Elm Ave. neighbors petition for traffic changes

By Mel Hyman

Chris Beling lives just a short distance from the Elm Avenue Park, so she normally chooses to walk to the playground with her infant son. She has learned better. "Trying to cross that intersection (in front of the park) with a baby can be horrific," she said. Beling was at the town Traffic Safety Committee meeting last week to present more than 30 petitions on behalf of Elm Avenue residents fed up with speeding motorists, large trucks and near accidents.

"I invite you to stop by and have coffee on my porch," she told board members, "so you can view the situation firsthand. People who live on Elm Avenue take their cars to the park because of the hazardous traffic conditions, especially during the summer. People just barrel down that road," she said. "A lot of commercial traffic cuts through instead of remaining on the state roads."

The petitioners requested the following steps be taken:

- Elm Avenue South should become a one-way street with traffic flowing westbound (from Feura Bush Road to Route 32/Elm Avenue Park).
- A flashing red light should be installed at the intersection of Elm Avenue South and Route 32/Elm Avenue Park.
- The speed limit should be reduced from 35 to 30 mph along the entire length of Elm Avenue South with strict enforcement by police.
- A bike lane should be installed along the entire length of Elm Avenue South for safer access to Elm Avenue Park.

Vville board president says teachers don't need big hike

By Dev Tobin

After eight months of fruitless negotiations over a new contract, the Voorheesville Central School District's board of education declared last week that an impasse had been reached with the 95-member Voorheesville Teachers Association.

The school board's position, according to board president John Cole, is that the recent increases in teachers' salaries above the rate of inflation must be moderated because of the "fiscal realities" faced by the district. "Teachers are well-compensated now, and don't need increases in excess of inflation," Cole said. "During the 1980s, school boards spent a great deal of effort to get the pay scales up. We were challenged by the public and the state to do it and we did."

VTA president Richard Mele agreed.

Local DOT crews pitch in off the clock in cleanup blitz

By Dev Tobin

With more than 80,000 cars a day, I-90 from Exit 1 to Exit 4 is one of the most heavily traveled roads in the Capital District and is also a gateway for visitors coming from the north and west.
New BC assistant happy to return to native NY

By Dev Tobin

The cool green hills of upstate New York are an invigorating change of scene for Bethlehem Central High School's new assistant principal Alida Smith, who comes to New York from the increasingly-crowded beaches and freeways of southern California.

"It's absolutely gorgeous here," said Smith, adding that she "chuckled" at what locals consider to be traffic congestion.

Smith, 45, and her husband Bruce, both native New Yorkers, just completed a whirlwind month in which she interviewed and got the BCHS job, packed up and moved cross-country, and found a nice house in Slingerlands to rent.

"It's been a most exciting and busy four weeks," she said.

Alida Smith came to New York after she was offered a position at the Four Corners Luncheonette to check out Albany. She thought it was too small. She came out in May to look, but no time for September, she said.

She applied for the BCHS post, and after a first interview over the phone, flew out for a second interview on July 4.

"As we came to in land, the fireworks were going off in Albany. I thought, 'This is prophetic!'" she recalled.

She got the $55,000-a-year job two days later, then set about looking for a place to live.

"We had no time to sell our condo in California and buy here, so we were looking for a place to rent for now," she said.

After looking at "small apartments" for several days, the Smiths were advised by a waitress at the Four Corners Luncheonette to check The Spotlight. Consequently, they were able to rent a house in Slingerlands "where my husband can experience mowing grass and shoveling snow," she joked.

In her new job, Smith will be responsible for discipline for freshmen and juniors, and will share responsibilities for student activities, instructional leadership, school plant and school safety with BCHS' other assistant principal, Richard Bassotti.

"I'm excited about being here," she said. "The staff is so friendly — very helpful and understanding."

In California, Smith taught English and was the school's staff development coordinator, in addition to her other administrative responsibilities. She has also taught writing, English, and teaching at the college level.

Superintendent Leslie Loomis said that Smith's "tremendous breadth of experience" made her stand out among the other candidates for the job.

In Delmar The Spotlight is sold at Convenient Express, Stewarts, Village Drugs, and Sunoco Elm Ave.

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Seniors help freshmen adjust to high school
By Susan Graves

Bethlehem Central is rolling out the red carpet for incoming ninth-graders this year, with a day designed to provide much more than the routine trial run through the daily schedule.

In the past, freshmen orientation began a day before school opened so that the students could get acquainted with their new surroundings.

But that’s about all they get to know. The idea was to have them learn their way around, said Principal Jon Hunter. “They were becoming comfortable with the building, not the people,” since upperclassmen were at school during orientation.

At the end of the school year, Hunter said, he approached a number of this year’s seniors to see if they would like to participate in orientation.

Hunter said the seniors liked the idea and “took ownership of it.” Consequently, the class of ’97 will get a leg up on their high school careers.

“Dr. Hunter proposed the idea, and we took it from there,” said Mike Fritts, senior class president.

Haggerty’s to re-open
By Mel Hyman

Tom and Diane Acosta, owners of Haggerty’s Restaurant & Pub, have rescued their business from the clutches of the IRS.

Shortly before the contents of their restaurant were to go on the auction block on Thursday, Aug. 19, the Acostas paid the federal government $10,000 to satisfy a judgment against them.

The ominous-looking IRS notice that had been on the front door of the Delaware Avenue establishment since mid-June was replaced last week by a simple two-word announcement: “We’re back.”

Indeed the Acostas are, and they plan on making their second go-around as exciting as the first and, hopefully, more profitable.

Diane Acosta attributes part of the problem with the IRS to debts incurred by the former owner that were passed on to them. For many years, the restaurant/bar operated under the name of The Shanty.

“We were very shocked that they would close a small business like this when there are a lot of others who owe quite a bit more,” she said. “We were in the process of making payments. Apparently it wasn’t enough.”

The people in Delmar have supported us from the beginning.
Diane Acosta

Business had been up about 10 percent this year over last, she noted. “That’s what made it so disappointing.”

Acosta said the couple had “nothing negative to say” about the closure because it allowed them time to enjoy the summer they would be with their children.

“The people in Delmar have supported us from the beginning, and we’ve met a lot of nice people who are loyal customers,” Diane continued.

“When the doors were closed, we received a number of calls at home from people asking if they could come in,” she recalled. “People stopped by when they saw us picking up the mail. We were even given some credit references, which helped us get a loan” to pay off the IRS.

Haggerty’s will open again for business on Wednesday, Sept. 1. A grand re-opening party is planned for Thursday, Sept. 2, with drink specials all day and music by Rich Bedrosian and friends.

In the spring, Fritts and several other seniors met with eighth-graders on the middle school student council, who were receptive to the idea of a picnic and games along with the opportunity to talk to upperclassmen before school starts.

The new approach to orientation “might dispel some of the myths about high school and make them feel more comfortable,” said Fritts.

Hunter said the picnic should be a more relaxed way for the ninth-graders to get acquainted.

“It’s a way to meet students and get a sense of what the people of this school are all about,” he said.

About 30 seniors will welcome the incoming class of 275 on the day before school officially opens.

Two local organizations, Bethlehem Opportunities and Bethlehem Networks Project are helping to organize the special day for freshmen. The all-day event, including hot dogs, hamburgers, T-shirts, games and prizes, should help set the tone for the school.

This year’s freshmen orientation is designed to help with the transition from middle to high school. Smooth transitions “lead to successful and more healthy careers,” Hunter said. “We’re excited about it.”

And so are the seniors and ninth-graders.

“I wish I had it when I was a freshman,” said Zach Hampton, senior class vice president. “I think it’s very important that they start off on the right foot... it also brings the senior class together a bit more.”

Incoming ninth-grader Mandy Genovese is looking forward to orientation. “It’s a good way to get acquainted and help freshman fit in a little better,” she said.

Fritts said the seniors will probably keep track of the freshmen. “We might go to the home-rooms in early October to see how they’re doing.”

BCS seniors Zach Hampton (left) and Mike Fritts (right) will help freshmen like Mandy Genovese make a smooth transition to high school.

Crime-fighting K-9s convene here
By Mel Hyman

For the week of Aug. 30 to Sept. 3, the town of Bethlehem should be an especially safe place to live.

That’s because police officers from across the country, along with their trained K-9s, will be in town for the fourth annual National Police K-9 Tactical Deployment and Decoy Seminar.

Michigan and Massachusetts state police will be represented, along with the Oklahoma Highway Patrol, the Roanoke, Va. city police and the New York City police.

The five-day seminar drew about 1,500 law enforcement people last year. “We expect even more this year,” said Bethlehem K-9 police officer Wayne LaChappelle. Grando, the Bethlehem Police Department’s K-9, will also participate.

In addition to seminars on subjects such as narcotics detection and building searches, there will be a helicopter airlift for K-9 teams for the simulated tracking and apprehension of armed and dangerous felons.

The Albany County Correctional Facility and the Albany County Airport will be used for training sessions as well as practice points in Bethlehem such as Elm Avenue Park, Bethlehem Central High School and the Niagara Mohawk facility off Route 39W. The town hall will serve as the operations center.

Elm Avenue Park will be used as a landing site for helicopters. Other more rural areas of town will be used for tactical gunfire scenarios and mock drug raids.

Several companies have in-

Town board tackles homestead

At its meeting tonight, the Bethlehem Town Board will discuss what to do with the controversial homestead provision.

Under the provision adopted last year, business and farm properties are taxed at a slightly higher rate than residential properties.

The board can choose to retain the homestead option, remove it or change the formula. The board meeting begins at 7:30 p.m.
BC continuing ed to stretch the mind

By Dev Tobin

Continuing education will be more than aerobics and crafts this fall as the Bethlehem Central School District will offer three academic courses in the new Bethlehem Humanities Institute of Lifelong Learning.

The courses in art, literature, and music will be college-level, with lectures and participatory discussion, but without tests and papers, according to Judith Wooster, assistant superintendent for instruction.

"The program reinforces the nature of learning as a lifelong pursuit," Wooster said. "It fills a niche in continuing education, providing a rigorous academic option for those who want it."

The idea for the institute came from Helen Adler of Delmar, a retired BCHS English teacher who has been lecturing on "important books" for eight years at the Bethlehem Public Library.

"My lectures have attracted a steady audience, with many people going to a great deal of trouble to attend," said Adler, noting that she believes, "no question," that the new program will attract enough students.

"I think Bethlehem will be turned on to the idea of lifelong learning," she added.

Wooster met with several dozen interested people, mostly senior citizens, to decide on the content and structure of the program.

"These folks are into the rigor of it," she said. "They say it keeps your mind young."

Adler said Wooster deserved credit for working with the group, "for making it possible" to set up the precedent-setting program. Adler added that she plans to take all three classes offered this fall.

Charlotte Turoff prepares for Manet or Monet? Impressionism in Art at her Delmar home. Dev Tobin

By consensus, the group decided to focus on the arts for the institute's first offerings.

The courses this fall are Monet or Manet? Impressionism in Art, taught by Charlotte Turoff of Delmar (an adjunct professor of art at Siena College); Talking Back to Shakespeare, taught by Martha Rozett of Albany (an English professor at SUNY Albany); and Conversations in Music, taught by Max Lifchitz (a pianist and music professor at SUNY Albany).

