, MARYLAND: Best selection of affordable vacation rentals. Call now for FREE BROCHURE. 1-800-638-2102. Open seven days, weekdays 9 a.m. to 9 p.m. Holiday Real Estate.

NORTH MYRTLE BEACH - Vacation Rentals. Choose from a large selection of oceanfront and second row cottages, condos and homes. Affordable prices, quiet family atmosphere, friendly service. FREE BROCHURE, call Elliott Realty. 1-800-525-0225.


DISNEY WORLD - Condos & homes minutes from attractions. Full kitchen, fully furnished/equipped, all amenities, pool, 1-4 bedrooms from $59/nt. Concord Condominiums 1-800-599-6896

MYRTLE BEACH: SPRING FROM $99, SUMMER FROM $45, 2 bedroomcondos, suites, efficiencies, rooms, Central beach location. Indoor pool, whirlpool. (800) 331-7413.


“ALMOST AN ACRE” Build this classic colonial with a contemporary touch in an established Delmar neighborhood on a .824 acre, rustic, wooded lot. Custom Design and Quality Construction by A.T. ZAUTNER & SON, INC. 439-5696


CAPE COD, DENNISPORT - 2 bedrooms, walk to ocean beach, restaurants, entertainment. Golf and fishing nearby. VCR, cable, July-August $950. Per week, others $395. (617) 499-0986.

MYRTLE BEACH: SPRING FROM $99, SUMMER FROM $45, 2 bedroomcondos, suites, efficiencies, rooms, Central beach location. Indoor pool, whirlpool. (800) 331-7413.

REAL ESTATE WANTED
COPULP seeking buildable lot/acres in Town of Bethel ham, Dan 767-2927.

LOT WANTED: By local family in established area to build quality one story home. Call 439-6386.

ROOMWANTED: ROOM FOR RENT: Glenmont $40/00 weekly. Call Linda 869-7681, 767-2905.

Top Listing & Sales Leader for Second Consecutive Month
Our Congratulations to Martha J. Martley

RICHARD and BRENDA VANDERBILT Authorized Representatives

BEST OVERALL LOG HOME VALUE!

Northern Products Log Homes 768-8019

CONGRATULATIONS To Our Sales Leaders for March

Local REAL ESTATE

REAL ESTATE

Blackman & De Stefano

Real Estate

Slingerlands — $990,000

Over 10,000 sq. ft. of living area in this brick ranch, one seven and one-half acres of privacy. Six bedrooms, 5 full baths, pool, sauna, jacuzzi, rec room, and many extras.

For showing, call Jim Pape: 439-906 office. 439-3941 home

GREAT REAL ESTATE

For the best buys in Home, Apartment, Co-op or Condominium

C. B. C. PAGANO
Real Estate

PAGANO WEBER

439-9921

Real Estate

For the best buys in Home, Apartment, Co-op or Condominium

THE SPOTLIGHT

April 8, 1992 — PAGE 95
**BODY SHOP SPECIAL**

**10% OFF**

**UP TO** YOUR BEST PRICE

BRING IN YOUR AUTO BODY REPAIR ESTIMATE FROM ANY AREA BODY SHOP. (Including Insurance Claims)

WE'LL BEAT IT—BY UP TO 10%! And we'll fix it right—the first time

WE FEATURE THE LATEST IN FRAME EQUIPMENT AND PAINT METHODS

**FREE ESTIMATES**

**COMPLETE PAINT JOB** $395

See Us For Details

1671 CENTRAL AVE., GLOUCESTER, N.Y.
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**GOLDSTEIN BUICK**

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** jumper Transmissions**

- Specializing in All Automatic Standards
- Domestic & Foreign Cars, Trucks (4x4s), Vans & RVs
- Repairs—Clutches—CV Joints & Axles—Differentials

FREE Multi-Check Including Road Test Ask About Our Nationwide Conditional Warranty Honored at over 2000 Shops Coast to Coast

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**New Salem GARAGE INC.**

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OPEN 6 DAYS A WEEK
Rt. 85 New Salem

**GOOD SELECTION OF NEW AND USED SAAB CONVERTIBLES**

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**USED CARS**

**'89 Jeep Cherokee Limited**

4.0 liter, 6 cyl., Auto, Air, Leather, Sunroof, Full Power, 7/70 warranty, 32,000 miles.