Turoff said she was looking forward to the course because it's "instructive to work with other adults and get their insights."

Her course will "put in context the art of the Impressionists," Turoff said. "We will look at how revolutionary Impressionism was, where it came from and where it went."

Besides studying the art of the Impressionists, the course will also look at the history and culture of late 19th-century France.

After the course, students will have no difficulty distinguishing between Monet and Monet, two very different artists who are frequently confused, because their names are so similar, Turoff said.

Rozett's Shakespeare course will examine four plays in detail—Macbeth, Hamlet, King Lear and As You Like It.

"I don't expect students to have any prior knowledge of Shakespeare, just an interest in Shakespeare," she said.

Students will be expected to have their own copies of the plays, and to read them closely, Rozett said.

The title of Rozett's course is also the title of her forthcoming book, in which she examines how readers, audiences and artists respond to the Bard.

Lifchitz said his course will be "basically a way to learn about music that can be applied to all kinds of music, not just classical."

Through listening to different styles of music from different eras, students will "build up a vocabulary" so they can knowledgeably discuss and appreciate music, he added. "My aim is to increase listeners' pleasure."

Lifchitz emphasized that students need no musical background or training to take the course.

All courses meet for six weeks. The art course meets Mondays from 10 a.m. to noon in the district offices at 90 Adams Place; the literature course meets Tuesdays, same time, same place; and the music course meets Wednesdays from 1 to 3:30 p.m. in town hall, 445 Delaware Ave.

Registration is $25 for district residents and $32 for non-residents. Registration information will be sent out to district residents as part of the continuing education mailer, and non-residents can receive the information by sending a self-addressed, stamped envelope to Wooster at 90 Adams Place.

The Bethlehem Centennial Parade will take place on Labor Day, Monday, Sept. 6, at 3 p.m.

More than 1,000 participants are expected to travel to Bethlehem to help celebrate the birthday. The parade route is straight down Delaware Avenue from Oakwood Place, ending at the high school.

Mothers Time Out to meet at church

Mothers Time Out, a Christian support group for mothers of preschoolers, will meet Monday, Sept. 13, at the Reformed Church, 368 Delaware Ave. in Delmar, from 10 to 11:30 a.m.

The group meets each Monday. Child care is provided.

For information, call 439-0925.

Rensselaerville unit sets chicken barbecue

The Rensselaerville Volunteer Fire Department on Route 85 will host a chicken barbecue on Saturday, Aug. 28, from 4 to 7 p.m.

Dinner is $7 for adults and $4 for children.

A performance of the original play "The Captive Boys of Rensselaerville" by Richard Creamer, will follow the dinner at 8 p.m. The play will be staged in Conkling Hall in Rensselaerville.

For information, call 579-3684.
BC tennis aces fulfill early promise

By Dev Tobin

The yellowing newspaper clipping from 1985 tells the story of a new tennis academy for youngsters at Southwood Tennis Club, that attracted what became the core of the Bethlehem Central High School varsity tennis team.

BCHS and University at Albany grad Phil Ackerman said in the March 27 story in The Spotlight that his goal was to train elementary schoolage kids for competition, leading hopefully to a "dynasty of the 90's."

The headline of the story ("Tennis sprites head for big time") and Ackerman's prediction proved to be accurate, as three of his charges - David Rosenberg, Jeremy Bollam and Bryan Staff graduated interscholastic program at BC, has proved to be accurate, as three of his charges - David Rosenberg, Jeremy Bollam and Bryan Staff graduated interscholastic program at BC, has

Graduation will break up the tennis trio of, from left, Bryan Staff, Jeremy Bollam and Dave Rosenberg after nine years of playing together.

Tennis, from Ackerman's pre-teen program through the varsity interscholastic program at BC, has helped her son "understand that winning isn't everything, and taught him the importance of sportsmanship, self-control, giving 100 percent effort and remaining positive," Bollam said.

Rosenberg and Staff graduated in June and are off to college (Franklin & Marshall and Cornell, respectively) and Jeremy Bollam will likely be the number-one ranked player on the BC varsity next year.

The three friends also continued a tradition of traveling to meet tougher competition when they qualified for the state high school tournament on Long Island that year. The 1985 story tells of their trip to the Eastern Sectional Championships for age 10 and under in Brooklyn that year.

Ackerman said that competing in metropolitan tournaments like the Eastern Sectionals provided his students with better exposure and experience than they could get playing in local tournaments.

The experience evidently paid off, as the boys made the varsity five years ago, when Bollam was a seventh-grader and Rosenberg and Staff were in eighth-grade.

"They've stayed good friends and competitive players through the years," said Stephanie Bollam, Jeremy's mother.

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Annual auction slated

The 38th annual Lord's Acre auction, fair and chicken barbecue will take place at Trinity United Methodist Church, Route 143, Coeymans Hollow, on Saturday, Sept. 18, rain or shine.

The variety booths will open at 10 a.m.; the auction will begin at 2 p.m.; and the chicken barbecue will be served from 4:30 to 7 p.m.

For information, call 756-2812.

Bethlehem chamber sets September lunch

The Bethlehem Chamber of Commerce's September membership lunch will take place on Wednesday, Sept. 15, at the Normanside Country Club in Delmar at noon.

Speakers will be from the Center for Economic Growth and the League of Women Voters.

The cost is $10 and reservations are required by Sept. 13. For information, call 439-0512.
Matters of Opinion

One time when

Joint endorsement of the proposed new Albany County charter, by the Republican County Executive and the Democratic chairman of the County Legislature was a big and welcome step toward its adoption by voters on Nov. 2.

Harold Joyce was right when he called the bipartian support that he and Mike Hoblock gave the charter draft "an example of how the process is supposed to work."

He conceded that even though the two leaders were not in agreement on every aspect, "we agree the new charter moves the county in the right direction and should be adopted."

Success of the revised charter is "not a Republican or Democratic issue," said Mr. Hoblock, but rather it deserves and needs support "of persons from all political persuasions."

Their unusual appearance together in common cause was intended to encourage civic and community leaders to join in the campaign for adoption of the charter in the

Health reform starts at home

As the special section on personal health in this issue of The Spotlight illustrates, despite the months-long buildup for President Clinton's health-care package, the key to wellness still rests with each individual.

Acceptance of personal responsibility for practices that promote well-being remains the key to fitness, to avoidance of disease and disability, and to longevity with a desirable quality of life.

Those practices are certain to heighten any person's capacity for a lifestyle that is both happy and vigorous. Further, they obviously sustain an ability to be productive and self-supporting. Accordingly, they diminish the likelihood that person will require the medications, hospitalizations, and health-professionals' services to trouble some for both individuals' economy and the nation's.

Fundamentally, it is our collective failure to observe health-preserving regimens that lies behind the widespread focus on the costs of health repair and maintenance. Any further generation playing by the rules that dictate common-sense behavior can prove to be the true remedy and reform which the President and so many others emphasize now.

Blues in the night

It must have been 'way past midnight, in fact, when the directors of Empire Blue Cross/Blue Shield sneaked their latest coup past the sentinels at the State Insurance Department.

They've gone and hired a new president, CEO for a salary that can add up to $787,000 a year (if he lasts that long). His predecessor was "cashing" only $600,000 — and now he wants $2 million in severance plus unemployment pay. So what do you suppose the new guy will ask for when he goes down the chute?

There's so much irony in all this that it hardly bears mentioning in a family newspaper. The massive losses incurred by recent management, the soaring rates resulting from that kind of management, the salaries far out of line with decent reality.

Most ironic of all, though, was the pairing of the new guy's $3,027 per diem salary and the news that another 1,000 working Stiffs will get the axe in order to "reduce costs."

Thus, hopefully, to make the next round of rate increases seem just a trifle more palatable, perhaps?

Enough of homestead

Bethlehem's town Board has an overdue opportunity this (Wednesday) evening to rectify the 1992 vote which gave the town a two-tiered tax system.

The so-called homestead provision gives residential properties a tax break at the expense of commercial and farm properties, Bethlehem's business establishments, which have taken the brunt of the discriminatory system, called homestead "a legal inequity" when it was voted in last year.

The Chamber of Commerce, spreakhead ing their concerns, now states that nothing has changed in its membership's view: "It is time for the Town Board to do the right thing, and repeal homestead."

Editorially, The Spotlight has consistently spoken in opposition to homestead, and continues to do so.

On rables: sane and safe, too

"Follow common-sense precautions" in order to avoid contact with wild animals that might be rabid, is the advice of our area's most famous wildlife pathologist, Ward Stone.

As apprehension of the potential dangers posed by rables-infected raccoons and other small animals has grown more acute, Mr. Stone's calm words not only can point the way toward prudent behavior, but also can help to avert panic reactions.

Common-sensibly, you'd not put food for your pet outdoors where it might attract wildlife. Common-sensibly, you would stay away from animals that were acting strangely.

New 'Clinton's Ditch': President's tax plan

Editor, The Spotlight:

I must respectfully disagree with Congressman McNulty's letter concerning the President's tax plan. It will not reduce the deficit or the debt.

To explain why, we can look to the last major budget accord in 1990. In that tax plan, the target for the overall 1992 federal budget was $1.381 trillion, and it was supposed to be a balanced budget. The actual expenditures for the 1992 fiscal year, as discussed by Senator Mnyhan recently on a talk show, were $1.466 trillion, which represented a $40 billion deficit.

What happened to the savings?

As we look at the President's plan, we see that many new taxes are taking effect immediately. There is even an income tax increase retroactive to Jan. 1, before the President even took office.

'Strongmen': President is digging a bigger ditch.'

However, the alleged spending cuts are to be phased in over a five-year period. But Congress can revise those every year and nothing prevents it from doing so.

I said alleged spending cuts because I do believe that the new spending programs will get smaller. If a program costs $10 million this year, first the budget-writers estimate that it will cost $150 million next year, and then they cut it $10 million from that figure for a budget figure of $140 million. They call this a "saving" of $30 million, but they actually increased spending by $40 million! These data are from the book Bankruptcy 1995 by Harry Figg.

And of course, the Congress can hide the real size of the deficit by merely classifying certain "emergency" spending as "offset." Such spending includes the Persian Gulf War, aid to riot torn Los Angeles, and now, aid to the flood-stricken Midwest.

In 1991, the Postal Service was moved off-budget, thereby "saving" $1.5 billion. It doesn't appear in the budget, the deficit figure, but the money is still being spent!

The urgency to reduce the deficit is great, because in 1992, 1 cent out of every dollar of personal income tax collected by the federal government went to pay interest on the national debt. By 1995, the federal government will pay more in interest on the debt than it collects from all of us in personal income taxes. These

Should candidates sit in on budget meetings?

Editor, The Spotlight: Bethlehem's $18 million budget for the next fiscal year should be underway. The town will be receiving windfall from the federal government of $1.4 million from the new county sales tax. If the process takes the usual form, the supervisor and town administrators will prepare the budget and establish tax rates and assessments.

Inasmuch as the town will be electing a new supervisor in November, it would be in the best interests of the electorate for Mr. Fuller and Mr. Mryne to participate in preparation of the 1994 town budget. Both would then be in a better position to state their approval or opposition to the rational used in budget preparation.
Please do not adjust your set

More than a half-century ago — I believe that the year was 1940 — I read with great anticipation and enthusiasm about the revolutionary developments in communication that was on the verge of revolutionizing news delivery.

Inasmuch as I was at that time a young and still idealistic reporter on a decent-enough daily newspaper, I was intrigued by the possibility of the new means of communication.

I wanted to know about Lend-Lease, to say about Eleanor Roosevelt, and the prospects for the Triple Alliance. The “Triphora” referred to in the quoted paragraph is Triphora, the_elusive, and the Thrill of Discovery, a team of husband-and-wife photographers and growers of orchids. They had a five-year project to photograph all orchids known to grow in the Northeast. The three birds was the last species remaining to be photographed.

But where was the news by facsimile? Strangely, despite the optimism of 1940, it hasn’t quite happened as yet. True, many people do obtain their news bulletin in patterns different from those pre-war days, but they’re not reading it off special little screens or whatever.

But perished, it was the little box with the circular glass hole in the front that began to spell the end of Gabriel Healter and the age of television. The “Triphora” referred to in the quoted paragraph is Triphora, the_elusive, and the Thrill of Discovery, a team of husband-and-wife photographers and growers of orchids. They had a five-year project to photograph all orchids known to grow in the Northeast. The three birds was the last species remaining to be photographed.

They had successfully photographed more than fifty species and the three birds was “the only gap in a catalog of lovely flowers that most people never see in nature.” They were preparing to leave for New Hampshire in hope of finding a third bird there when by chance they heard of an unexpected discovery: a color that far surpassed even the pastel shades of more than 300 specimens, most in full bloom.

The nature of Triphora, we are told, is such that if it blooms at all after a period several of months or many days in which not a single bud will open. The factors that trigger blooming are not completely known.

Perhaps because of a warm sun following a sharp chill the night before, the entire colony sprang to life on Aug. 30 of last year, in seventeen years the State Bota, n had never seen the plant.)

I found similar interest in a story by “The Tetrault Geologists,” Robert Titus, which he called “The Revolution at North Lake.” As an introduction, he pointed out that geologists are skeptical of understanding of the fourth dimension of the universe.

“The world is about four billion years old and a lot has happened here. Every spot which now exists on the surface of the globe has always existed — but in many, many different manifestations. Every place has a story to relate, and a very long story at that.”

I like his exposition of that long story. “Go outside and sit down anywhere and watch history pass by. See the birds and small animals and flowers and fish, and watch the grass grow.”

“Dull stuff maybe, but all this is history; it’s been going on for billions of years, and sometimes it gets really interesting. Add a Tyrannosaurus rex or a saber-toothed tiger, and growing grass quickly becomes really fascinating.”

“Sadly, points on the surface of the globe are mute; they cannot speak of their history, exciting or otherwise. Yet on the Earth, there are geology and those rocks and sediments are a record of the past, a record which can be read, if you know how to do so.”

Uncle Dudley

Your Opinion Matters

Legislature’s one farmer has an uphill battle

By Mark F. Emery

The contributor of this Point of View is director of communications for the New York Farm Bureau, Inc., with headquarters in Glenmont.

Over the years, our state’s population has grown from rural to urban-based. That movement has left us with a major hole in our state’s agriculture. The land which New York 21 state lawmakers come from urban districts and most of those from New York City. Unlike many years, today’s Legislature has only one full-time farmer.

With over 99 percent of the state’s population having little understanding of farming or commitment to agriculture, the issues that confront farmers today nevertheless often impact more than just farmers. This political landscape in Albany makes lobbying for farmers all the more challenging.

The recently concluded legislative session gets mixed reviews from agriculture. According to the New York Farm Bureau, 25,000-member New York Farm Bureau. The session started with its normal budget gridlock and finished with inaction on many key concerns. In between, state lawmakers managed to address a host of issues.

On the plus side, several beneficial bills became law. Among those bills were these:

• Silo Bill. This measure exempts silos used in agricultural production from real property taxes. This new law brings a bit of fairness to owners of those silos who help keep back some of the tremendous property tax burden weighing on farm families.

• Grape Bill. This legislation helps reduce regulations on farm wineries. This will occur by reviewing current sales to determine which requirements can be amended or repealed, in order to cut back on the number of permits, approvals, and reporting requirements necessary to establish and operate a winery.

• Comp Reform. This measure allows farmers and other business owners who purchase workers’ compensation policies costing $1,000 or more from the State Insurance Fund to pay it on a more liberal installment plan.

In addition to helping these bills become law and advancing many others through the legislative process, we were able to halt over 40 bills that would have been detrimental to agriculture, including more burdensome labor and environmental legislation.

On the negative side, three bills important to agriculture were vetoed by the Governor:

• Landfill Bill. This legislation would have prohibited the siting of a landfill on active farmland within an agricultural district.

• Farm-Plated Vehicle Bill. This measure would have provided short-term relief to farmers by lowering fines on farm-plated vehicles found in violation of current DOT safety regulations.

• TB Bill. This would have increased indemnity payments made by the state to owners of cattle slaughtered to prevent spread of tuberculosis. It also would have provided such payments to owners of farmed deer.

Two major agricultural issues were left unsettled. Because of inaction of the Assembly majority, workers’ compensation reform did not become law. Since the close of the session, the scenario of escalating comp premiums worsened when the Insurance Department announced an average 14.4 percent increase effective Jan. 1. For agriculture the problem will be even greater since comp rates for farmers will increase by over 17 percent in virtually every commodity.

In addition to failing to approve workers’ comp reform, lawmakers dropped the ball on mandate relief. For New Yorkers the legislature failed to curb the rising cost of state-supplied programs (i.e., Medicaid) means that property taxes will not be contained and will most likely continue to head upward. Lawmakers should put these issues on the front burner when they return to session this fall.

Discovery through a small window

“Our window of time was very small. Triphora goes dormant for a young and still idealistic reporter late summer, only for a day or two, up shoots. It gets really interesting. Add a Tyrannosaurus rex or a saber-toothed tiger, and growing grass quickly becomes really fascinating.”

“The world is about four billion years old and a lot has happened here. Every spot which now exists on the surface of the globe has always existed — but in many, many different manifestations. Every place has a story to relate, and a very long story at that.”

I like his exposition of that long story. “Go outside and sit down anywhere and watch history pass by. See the birds and small animals and flowers and fish, and watch the grass grow.”

“Dull stuff maybe, but all this is history; it’s been going on for billions of years, and sometimes it gets really interesting. Add a Tyrannosaurus rex or a saber-toothed tiger, and growing grass quickly becomes really fascinating.”

“Sadly, points on the surface of the globe are mute; they cannot speak of their history, exciting or otherwise. Yet on the Earth, there are geology and those rocks and sediments are a record of the past, a record which can be read, if you know how to do so.”

Constant Reader

by Mark F. Emery

August 25, 1993 — PAGE 7
Proposed reforms important: Kansas

(The following are excerpts from a letter sent by George P. Kansas, a member of the County Legislature from District 4, to Chairmen Harold Joyce and other legislators, and released to the press by Mr. Kansas.)

I had expressed more substantial and more sweeping reforms. It is my firm belief, however, that change toward greater accountability of all public officials, however substantial, after all, is in change for the better.

Do I believe that the reforms proposed by the special committee are perfect? Of course not. I believe anything short of a complete restructuring and simplification of the charter coupled with a detailed administrative code fail to achieve true reform. I do believe, however, that the proposed reforms are active and important steps toward greater accountability.

George P. Kansas

Irish immigration article applauded

Editor, The Spotlight:

Congratulations to Erin Sullivan on the excellent article in the Aug. 18 Spotlight about the Irish American Heritage Museum's "Home for the Heart" exhibit in East Durham. As the child of immigrants, I found the exhibit—chronicling the waves of Irish emigration to America—an enlightening and moving one.

The museum, located on the grounds of the Irish Cultural and Sports Center, welcomes new members. Membership provides a variety of benefits including free admission to the museum, quarterly newsletters, and borrowing privileges at the research library at the College of St. Rose.

Delmar Betty Roos

Matters of Opinion

Clinton

(from page 6)

and many other frightening facts are presented in Bankruptcy '95, which can be borrowed from the town library.

No person or business can survive by continually spending more than their income. The government is no different. While in 1975 the U.S.A. was the world's largest creditor nation, since 1986 we have been the world's largest debtor nation, and history has shown (in Argentina, Bolivia, and Italy) that no country can run a huge deficit year after year without paying a ruinous price.

I am glad that Congressman McNulty wants to reduce the deficit and the debt. However, I am afraid that all President Clinton is doing with his tax plan is digging a bigger ditch. If you want to help reduce government waste, call 1-800-BE-ANGRY, and reach the Citizens Against Government Waste, a volunteer organization in Washington, D.C.

Latham James Ault

McNulty's budget vote called hard on seniors

Editor, The Spotlight:

Shame on Congressman Michael McNulty for voting for a $24.6 billion (five-year effect) increase in income taxes on middle-income Social Security recipients. The same bill cuts payments to Medicare hospitals and physicians by $55.8 billion (five-year effect).

The legislation he is boasting about (letter to the editor, Aug. 11) included an 8 percent increase in Social Security benefits subject to income tax for millions of middle-income senior citizens. This, despite the President's earlier claim that "the sacrifices will be borne equally.

Senior citizens have a long memory and will remember the Congressman's vote when we vote on election day.

Delmar Gilbert Guzik

Lions' hospitality gratefully received

Editor, The Spotlight:

On behalf of members of Bethlehem Senior Citizens, Inc., and other senior residents of Bethlehem, I wish to thank the Bethlehem Lions Club for the wonderful dinner served to us at Elm Avenue Park on Aug. 19.

We are appreciative of the volunteers who spent many hours preparing, serving and hosting this annual event. We are likewise grateful to the volunteers who helped make us comfortable while attending to the seniors' dinner needs.

Bethlehem Lions have been very helpful over the years and we look forward to their programs in the future, as these brighten the day for our members.

We thank Karen Pelletier, director of Bethlehem Senior Services, and her staff for assisting with this event. Also, we extend special thanks to the Bethlehem Central School bus transportation for the bus provided.

Alfred H. Keeley, President

Bethlehem Recycling Corner

By Sharon Fisher, town recycling coordinator

It's important for homeowners to treat their septic systems properly in order to minimize pollution to the surrounding environment.

Drain cleaners from washing machines and dishwashers kill the bacteria necessary for the maintenance of the entire system. One way to correct this problem is to flush two to three packages or cakes of yeast down the toilet every other month. This is a cheaper and safer alternative to chemicals which can be purchased for the same purpose.

When sinks become clogged, the tendency is to use drain cleaner, which contains lime and will burn anything it comes in contact with. These cleaners can eventually cause damage to pipes, and can not be used in toilets, dishwashers or disposals.

A plunger is an alternative to drain cleaners which not only saves money, but is also non-toxic and can be used for both sink and toilet plugs. If a plunger does not work, a plumbing snake can be rented from hardware stores.

Plugs in the sink can be prevented by not allowing hair, grease, lint, food or coffee grounds to go down a drain. Keep a strainer over the drain holes at all times, and pour two to four quarts of boiling water down the drain weekly to keep it open.

Another non-toxic alternative is to put one cup of baking soda and one-half cup of warm white vinegar down the drain. After 15 minutes, flush with boiling water to dissolve the crystals.