Must see — $15,888*

Langan
MOTOR CAR
2202 CENTRAL AVENUE — SOUTHWAY, NEW YORK 12206
(518) 372-6441
* Tax, Title & Registration EXTRA

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**AUTO DEALERS:**

With over 35,000 readers each week, Spotlight Newspapers is your best venue for used car advertising.

To reserve your space in Spotlight Newspapers' Used Car Section, call 439-4940

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**'89 Chevy Cameo $10 Pickup**

5 spd., Air, Stereo Cassette, Tonneau Cover, 21,000 miles, 8 tires & wheels, Showroom new

Now $7,995*

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MOTOR CAR
2202 CENTRAL AVENUE — SOUTHWAY, NEW YORK 12206
(518) 372-6441
* Tax, Title & Registration EXTRA

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**'88 Mercury Tracer**

2 Door, 5 speed, 4 cyl., PS, 59,462 miles, #JC204

Was $4,995 — Now $4,495*

Orange Ford
599 Central Avenue, Albany 489-5414
* Tax, Title & Registration EXTRA

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**'91 Chevy Lumina**

4 Dr. Automatic, Power Steering, Power Windows, 7,541 miles, Former Orange Chevy Demo

Retail $16,000 — Now $13,495*

Orange Ford
599 Central Avenue, Albany 489-5414
* Tax, Title & Registration EXTRA

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**'91 Ford Bronco**


Was $20,995 — Now $19,995*

Orange Ford
599 Central Avenue, Albany 489-5414
* Tax, Title & Registration EXTRA

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**AUTOMOTIVE**
All new 1993 Mazda RX-7
a return to pure sports car

A return to its true sports car heritage—that was the goal of the design and engineering team that developed the 1993 Mazda RX-7.

Powered by the legendary rotary engine, the RX-7 has always been unique within the sports car field. At a time when other manufacturers are introducing cars that are larger, heavier, and more complex, Mazda has made the new generation RX-7 smaller and lighter, yet more powerful than its predecessor—as well as lighter. It is still the goal of the design and engineering team that developed the 1993 Mazda RX-7.

The 1993 RX-7 is designed to set new standards for the sports car class. The RX-7 is lighter and more powerful and it responds to the driver's commands at all driving speeds, not just higher speeds or on race tracks.

One of the few requirements for the design of the new RX-7 was that it would be powered by the compact, lightweight, high-revving rotary engine. Because the engine was small, the car itself could be made small and light, with an optimum power-to-weight ratio.

Visit your dealer—see for yourself.

The best auto buys are in the spotlight.
Newspapers' automotive pages.

TIRE SALE
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Sorry, No Rainchecks!!

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P-265/45R17
WHEEL ALIGNMENT
$29.95

Just Say Charge It! You May
Contact's are valid until 6/30/92.

All-American DECATHLON
WINTER/ALL SEASON

OIL CHANGE CHASSIS LUBE, OIL FILTER
$15.95
Complimentary ir is valid for the purchase of transmissions. Ultimate rims and interior. New tires, rims, and wheels. Only for tires and rims.

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New York State INSPECTION $4.99
Call For Appointment
Must Show Coupon
Coupon Expires 4/17/92 SP

COMPUTERIZED WHEEL ALIGNMENT $29.95 RWD
Add $10 for FWD or 4WD
May not be combined with other offers or service work. Not good on brand new vehicles. A new front bumper and installation of new tires.

WEDNESDAY
10% DISCOUNT For Senior Citizens
10% DISCOUNT For Service Work
Over $50
Coupon Expires 4/17/92 SP

The terms are generous. The time is short.