The chemicals from cleaning supplies can also disrupt the processes that are performed at the wastewater treatment plant. Extra chemicals from strong cleaning supplies or toxins accidentally flushed down the drain or sewer could pose problems.

Switching to less hazardous cleaning methods requires a change of habit. For example, bleach and a brush are an excellent way to clean toilet bowls, even though it does not bubble, foam or turn blue.

No matter what it is used, it's important to follow directions exactly, to get the best results with the least amount of contamination.

Local fair winners announced

The rabbit exhibit at the 1993 Altamont Fair produced a number of local winners in several categories.

Youth category

Jersey roosy — best of breed, Jade Schenning of Voorheesville.

Netherlands dwarf — best of breed, Melissa Bruno of Delmar.

Florida white — best of breed, Rachel Deyoe of Clarks ville.

Silver Marten — best of breed, Jamie Boomhower of Delmar.

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Vville announces honors Kiwanis sponsoring tourney

The following pupils were named to the high honor and honor rolls at Clayton A. Bouton Junior-Senior High School in Voorheesville.

High honor roll
Grades-seven
Sarah Abbott, Joseph Arena, Matthew Baran, Benjamin Battles, Ariel Belasen, Beth Korolewicz, Joseph Dougherty, Patrick Fidell, Justin Fuld, Amanda Grieco, Kevin Bock, Brett Fortran, Sharyn Getnick, Julia Gussetti, Colleen Hotaling and Christine Hubert.

Also, Erik Ives, John Kazakiewicz, Beth Korolewicz, Joseph Lindner, Zachary Malloch, Jane Meade, Katherine Primiano, Cynthia Reed, Crystine Roth, Justin Rynanowski, Christina Schachne, Matthew Schreiber and Stephen Stark.

Honor roll
Grades-seven
Julia Guastella, Colleen Hotaling, Ariel Belasen, Michael Blackman, Joseph Dougherty, Patrick Fidell, Justin Fuld, Amanda Grieco, Kevin Bock, Brett Fortran, Sharyn Getnick, Julia Gussetti, Colleen Hotaling and Christine Hubert.

Also, Erik Ives, John Kazakiewicz, Beth Korolewicz, Joseph Lindner, Zachary Malloch, Jane Meade, Katherine Primiano, Cynthia Reed, Crystine Roth, Justin Rynanowski, Christina Schachne, Matthew Schreiber and Stephen Stark.

Honor roll
Grades-eight
Britta Lukomski.
Also, Johann Mares, Brian McKenna, Matthew McKenna, Janelle Murray, Thomas Oravsky, Kristin Person, Stephen Pliatzke, Nicole Schalleten, Ann Marie Schryver, Magdalena Spencer, Jennifer Taglione, Autumn Tambascio, Cindy Tate, Denise Throop and Jessica Veeder.

Honor roll
Grades-eight
Shawn Alberty, Joshua Alvarez, Timothy Bradley, Brian Case, Michelle Cavaleri, Charles Chioniare, Nicole Daigle, Rebecca Dawson, Teresa Deangelis, John Dubrirtz, Aimee Ellsworth, Leah Flanagan, Kristen Frederick, Kyla Frohlich, Sarah Greenberg, Laura Hood and Stacy Kielbeck.

Also, Emily Kohler, Robert Long, Joseph Lyons, Melissa Martin, Albert Miller, Jennifer Miller, Aaa Neff, Katherine Pahl, John Pfleiderer, Natalie Portanova, Gregory Riche, Michael Robichaud, Eva Sbardella, Justin Spina, Nicole Steg, Tia Sullivan, Kathleen Tyrell and Jamie Ulion.

The Kiwanis Club of New Scotland Invitational Golf Tournament will tee off Monday, Aug. 30, at Colalone Country Club, Maple Road, Voorheesville.

A full day has been scheduled with registration starting at 11 a.m., a buffet luncheon at 11:30 a.m., shotgun start at 12:30 p.m., hors d'oeuvres at 5:30 p.m. and dinner at 6:30 p.m.

Prizes will be awarded for low net, longest drive and closest to the pin for men and women. There will be door prizes, raffle drawing and a hole in one contest.

For information, call Dr. Alan McCartney at 765-4318 or 765-3313.

Student wins medal in junior olympics
Drew Pakenas recently competed in the National Junior Olympics in Knoxville, Tenn.

He participated as a second degree black belt and won a gold medal for sparring. Pakenas is a student at Northeast Taek Woon Do, Guilderland. He is the son of Lee and Larry Pakenas of Voorheesville.

School schedules out
A schedule for the upcoming school year has been distributed to all students of Clayton A. Bouton Junior-Senior High School.

If any questions arise or a correction is necessary, students must contact the guidance office at 765-5529 on Wednesday, Aug. 26. The official schedule will be distributed on the first day of school, Sept. 8.

Field day postponed
The Community Field Day and Firematic Competition sponsored by the Voorheesville Volunteer Fire Department on Saturday, Aug. 28, has been postponed. A new date will be scheduled.

For information, call Bill Stone at 765-3309.
Friendship festival set for Saturday

The Ravena Friendship Festival, scheduled this Saturday, Aug. 28, will feature an assortment of activities beginning at noon.

Main Street in Ravena will be blocked off and filled with almost 100 booths, with displays by local artisans and civic organizations.

There will also be food and games. The Ravena Hose Company will sponsor a Brooks chicken barbecue, with music and dancing through the afternoon until midnight.

For information, call the Ravena Village Hall at 756-8233.

RCS sets open houses at district schools

The Ravena-Coeymans-Selkirk School District has scheduled an open house for fifth-graders at the middle school on Tuesday, Aug. 31, from 9 a.m. to noon.

Open house at the senior high school will be on Tuesday, Aug. 31, from 9 a.m. to noon.

Ravenna church lists schedule of events

The Grace United Methodist Church in Ravenna has released its schedule for the week of Sept. 2.

On Thursday, Sept. 2, at 7:30 p.m. a non-smoking Alcoholics Anonymous meeting is scheduled.

The Bargain Shed will be open from 9 a.m. to noon on Saturday, Sept. 4.

Morning worship will begin at 10:30 a.m. on Sunday, Sept. 5, followed by coffee and fellowship at 11:30 a.m.

An AA meeting is scheduled at 7 p.m. on Monday, Sept. 6.

The United Methodist Women will meet at noon on Wednesday, Sept. 8, and the TOPS Club will meet at 6:30 p.m., Al Anon will meet at 7, and Bible study will meet at 7:30.

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Local prize winners at the Altamont Fair

The vegetable exhibit at the 1993 Altamont Fair produced a number of local winners in several categories.

Apples
Blue ribbons were awarded to Chris Albright of Voorheesville for his Mutsu, Greening and Jonagold apples.

Grapes
The best vintners award went to Joe Bernier of Delmar, while a blue ribbon was awarded to Albright for his Concord grapes.

Pears
Carrie Lyman of Delmar won for the best Bose pears.

Market basket winners
Paul Kleine of Glenmont won the award for best eggplant.

Blue ribbons were awarded to Rebecca Bloomhower of Selkirk for her silage corn, ensilage and alfalfa hay (second cut).

Blue ribbons were also awarded to Sam Tommell of Voorheesville for his silage, threshed wheat, threshed rye and shelled corn.

A blue ribbon was awarded to David Miller of Delmar for his sheaf of oats.

Blue ribbon garden vegetables
Watermelon and celery — Adam Tommell of Voorheesville.
Peppers and sweet corn — Paul Kleine of Glenmont.

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  - Accepting applications for Fall 1993
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  - Call for further information 439-0328
Newspapers & local history

David Moore of the New York State Newspaper Project will take a nostalgic tour through local history as reported in local newspapers at the library on Wednesday, Sept. 8, at 7:30 p.m.

Moore will share local versions of world and national events, as well as quaint expressions of local news, opinions and life in days gone by. He will also talk about the work of the Newspaper Project in preserving this vast legacy for researchers.

Although a recorder of daily events, newspapers are also a prime tool for historical, social and genealogical researchers.

For genealogists, newspapers can be a primary source and help in understanding what an ancestor’s life was like by placing the person in the larger context of their community.

New York’s newspaper legacy is truly vast. The state has been home to over 20,000 newspapers since the New York City Gazette began publishing in 1725. To date, issues from about 9,000 separate newspapers have been found. Most like the Albany Argus, Mechanicville Mercury, Schaghticoke Sun and Hudson Falls Sandy Hill Herald have long ceased publication, as has the Delmar County Post. The library owns most of the remaining known copies.

Since 1887, with National Endowment for the Humanities funding, the State Newspaper Project has been trying to identify, describe and microfilm significant newspapers.

Preserving the issues is critical, because, as the project’s newsletter explains, “New York’s history is literally disappearing. Since the 1870s, nearly all papers have been published on poor quality groundwood pulp paper which dramatically decreases the potential for long-term survival.”

Moore, a Delmar resident and the project’s quality control librarian, conducts field surveys and catalogs his finds. This involves visiting sites around the state where newspaper collections are held and inventoried them.

The Albany County Post is of particular interest to him. Published in Delmar by C.L. Ryder of Delaware Avenue, the paper was a six-page weekly.

The Post covered “The Tri-Village area and Surrounding Territory. A Good Place to Live the Year Round,” according to the masthead which also read, “You win patronizing home people who have an interest in the home town.”

The library has the first issue, Nov. 5, 1927, and most of the editions from 1930 until it merged with the Altamont Enterprise in the late 1950s. The library is missing most of 1921, 1928, 1929, 1935 and 1948 editions.

Moore recently found 1948 in the offices of the recently-defunct Mirror Recorder in Stamford and is hopeful it will eventually return to Delmar.

“The Albany County Post is in seriously deteriorated condition, and Bethlehem Town Historian Joseph Allgaier has been spearheading the drive to raise $2,000 to microfilm the paper so it can be preserved for future generations.

Call the library at 439-9314 to register for the program.

Anna Jane Abaray

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Bethlehem girls tennis team rebuilding

The girls varsity tennis team has a lot of work ahead of them. Last year, 22 boys just out of high school were in the top six singles, and 15-years old returning varsity players are up to the number one or second slot.

Junior Kelly Dobbert is also going to be a competitive player. "She played three last year," said Coach Franze. "She's played girls two years older than she is and has beaten them."

Dobbert has been taking private lessons over the summer and has been playing as much as possible, but she has been suffering from tendonitis of the shoulder and the elbow.

Aside from playing well together, the team also gets along socially. The age difference hasn't had that great an effect on them. "We've had our problems," said Dobbert, "but we've always been able to work them out. There's been some tension for spots in the line-up, but that's about it."

Boyle agreed. "I think that if we play with the same good attitudes that we have been playing with, then we can work anything out and definitely win our division and take either first or second overall."

Returning varsity players are Becky Bloom, Lauren Boyle, Francesca Bracaglia, Lauren Brown, Cori Cunningham, Myra Feldman, Becky Furman, Juliana Krepsman, Gwen Lazar, Jen Piorkowski and Alison Thomas.

"I'm pretty psyched," said Cunningham. "Once we get started and get through the first two weeks of try-outs and practice, we're going to be great."

The girls varsity tennis team is rebuilding.

Babe Ruth league gears up for fall season

For the second year, the Bethlehem Babe Ruth will operate a fall baseball season for incoming 13-year olds, as well as for players that will be 14 and 15-year olds next spring.

Last year, 22 boys just out of the Little League program took the opportunity to play autumn baseball, thus easing the transition from the smaller Little League field to the regulation diamond.

The program has been expanded this year to include a 14 and 15-year-old travel team, as well as two 13-year-old travel teams.

Registration forms have been mailed to all returning Babe Ruth players, and the 12-year olds that recently graduated from Little League. It is expected that 50 players will participate.

The season will begin Sunday, Sept. 12, and finish at the end of October. There will be a 10-game, home and away schedule featuring teams from throughout the Capital District. Games will be played on Friday evening, Saturdays and Sundays.

The registration fee is $75 which pays for the fall program as well as all of next season. All players are invited to participate, and anyone that has not received a registration form in the mail should contact league president Tom Yovine at 439-2063. Time is of the essence.

The 13-year-old All Stars won the state championship this year.

Wynantskill's the one

Wynantskill has captured the A Division championship of the Cooper Varney church softball league.

In the final match-up of the A Division playoffs, Wynantskill edged out Bethlehem Community by scores of 11-7 and 14-13.

In the second game, Bethlehem Community scored seven runs in the bottom of the seventh, but their valiant comeback fell short.

The B Division championship this year was won by Bethany II, which triumphed over Clarksville in the final playoff round by scores of 4-3 and 16-2. Bethany II ended the regular season with a 5-8 record.

Cooper Varney

The following are the final standings prior to the playoffs:

Wynantskill, 11-1
Presbyterian, 10-3
St. Thomas, 9-4
Westerb, 7-4
Onesquethaw Valley, 7-5
St. Thomas I, 7-5
Beth Community, 7-6
Clarksville, 7-6
Delmar Reformed, 7-6
Bethany II, 5-8
Glenmont Reformed, 4-8
Bethany I, 3-9
Methodist, 3-10
Voorheesville, 0-12
The Bethlehem Soccer travel teams in the Under-10 divisions all took first in the recently-completed season.

Final team standings included the Blasters (Division B) 8-2-2, the Bullets (Division H) 10-0-2 and the Sharks (Division I) 10-0-2.

Bethlehem's Under-8 team placed third in the B Division with a record of 7-3-2. The Under-12 and Under-14 boys teams both took second place in B Divisions and the Under-16 (Division D) and Under-16 girls teams both captured third place for the season.

Final team standings included the Blasters (Division B) 8-2-2, the Bullets (Division H) 10-0-2 and the Sharks (Division I) 10-0-2.

Travel team registration for the 93-94 season is scheduled for Sunday, Sept. 12, and Sunday, Sept. 19, from 1 to 4 p.m. at the Elm Avenue town park office.

Players must register before tryouts and registration is limited. Bethlehem residents will be given priority. Coaches will schedule tryouts and contact players after registration is completed.

The Soccer Club has purchased a 20-acre field on Wemple Road to meet the increased demand for soccer and to provide an adequate number of well-drained fields. The work being done this summer and fall on the Soccerplex will complete the first four fields.

A cash budget of $85,000 is needed to complete the four fields and the parking lot targeted for development this summer and fall.

Over the next four months, the club will be seeking the balance, primarily from potential major contributors.

Outstanding expense items will be pipe, seed and trucking (of crushed stone).

Major contributions for the Soccerplex have come from Texas Eastern Products Pipeline, which donated $10,000. The company has also made a commitment to provide $1,000 annually.

Mangia Restaurants have committed $25,000 to the field fund. The club has received $65,000 for use in the initial stage.

Selkirk Cogeneration has committed $10,000 over the course of Phase I development.

Stewarts donated $2,000 over two years, while Farm Family Insurance donated $1,000 in 1992.

Bethlehem families have contributed over $20,000 to date. General Electric contributed $500,000, while Farm Family Insurance donated two years, while Farm Family Insurance donated $1,000,000.

Members of the Bethlehem Soccer Club's Under-10B travel team took first place in their division with an 8-3-2 record. Team members included, bottom from left, Jed Rosenkrantz, Chris Weyant, Kevin Richman, Dave Ginsberg, middle from left, Sam Abrams, Chris Kasarjian, Mark Melcher, Rodrigo Cedra, Dan Toga, Josh Kapeczynski, top from left, assistant coach Bob Rosenkrantz and coach Jeff Weyant. Missing from photo were Mike Cardamone and Matt Cardamone.
Poetry workshops to begin

The library has received a $130,000 grant from the National Endowment for the Humanities to administer Poets-In-Person: New York, a project that will bring discussions of contemporary poetry to selected libraries in smaller upstate communities over the next two years.


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Student athletes experience pleasure, pain

This week, approximately 450 Bethlehem students will begin practice for fall sports.

Sports are fun. They teach teamwork, loyalty and are an incentive for personal excellence. Student athletes learn valuable lessons and make new friends.

Athletics are an important component of education. Indeed, some youngsters attend school only for sports.

Sports are also difficult. Student athletes suffer. Some sit on the sidelines during the games, while others have painful injuries. Athletes often lose or miss or fumble or fall.

Student athletes are not the only ones affected by the stress of the sport. The students' coaches, teachers and parents also experience pressure as they help their athletes.

How can parents help their athletes?

- Help your athlete to celebrate in appropriate, healthy ways. When you sign the eligibility card, explain your expectations about alcohol and drug use. Help your athlete be alcohol- and drug-free.
- To all student athletes, we wish a safe, rewarding fall season.

New York State libraries selected for the program are located in Saratoga Springs, Cambridge, Schenectady, Plattsburgh, Poquhawksee, Colonie, Canajoharie, Ellenville, Goshen and Mahopac.

Christine Shields

Slingerlands resident performs in opera

Slingerlands resident Meg Bragle, 20, is currently in her second season as a member of the Ohio Light Opera Company for the summer season at the College of Wooster in Wooster, Ohio.

Bragle has performed in four of the company's seven shows, including Offenbach's "La Perichole," Gilbert and Sullivan's "Utopia Limited," Carl Zeller's "Der Vogelfanger," and Noel Coward's "Bittersweet."

A senior at the University of Michigan, Bragle was the mezzo-soprano soloist in a recent performance of the "Magnificat" by Bach in Ann Arbor, Mich.

Bragle also performed as the mezzo-soloist in the world premiere of "Diving Into the Wreck" by Evan House and as the mezzo-soprano in "Canticle #2—Abraham and Isaac" by Benjamin Britten.

Kay Latta of Delmar enjoys the food provided by the Lions Club on Thursday, Aug. 19, at a seniors' gathering in the Elm Avenue Park.

Elaine McLaun

Take a break, recreate!

The town of Bethlehem Parks and Recreation Department is accepting mail-in registration for fall recreation programs.

Program information and registration forms are contained in the "Bethlehem Report," which was recently mailed to residents. Registrations will be randomly drawn and placed in classes beginning Sept. 2.

Phone-in registration will not be accepted until Sept. 8.

Programs are open to residents of the town of Bethlehem and/or the Bethlehem Central School District.

For information, call the park office at 439-4131.

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• How seniors can protect their assets with long-term care insurance

• A close-up look at the latest in dental hygiene

• The newest techniques in hysterectomies and other surgical procedures

• An overview of patients' rights when hospitalized

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Seminar to tackle childhood mental disorders

While approximately 12 percent of the nation's children and adolescents experience a mental health problem severe enough to require medical attention, fewer than one-fifth receive the appropriate treatment.

The Mental Health Association in New York State and the Community Psychology Program of Sage Graduate School will host an afternoon seminar for educators, parents and others called Understanding Childhood Mental Disorders on Thursday, Sept. 9, from 1 to 4 p.m. at the Sage Junior College of Albany Campus Center, Room 467, 140 New Scotland Ave., Albany.

The goal of the seminar is to increase knowledge—about both the early warning signs of mental and emotional disorders and the most effective treatments available — among those who work with children and adolescents.

This seminar features a national video-conference from the Public Broadcasting Service that explores various mental and emotional disorders.

Nationally known mental health experts will appear live via satellite on the program and will present the latest research findings on the bio-medical, social and environmental factors contributing to these disorders.

The program will also highlight the most effective treatments available and will discuss the need to coordinate services among the different groups and agencies charged with helping children.

The presenters will share their insights into the issues and will be available to answer call-in questions from the audience. Dr. Peter H. Rasmussen, Head of the Child and Adolescent Disorders Research Branch, National Institute of Mental Health; Dr. Andrea Eberle, director, Disabilities, Diabetes and Endocrinology, and Dr. Mary Jane England, president, Washington Business Group on Health and national program director of the Robert Wood Johnson Foundation's Mental Health Services Program for Youth; Barbara Huff, executive director, Federation of Families for Children's Mental Health, and mother of a daughter with severe emotional problems; and Gary De Carolis, chief, Family and Adolescent Branch, Division of Demonstration Programs, Center for Mental Health Services. The presenters.

This seminar is ideal for teachers, administrators, special education teachers, guidance counselors, juvenile justice workers, law enforcement personnel, social workers, parents, day care supervisors, physicians and nurses. Participants will receive a free set of handouts developed by the National Mental Health Association.

The Mental Health Association in New York State is offering the seminar as part of its ongoing commitment to support the needs of children and youth with emotional, behavioral or mental disorders and their families. Following the broadcast, a panel of parents will discuss their reactions to the videoconference.

The program is made possible in the Capital District through the Community Psychology Department of Sage Graduate School and MHANYs Parent Support Network Project (PSNP). The Parent Support Network is a statewide network of 3,000 members consisting of parents, parent groups and others interested in children's mental health issues.

Understanding Childhood Mental Disorders is presented by the National Mental Health Association and the PBS Adult Learning Series. (Satellite service with underwriting from the National Institute of Mental Health and the Center for Mental Health Services.)

Co-sponsors for the program are the Federation of Families for Children's Mental Health, the Child Welfare League of America, the Sage Colleges and MHANYs Parent Support Network Project.

To register or for information, call Joan Valery at MHANYs at 454-0439.
Long-term care insurance can preserve assets

By Donna Moskowitz

As nursing home costs skyrocket, a family's life savings can be wiped out in a matter of months. But a new program, called the New York State Partnership for Long-term Care, can ease the situation by encouraging people to take out long-term care insurance to protect their resources.

Currently, people needing long-term care have three options with respect to their financial resources, according to Mildred Shapiro, associate commissioner of the New York State Department of Social Services Division of Health and Long Term Care.

**The insurance option is not for the poor and not for the wealthy. It's for the broad middle class.**

Mildred Shapiro

One option is to allow all income to be used to pay for long-term care. Income includes resources such as pensions, Social Security, disability, or interest or dividends, Shapiro said.

When these resources are gone, a person can apply for Medicaid, and the federal government will foot the long-term care bill.

A second possibility is to transfer one's resources to someone else. One way this can be done is by setting up a certain type of trust. Medicaid can then be used to pay for care.

A third possibility is to buy long-term care insurance. This type of insurance is currently available nationwide, but in New York, a new type of policy went on sale on April 1.

New York is requiring insurance companies to provide for three years of nursing home care, or six years of home care. If an individual purchases this type of insurance, the family resources will not be touched — even after the insurance runs out.