$999
HOURS
MONTHLY LEASE PAYMENT $399
Security Deposit $499
Customer Capital Reduction $399
Total Due At Lease Inception $599

Now it is the best time to put yourself behind the wheel of the elegant new Mazda 929. For a limited time, a special lease from Mazda American Credit less you drive off for next to nothing. And for just $599 per month, you'll receive the advantages of ownership.

You'll enjoy a Preferred Maintenance Plan that covers all scheduled maintenance for 15 months or 15,000 miles. Plus 24-hour Roadside Assistance and a 36-month/36,000-mile no-deductible, "bumpier-to-bumper" warranty.

But the real beauty of this offer is simply driving the 929. It combines luxurious surroundings with a powerful 24 valve V6, as well as the peace of mind of standard driver and front passenger airbags.

So visit your Mazda Dealer today and discover the benefits of leasing the new 929. Because this offer, like all good things, must soon come to an end.

Range Mazda
929 Lease
929!

April 8, 1992 — PAGE 39
5% Passbook Savings
Plain & Simple

5% Passbook Savings!
Trustco Bank is still paying a high 5% annual percentage rate on Passbook Savings Accounts with an annual percentage yield of 5.12%. Most banks have recently lowered their savings account interest rates and some banks do not even have passbook accounts anymore. In fact, a Trustco 5% Passbook Savings Account is paying higher interest than most Certificate of Deposits (CD) with terms less than 2 years! Don’t miss out on this opportunity to earn 5% and have the convenience of a plain, old fashioned passbook savings account!

Free NOW Checking!
Our free NOW Checking Account is very simple! With just a $250 average available monthly balance, all the checks you write are free. No service charges and no per check charges. This means that should your balance fall below $250 for just a few days, you may not be charged a service fee like most other banks do! Plus you earn a competitive annual interest rate compounded monthly. You may also take advantage of our TrustEase Card, which may be used at thousands of ATMs, NYCE, PLUS and HONOR locations around New York State as well as the entire country.

Open both accounts today and choose a FREE Gift!
During this limited offer, if you open both a 5% Passbook Savings Account and one of our free NOW Checking Accounts at the same time — we will give you a free gift! Pick either a sturdy tote bag, convenient checkbook calculator or a fanny pack (useful for joggers, bikers or mall walkers.)

Compare Passbook Savings

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44 BRANCHES IN THE CAPITAL REGION: • MAIN OFFICE 337-3311 • ALBANY COUNTY — CENTRAL AVENUE 426-7391 • COLOMIE PLAZA 406-0641 • DELMAR 439-5981 • DOWNTOWN ALBANY 447-7093 • GUILDERLAND 332-4600 • LATAMH 782-7761 • LOCUST PLAZA 462-3668 • MADISON AVENUE 489-4711 • NEW SCOTLAND 428-7898 • NEWTOWN PLAZA 768-2857 • PLAZA SEVEN 788-4744 • ROUTE 8 786-6816 • STATE FARM ROAD 432-9313 • STATE STREET ALBANY 436-0430 • STUYVESANT PLAZA 489-6356 • UPPER NEW SCOTLAND 429-8611 • WOLF ROAD 405-4886 • WOLF ROAD WEST 438-7761 • SCHENECTADY COUNTRY — ALTAMONT AVENUE 376-1317 • GRANDWYNE 365-8235 • CUSHY ROAD 305-1862 • MAYFAIR 309-2121 • MONT PLEASANT 346-1267 • NEWSCO 386-0692 • ROTHERHAM 375-0571 • SHERIDAN PLAZA 346-4903 • SHERRY WAY 305-0615 • SHELTER SURVEY 346-6201 • SOUTH SHERRY 386-7591 • SPRING STREET 346-7161 • WOLF ROAD 305-0667 • SHERIDAN PLAZA 346-4903 • SHERIDAN WAY 346-5050 • SPRING STREET 346-7161 • SOUTH SHERRY 386-7591 • SPRING STREET 346-7161 • WOLF ROAD 305-0667

This is a limited offer, and may be withdrawn without notice. All gifts are available while supplies last. Minimum opening NOW Account deposit is $250 to receive a free gift.