The state requires insurance companies to provide a minimum benefit of $180 per day for nursing home care and $50 per day for home care. Additionally, the insurance "has inflation protection built in — 5% compounded every year. The benefit increase but the premium does not," Shapiro said.

The benefits are based on one's age when the policy is purchased, she said.

For example, a 65 year old might pay between $1200 and $1800 per year for long-term care insurance, Shapiro said.

Thus far, the state has approved the new type of insurance policies for six insurance companies. "Eight more are in the pipeline," she said.

In general, "Elder law attorneys are very supportive of this for the right client," she said. The insurance option "is not for the poor and not for the wealthy. It's for the broad middle class."

People with $5, 10, or $20,000 income per year have little income to protect and probably would not benefit from long-term care insurance, Shapiro said.

The toughest question to answer is what income level derives the most benefit from the insurance.

"For people who have incomes equal to the cost of the care, this partnership policy is not for you," she said.

The New York law was passed in 1989, but it was only this year that the federal government gave its permission to the state to proceed. Shapiro said the federal government wants "to shut down any other states from doing this... They don't want to help the middle class," she said.

"We consider it irrational policy. It places the elderly in the position of choosing between "impoverishment or losing control by setting up a trust." It also results in "some very wealthy people going on Medicaid. People do it because they feel they have no choice," she said.

Only four other states will be permitted to have similar programs to that of New York. They are: Connecticut, Indiana, California, and Iowa, Shapiro said. All other states in the union appear to have been permanently prevented by the federal government from developing similar programs. Between mid-May and June 30 of this year, more than 1,000 people applied for the new type of long-term care insurance, according to Shapiro.

A new program called the New York State Partnership for Long-term Care helps middle class families preserve their assets when a member must go into a nursing home such as Good Samaritan Home in Delmar, pictured here.

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Simple precautions can curb choking

The Consumer Product Safety Commission and the American Window Covering Manufacturers Association (AWCMA) have warned parents about the danger of accidental strangulation if young children become entangled in pull cords for window coverings.

According to the commission, at least 118 such deaths occurred between 1981 and 1991. Window covering cords are one of the products most frequently associated with strangulations of children under 5.

Most of the children were 2 years old or younger. Some of the victims were in cribs which had been placed near window covering pull cords. Other victims were children who were not in cribs, but who were playing with the cords.

Children may find the cord hanging near the floor, or they may reach the cord by climbing on furniture placed near the cord. These accidents have occurred when a child is alone in a room clamping device, such as a clothes pin or cord clip.

These accidents have occurred when a child is alone in a room clamping device, such as a clothes pin or cord clip.

The commission and the AWCMA have issued the following suggestions for parents to keep cords out of the reach of young children:

- Do not place cribs and furniture near windows because this gives children additional height to reach the cords.
- Clip the cord to itself or to the window covering with a clamping device, such as a clothes pin or cord clip.
- Wrap the cord into itself and around a cleat securely mounted near the top of the window covering.
- Securely install a tie-down device (this may be useful when a long looped cord is necessary).

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by Cintra Electrolysis

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FREE 15 MINUTE TREATMENT
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Take one step at a time to avoid foot problems

By Eric Bryant

Okay, let's say you've just embarked on a new exercise program. Who cares about the funny staves, you're power walking and you've gotten yourself up to two miles a day.

Three weeks into the new regimen, you awake one morning to find your heel is unusually sore. Do you shut it down and head out on the road? Work through the pain, as the football coaches used to say?

Hardly.

If the pain persists for several days and is especially prevalent in the mornings, it's likely you're suffering from one of most common foot ailments affecting walk­ers, joggers and others who spend a lot of time on their feet — plantar fasciitis (PLANT-ar fassy-EYE-tiss).

Plantar fasciitis (PF) is an inflammation or tearing of the fascia, a ligament-like piece of connective tissue which runs the length of the arch, from the heel to the balls of the foot.

Podiatrists say it's rapidly becoming one of the most common foot ailments they see, and with the jogging and walking craze gaining even more members, there's no sign of it letting up.

"It's one of the most common problems we see, especially with the onset of summer," said Col­onial podiatrist Joseph Crisafulli.

"The weather gets nicer and people get out to exercise. They try to do too much too early."

Podiatrists say problems occur when the fascia begins to weaken and overstretch, causing the muscles of your feet to sag into it. If that happens enough, the fascia can actually tear near the heel bone.

If you say you've just built up gradually instead of recent trauma or an increase in physical activity.

Overdoing a new exercise program is just one way to aggravate the fascia, but the results once it happens are predictable. The pain begins slowly, usually near the heel and will increase if the prob­lem is not addressed properly.

The pain is usually more severe in the mornings, because while you sleep the fascia has had a chance to heal itself. When pressure is reapplied, all that self-healing goes for naught.

"Early morning pain is one of the key symptoms," said Crisafulli. "Things I look for are a recent increase in weight, a recent trauma or an increase in physical activity."

That's my biggest problem. People wait several months with this pain, and the longer you suffer with it the longer it takes to heal. It's important to catch it early.

Dr. Joseph Crisafulli

Since the injury is basically self-inflicted, prevention is generally nine-tenths of the cure. As it is with most physical activities, foot cushioning, protection and sup­port are essential. Choose a pair of shoes for comfort and stability, not style. It's often a good invest­ment to spend that extra amount if shoes fit snugly, than to chance a pain in the foot for a few extra dollars saved. Another foot tip: buy shoes in the afternoon.

If heel pain does occur, don't treat it him early. The longer you wait, the longer it will take to eventually heal your foot.

"That's my biggest problem," said Crisafulli. "People wait several months with this pain, and the longer you suffer with it the longer it takes to heal. It's important to catch it early."

Heart-disease kills

According to the Ameri­can Heart Association, cardio­vascular diseases kill more than 930,000 Ameri­cans every year.

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Brush up on your dental hygiene care

By Mel Hyman

Remember the old TV commercials where the smiling, young girl comes racing through the front door yelling "Look, mom, no cavities."

It was only a commercial for a popular toothpaste, so it was natural for many of us to take it with a grain of salt. Still just about every kid in the 50's and 60's thought they could run in the house and yell the same thing. But for most of us, it was an elusive dream.

Dental health has come a long way in the last 10 years, so that maintaining a cavity-free mouth nowadays is not beyond reach. It just takes regular brushing, regular flossing and biannual trips to the dentist.

You might be able to get away with brushing only once a day, but the advice offered by the American Dental Association, is that you should actually brush more than once a day, depending on your diet. Nothing substitutes for brushing, says Dr. Geoffrey Edmunds, a partner in Delmar Dental Medicine.

At the same time you can't totally ignore flossing. You can floss irregularly, or just about never, but you also run the risk of developing periodontal (gum) disease. "We've seen 10-year-olds who are very good at (flossing)," Dr. Edmunds says. It's an excellent idea to get youngsters in the habit of flossing if their "physical coordination" allows them to do it.

Dr. Yvonne Cubano, a dental hygienist with Colonie Dental P.C., advises parents to bring their children in for check-ups as early as two or three, "if just to get them acclimated to the dental atmosphere."

The addition of fluoride to toothpastes, municipal water supplies and even in vitamin pills, has seemed to cut down on tooth decay in kids, but is also no cure-all, Dr. Cubano says. "We still find decay in a lot of children. Overall, about 85 percent of children suffer from tooth decay" to some degree.

Fluoride-fortified vitamins for kids can be beneficial. "Even if you have fluoridated water, how much water do they drink? Your dentist should know what percentage of fluoride is needed when he or she makes out the prescription.

Dietary recommendations have not changed that much over the years. Processed sugars should still be avoided because of its affect on tooth decay.

Mr. Tooth Decay.

While tooth decay is much more rampant in children than adults, adults are more prone to periodontal disease, according to Dr. David Weinstein, a Delmar resident whose dental practice is on Palisades Drive in Albany.

For that reason, Dr. Weinstein says, adults might want to see their dentist every three or four months, especially if their gums bleed when brushing or flossing.

"I've seen people without a filling in their mouth who, because of neglect, have developed periodontal disease and were in danger of losing all their teeth."

Rinsing with mouthwash in the a.m. before you brush and in the p.m. before you go to bed can help prevent gum disease, he adds, because it cuts down on the bacteria.

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Early detection of tumors can save women’s lives

About 182,000 women in the United States will be diagnosed with breast cancer in 1993, with an estimated 46,000 dying of the disease. Yet, fewer than one-third of American women follow the recommended guidelines for breast cancer screening. The American Cancer Society recommends that all women between 40 and 49 should have a mammogram every one to two years, and after age 50, every year. It is also recommended that women perform monthly breast self-exams and have clinical exams at least every three years after 20 and every year after the age of 40.

A mammogram can detect a small tumor up to two years before it can be felt. Finding a lump early significantly improves a woman’s chance of successful treatment.

According to Delbra Saunders, manager of clinical applications for LORAD Corporation, manufacturers of mammography equipment, “New technology means less radiation dosage, making mammograms safer then ever. Also, recent advances have reduced the time and cost associated with mammograms, making it more accessible for women.”

Before receiving a mammogram, it’s important to choose a reliable mammography facility. The National Cancer Institute recommends asking the following questions before making an appointment:

- Does the facility use machines specifically designed for mammography?
- Is the mammography machine calibrated at least once a year to make sure its measurements and doses are correct?
- Is the person taking the mammogram a registered technologist, certified by the American Registry of Radiologic Technologists, or licensed by the state?
- Does the facility perform at least 10 mammograms each week as part of its regular practice?
- Is the radiologist who reads the mammograms specifically trained to do so?

The American College of Radiology’s (ACR) runs a voluntary accreditation program. For information, call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6293).

New laparoscopic surgery can reduce recovery period

By Susan Graves

Dr. Jeffrey Rosen, an Albany surgeon, is excited about a relatively new procedure for hysterectomy operations that significantly reduces hospital and recovery time for patients.

Laparoscopic surgery usually means a hospital stay of 23 hours vs. four days for patients who have the more conventional abdominal hysterectomy.

Rosen, who has been practicing from his Hackett Boulevard office for 16 years, said he has been performing laparoscopic hysterectomies for the past two years. “Most (patients) are back to average activities within a week and totally recovered in three weeks,” he said. “They’re back to work and fun sooner, and the nice thing to think about is there’s less anxiety in patients.” Women who have conventional hysterectomies can usually expect a four-to-six week recovery period.

Rosen believes the new technology is definitely less traumatic, with less discomfort and a shorter hospital stay. And, he added, “in most cases, the blood loss is less.”

One other aspect of laparoscopic hysterectomies is related to economics. “There are millions in savings,” he said.

Evolving technology has made the “old days a week ago,” in terms of laparoscopic surgery, which is performed through the vaginal opening, a thing of the past. A conventional hysterectomy, the surgeon enters through a 2½-inch incision in the abdomen.

Rosen said he underwent extensive training for the procedure which he performs at St. Peter’s Hospital and Child’s Hospital in Albany. “It requires extensive training at a laparoscopy center,” he said. First, the doctors observe other physicians on videos and then participate in operations. Finally, said Rosen, there are “countless hours in the lab.” Rosen said he was the first surgeon in the area to perform laparoscopic hysterectomies, but that several other hospitals are now using the procedure.

Laparoscopic hysterectomies, however, require more than just the skill of the surgeon. “You have to have an entire OR (operating room) team and a lot of support staff,” he said. During the procedure, the surgeon watches a monitor that records the situation with a scope fiber optic lens. Laparoscopic surgery is also used to correct other medical problems, including urinary stress incontinence. “This is very, very new,” Rosen said. “The whole field has become very specialized,” he said.

Rosen, a Delmar resident, is a graduate of the University of Medicine and Dentistry of New Jersey.

Cooking with olive oil can lower cholesterol

Olive oil, a staple ingredient in Mediterranean cooking, has been found to have cholesterol-lowering properties. To help Americans increase the use of olive oil in their diets, Filippo Berio Olive Oil is offering a special 300-page cookbook edition of "The Low-Cholesterol Olive Oil Cookbook" for $5.45.

To get a copy, send a check or money order for $5.45 to: Filippo Berio Olive Oil Cookbook Offer, P.O. Box 5021, Clifton, N.J. 07015.
Teleconference slated on breast cancer detection

A live interactive teleconference on early detection of breast cancer is scheduled on Thursday, Sept. 30.

The program, "Saving lives and dollars: Worksite programs for early detection of breast cancer," is sponsored by the United University Professions (UUP), an arm representing 21,000 State University of New York faculty and other professionals. The teleconference is scheduled from 11:30 a.m. to 3 p.m. at UUP headquarters, 119 Wolf Road, Colonie.

The teleconference will feature two panels of corporate leaders and cancer experts, discussing cost-effective options for early detection and educational programs to the workplace.

According to UUP President William Schaeferman, a study by the National Institute of Occupational Safety and Health Centers for Disease Control and Prevention found that female educators are 60 percent more likely to die from breast cancer than are women in other occupations.

The conference is open to labor leaders, health care professionals, human resources personnel and the public. Limited space is available.

For information, contact Robert Albrecht, UUP vice president for academics, at 458-7935.

Leukemia Society offers booklet on bone marrow transplants

The Leukemia Society is offering a free booklet on bone marrow transplantation.

The procedure is a form of treatment for leukemias and related cancers.

The 20-page booklet contains detailed information on the procedure in an easy-to-follow question and answer format.

Currently, marrow transplantation is being used to treat three major types of leukemia as well as lymphomas. These diseases affect approximately 48,000 Americans each year, according to information provided by the Leukemia Society.

For information, call Teresa Santandrea at the Leukemia Society at 429-1249.

Aquariums can have health benefits

Experts have often said that relaxation and relief from stressful situations go hand-in-hand with good health and fitness.

Now, two doctors at the University of Pennsylvania have completed a study which shows that watching tropical fish in an aquarium not only is relaxing and a good way to relieve stress, but actually reduces high blood pressure.

Dr. Aaron Katcher and Alan Beck published the results of their study, entitled "New Perspectives on Our Lives with Common Animals," in the University of Pennsylvania Press.

For those who want to experience the health benefits of an aquarium, the first step is to locate a good fish supply dealer.

It is estimated that there are at least 10 million aquariums in homes, offices, restaurants and hotels throughout the United States. For this reason, there are a lot of fish supply dealers to choose from.

Friends may have a favorite store, or names can be found in the phone book under tropical fish retailers. It's also advisable to purchase a book that provides complete instructions on setting up and maintaining an aquarium.

One basic rule is to buy the largest aquarium possible, because the greater the water environment, the less chance there is of water problems.

A recent study shows that watching fish in an aquarium can relieve stress.

When determining where to put the new aquarium, several factors should be considered. First, it should be on a firm stand because the water is heavy. The aquarium should not be in direct sunlight, which would cause algae to grow on the glass and plastic accessories.

Once the aquarium is chosen, the first accessory should be a light source that can be turned on and off to regulate the temperature. A good heater and an aquarium thermometer will help regulate the temperature.

A quality filter is also important. The dealer can give advice since there are several types and needs vary with the size of the aquarium.

Once the aquarium is set up, a chlorine neutralizer should be added to the water, but only a few fish should be put in initially. These few fish will help develop the proper biological conditions necessary to maintain a fully-stocked aquarium. After three to four weeks, assuming everything is functioning properly, the rest of the fish can be added.

Aquarium maintenance is quite simple. Every two weeks, a partial water change by siphoning the water from the bottom of the tank is all that is required.
Patients' rights shine light on medical system

By Elaine Jackson Cape

According to Blair Horner, legislative director of the New York Public Interest Research Group, most people spend more time and effort buying a car than they do choosing a doctor or hospital.

"I know when I go out to buy a car, I read Consumer Reports; and I go around and I wrangle with them and try to ratchet down the price, and I kick the tires and look at the engine. But when most people go in to see the doctor, they just turn into mice. Consumers have to be much more effective advocates for themselves."

To help prospective patients find the information they need, NYPIRG recently released a 24-page booklet entitled "Health Care Checkup: A Consumer Guide for New Yorkers."

The booklet contains a wide variety of information, including:

- how to choose on a doctor's credentials, where to go to get information on disciplinary proceedings against physicians, obtaining medical records and how to file complaints against doctors and hospitals.

The booklet also features tips on going to the hospital. For example, Horner said, patients should work out a health plan in advance with the doctor, discussing all the treatment possibilities and their possible risks and benefits.

Another source of information for those facing hospitalization is the book "Take This Book to the Hospital with You." Subtitled "A Consumer's Guide to Surviving your Hospital Stay," the book was written by Charles Inlander; president of the People's Medical Society, a nonprofit consumer health organization.

According to Inlander's book, the first step is to find out if hospitalization is even necessary. In addition to seeking a second, or even a third opinion before making a decision, Inlander advises patients to ask lots of questions, including the most important one, "What will happen if I don't have this procedure done?" In some cases, the doctor may predict serious consequences but, in others, he may simply say "Well, we'll just have to keep an eye on it and see what happens."

One break for consumers is that, in 1987, a state law was passed mandating that every patient have his rights explained to him on admission to a hospital. As part of this explanation, one of the first things a patient receives is a copy of the "Patient's Bill of Rights," compiled by the American Hospital Association.

It used to be that patients would access the hospital system, pay their money, and do what they were told. Now they're becoming more active participants in their own health care.

Another result of the legislation is the increasing importance of patient relation offices in hospitals. Catherine Plummer, director of the patient representative department at Albany Medical Center, said her office has grown from "one-and-a-half people" in 1987 to a staff of 12.

She described the purpose of her department as a liaison between the staff and the patients, to see that patients' rights are honored and to help resolve any issues or problems that might arise. Many of the issues involve a breakdown of communications, she said.

For example, if a family feels they're not getting information from their physician, the department's role is to call the physician and make arrangements for him or her to get together with the family.

One of the most important things for prospective patients to do, he said, is "Always get a second opinion."

Always question physicians' decisions and treatment. Be as aggressive as you are when you buy a toaster," he said.

Whole grains yield healthy benefits

Both refined grains and the products made from them have been stripped of their natural goodness.

Commonly listed as whole wheat, whole oats, whole rye and whole barley, these are all great sources of fiber, refined grains are almost devoid of the fiber and important nutrients that were intact in the original grain. This alteration has changed a wholesome food into a food product containing little nutritional benefit and little character.

Fiber-rich whole grains and whole-grain flours have been the focus of many scientific studies demonstrating the reduced risk of diverticulosis, colon and rectal cancer, and other colon disorders. Fibers containing adequate fiber inherently tend to be lower in fat and calories, especially saturated fat, and cholesterol, which may contribute to the reduced risk factor.

Fiber is filling and, by containing the right calories, is an excellent part of the low-fat, high-complex carbohydrate diet, recommended for better health.

Break recipes begin with a very basic set of ingredients: water, flour, salt and yeast. To this basic list you can add a variety of interesting and delicious ingredients that will give your bread the individuality you are looking for.

Educational component to her job.

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The Patient's Bill of Rights
A complete copy of the "Patient's Bill of Rights" is available from most hospitals. A summary of the document, contained in the NYPIRG booklet "Health Care Checkup," shows that the law gives consumers the right to:

- Considerate and respectful care.
- Complete information on diagnosis, treatment and prognosis.
- All information needed to give informed consent for any procedure or treatment.
- A second medical opinion.
- To refuse treatment and be informed of medical consequences.
- Confidentiality of medical records and conditions.
- Participate in all decisions about treatment and discharge.
- Receive copies of all medical records. (These records are usually made available to the patient's doctor.)
- Receive an itemized bill and explanation of all charges.
- Care and treatment without regard to sex, race, color, religion, national origin, sexual orientation or source of payment.

For information on receiving a copy of the NYPIRG booklet, contact NYPIRG, 146 Washington Ave., Albany 12210.

Head lice frustrate removal efforts

Once again this year, it is expected that 6 to 9 million children will be dismissed from school for head lice. No region in the country is free from head lice, and in some areas, rates of infestation are as high as 40 percent. Pediculosis (head lice infestation) usually strikes children from 3 to 10 years old, but all children in a group setting are vulnerable.

Over-the-counter products (pediculicides) are available to kill the head lice, but lice eggs, commonly called nits, must also be removed with a fine-toothed comb.

Complete nit removal is the way for schools to be absolutely sure in the control of head lice. When live nits remain, transmission to another person is possible. Because it is difficult to tell live nits from dead ones, nearly all school systems adhere to a "no-nit policy." This policy requires a child who has been sent home with head lice to be re-examined by the school nurse before returning to class. This "no-nit policy" avoids the confusion in distinguishing live nits from dead ones.

Nits stubbornly cling to hair with a glue-like substance. Therefore, even after hours of tedious combing and "nit-picking," the child may not pass the scrutiny of the nurse.

While head lice are more a nuisance than a health threat, early detection and proper treatment followed by nit removal will prevent needless suffering and school absence. Scratching of the scalp by a child should send a signal that head lice may be to blame. Inspect the child's head for nits or small crawling adult insects.

Nits look like tiny grains of sand along the hair line. The school nurse or local pharmacist can recommend a pediculicide.

Good glasses key to reading life

Can you read this without glasses? If not, then you are probably one of the 39 million Americans who are over 40 and have presbyopia. This word comes from the Greek and means "the aging eye." This means it's harder to focus on close objects and difficult to read small print.

Reading glasses become a necessity once your arms seem too short to hold a newspaper comfortably. There are two options for your first pair. One is to buy a pair of mass-produced, magnifying glasses from your drugstore. The other option is to have your eyes examined by an eye-care professional who will prescribe the correct lenses for you.

Besides presbyopia, eye-care professionals can detect other problems with your vision, such as astigmatism. Also, since both eyes don't necessarily "age" at the same rate, you may need a different prescription for each eye, which can be provided only by custom-made glasses.

For today's active baby boomer, Corning's glass photochromic lenses offer an even better option, making it easy to read both inside and outside, because they react to different levels of light.

Indoors, the lenses are slightly tinted. Then they darken to sunglasses tint outdoors.
Professionals face unique obstacles in recovery

By Joanna Stellato Kabat and Dan DiNola

It’s a long and painful journey from respected nurse to unemployed drug addict to returning to operating room and back to responsibilities at work. It’s a journey that Dan DiNola and John Stellato have been on, from respected professionals with serious substance abuse problems in their work fields, to achieving sobriety and returning to being successful professionals in the first place – their drive, independence and capacity for leadership.

Comparing each other’s experiences, our program takes a different tack, addressing the core issue of substance abuse treatment that takes stock of the very attributes that made the user successful in their line of work. The problem is by no means a small one, and in one area a small committee of professionals meet every week to discuss the issues in their area.

At Al-Care, a Colonie-based substance abuse treatment facility, we’ve added a new service directed specifically for addicted professionals trying to piece their lives back together — monitoring and advocacy in the area of licensing and employment.

There are an estimated 565,000 licensed professionals in New York, none of whom are any less susceptible to the perils of substance abuse than the rest of the population, despite generally higher levels of status, wealth and education. At Al-Care, we feel that the unique needs of professionals have too often been overlooked by addiction care providers.

In response, we’ve started the Recovering Professionals Program (or Pro-Recovery, for short), a chemically dependent treatment service designed specifically for those professionals with alcohol or drug problems.

Pro-Recovery takes a two-pronged approach to recovery, addressing the core issue of dependence while working to raise awareness of obstacles to continued recovery often rooted in the very attributes that made the user successful in the first place – their drive, independence and capacity for leadership.

While conventional methods have usually bypassed professionals in need with people of sharply contrasting backgrounds, our program takes a different tack, bringing together professionals and addicts face-to-face with their peers.

The Pro-Recovery principle is simple: by offering treatment that takes stock of the shared characteristics of professionals, we hope to make the uphill battle of recovery from drug and alcohol dependency no steeper than it has to be.

Doctors recommend first-aid tips

Having a complete first-aid kit handy can save time in an emergency.

Doctors recommend the following tips to care for some of the most common body injuries:

• Treat bee, wasp, ant, spider or mosquito bites by washing the area thoroughly and steriley with rubbing alcohol. Remove the stinger (if there is one) with tweezers and apply a cold compress to ease swelling or pain.

• Protect skin from the sun with clothing and sunscreen. If sunburn does occur, apply cool compresses every few minutes.

• Rashes from poison ivy and poison oak are caused by contact with the oil of the plants' leaves or stems, and skin should be cleaned immediately. Apply calamine or hydrocortisone. An oral antihistamine also helps relieve itching.

• Clean cuts and scrapes with an antibacterial soap. Follow by applying hydrogen peroxide, and protect with an adhesive bandage.

With over twelve years of experience, Dr. Richard Smith can help select candidates who have the highest probability for eliminating or reducing the need for corrective eyewear. This is achieved through a series of tests and measurements performed as a fifteen minute outpatient procedure. No hospital stay is required.

An experienced addiction recovery clinician, and John Stellato, an attorney and teacher. Both Dan and John have a personal interest in recovery and recognize the unique challenges faced by professionals in obtaining treatment and the importance of peer support. They have usually lumped professionals with other groups of licensed and non-licensed professionals, ignoring the attributes that made the user successful in their line of work.

The Pro-Recovery program was born out of the personal experiences of its founders, Dan, a registered pharmacist, teacher and chemical dependency clinician, and John Stellato, an attorney and teacher. Both Dan and John have a personal interest in recovery and recognize the unique challenges faced by professionals in obtaining treatment and the importance of peer support. They have usually lumped professionals with other groups of licensed and non-licensed professionals, ignoring the attributes that made the user successful in their line of work.

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Eight out of 10 Americans suffer back pain at some point during their lives. Yet, according to Karen Zygmont, physical therapist and author of "Life Without Back Pain," much of this pain is needless, and something can often be done about it.

The book also provides information on when to see a doctor, how much bedrest is necessary, and the use of heat and ice for a back injury. Also included is an simplified course in back anatomy; information on the lumbar disc, physical therapy, diagnostic tests, and other treatments and approaches.

To order "Life Without Back Pain," send a $12 check or money order to KZ Press, 2351 West Glendale Ave., Suite 202, Phoenix, Ariz. 85021.

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- Preschool Fitness Program (3 years)
- Preschool Fitness Program (Ages 4 - 5)
  - Girls ages 4 - 9, 10+
  - Boys ages 4 - 9, 10+
- High School Girls 13+
- High School Boys 13+
- Cheerleading Class
- Diving Lessons
- U.S.G.F. Competitive Teams - All Levels

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D.C. Gymnastics
40 Russell Rd. - Albany, NY

**September/October 1993 Special Issues**

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Colonie Spotlight
Arthritis study could lead to treatment

A study published in this month's New England Journal of Medicine and funded by the Arthritis Foundation suggests new answers to why women with rheumatoid arthritis often have symptoms of their disease go away during pregnancy and then return after pregnancy.

The explanation could lead to new treatments to block the reactions that cause rheumatoid arthritis in all people with the disease, according to the Arthritis Foundation.

Researchers analyzed pregnancies in 46 women, 38 of whom have rheumatoid arthritis. They compared women whose arthritis improved during pregnancy with women whose arthritis remained active.

The study found that the majority of women (76 percent) whose arthritis went away or improved showed greater differences between before and after pregnancy for factors like joint swelling, pain, and morning stiffness.

Injuries from repetitive motion on the increase

There has been a dramatic increase in on-the-job repetitive motion injuries, according to the Arthritis Foundation.

These injuries, often called cumulative trauma disorders, involve such arthritis-related disorders as tendinitis and carpal tunnel syndrome.

Until recently, CTDs were found most frequently in people who operated heavy machinery or worked on assembly lines.

Today, they are more likely to be seen in office workers who work at computer keyboards that require them to constantly keep their hands in motion.

Elbow and wrist injuries are the body parts most vulnerable to CTDs. The Arthritis Foundation recommends frequent breaks and various exercises to ease the tension.

Jeffrey D. Rosen, M.D.
Gynecologic Medicine and Surgery

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Mr. and Mrs. Wilford LeForestier

Williams, LeForestier wed

Kathleen Williams, daughter of James and Anne Williams of Delmar, and Wilford M. LeForestier Jr., son of Wilford and Mary Lou LeForestier of Troy, were married July 3.

The ceremony was performed by the Rev. James Cribbs in the Church of St. Thomas the Apostle in Delmar. A reception followed at Normanside Country Club.

The maid of honor was Kathryn Bredderman, and bridesmaids were Mary McCormack, Missy Aloisi, Rena Townsend, Tiffany Debottis and Jill LeForestier.

The best man was Jason Clinker, and ushers were Thomas O'Brien, Joseph Macute, Anthony Valentine, David Williams and Matthew Williams.

The bride is a graduate of Bethlehem Central High School and SUNY-Brockport. She is employed as a Spanish teacher in the Berlin Central School District.

The grooms are graduates of Troy High School and Hartwick College. He is employed by Key Bank.

After a wedding trip to the Poconos, the couple lives in Troy.

Out of town

Boy, Christopher R. Mason, to former Delmar residents Michelle Bratf Mason and Christopher Mason, Easton, Calif., July 21.

Bellevue Hospital

Girl, Sarah Jane Casey, to Barbara and Charles Casey, Alplaus, July 9. Paternal grandparents are Dr. Clifford and Shirley Casey of Voorheesville.

Boy, Nathan Michael Ryan, to Rebecca and Patrick Ryan, Slingerlands, July 22.

Girl, Rose Elizabeth Aspland, to Theresa and Paul Aspland, Voorheesville, July 28.

Local students make dean's lists

The following local college students were named to the dean's lists at their respective schools for the spring semester.

Boston University—Miriam Weiss of Delmar.

SUNY Plattsburgh—Jay Keeney of Slingerlands, Michelle Miller of Seltz, Edward Rivers of Voorheesville, and Cheryl Davies, Margaret Gould and Christine Malone, all of Delmar.

Western New England College—Caroline Wirth of Slingerlands.

In Elmeyore The Spotlight is sold at Brooks Drugs, CPS, GrandUnion, and Johnson's Stationery

Mr. and Mrs. David Harrington

Harrington, Amore wed

David Keith Harrington, son of Richard and JoAnn Berkun of Delmar, and Christine Elyse Amore, daughter of JoAnn Amore-Klimko and, im Klimko of Deerfield Beach, Fla., were married July 11.

The ceremony was performed by Judge Louise Smith in Memorial Chapel of Union College, Schenectady.

The maid of honor was Sonia Murillo and the bridesmaid was Deanna Amore.

The best man was Theran Perno, and ushers were Michael Lanides and Chris Hamilton.

The groom is a graduate of Union, and is employed as an engineer by the state Department of Environmental Conservation.

The bride is a student at the University at Albany.

After a wedding trip to St. Croix, the couple lives in Watervliet.

Birchens

Albany Medical Center

Girl, Rachael Lynne Clark, to Joy and Ford Clark, Delmar, July 29.

Boy, Corey Joseph Hughes, to Kim and Ron Hughes, Clarksville, July 29.


Boy, Joshua Michael Smith, to Joan and Howard Smith, Delmar, Aug. 2.

Boy, Robert Joseph Davies to Allison and Robert Davies, Delmar, Aug. 7.

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Local students make dean's lists

The following local college students were named to the dean's lists at their respective schools for the spring semester.

Boston University—Miriam Weiss of Delmar.

SUNY Plattsburgh—Jay Keeney of Slingerlands, Michelle Miller of Seltz, Edward Rivers of Voorheesville, and Cheryl Davies, Margaret Gould and Christine Malone, all of Delmar.

Western New England College—Caroline Wirth of Slingerlands.

In Elmeyore The Spotlight is sold at Brooks Drugs, CPS, GrandUnion, and Johnson's Stationery

Mr. and Mrs. David Harrington

Harrington, Amore wed

David Keith Harrington, son of Richard and JoAnn Berkun of Delmar, and Christine Elyse Amore, daughter of JoAnn Amore-Klimko and, im Klimko of Deerfield Beach, Fla., were married July 11.

The ceremony was performed by Judge Louise Smith in Memorial Chapel of Union College, Schenectady.

The maid of honor was Sonia Murillo and the bridesmaid was Deanna Amore.

The best man was Theran Perno, and ushers were Michael Lanides and Chris Hamilton.

The groom is a graduate of Union, and is employed as an engineer by the state Department of Environmental Conservation.

The bride is a student at the University at Albany.

After a wedding trip to St. Croix, the couple lives in Watervliet.

Birchens

Albany Medical Center

Girl, Rachael Lynne Clark, to Joy and Ford Clark, Delmar, July 29.

Boy, Corey Joseph Hughes, to Kim and Ron Hughes, Clarksville, July 29.


Boy, Joshua Michael Smith, to Joan and Howard Smith, Delmar, Aug. 2.

Boy, Robert Joseph Davies to Allison and Robert Davies, Delmar, Aug. 7.

Bellevue Hospital

Girl, Sarah Jane Casey, to Barbara and Charles Casey, Alplaus, July 9. Paternal grandparents are Dr. Clifford and Shirley Casey of Voorheesville.

Boy, Nathan Michael Ryan, to Rebecca and Patrick Ryan, Slingerlands, July 22.

Girl, Rose Elizabeth Aspland, to Theresa and Paul Aspland, Voorheesville, July 28.

Out of town

Boy, Christopher R. Mason, to former Delmar residents Michelle Bratf Mason and Christopher Mason, Easton, Calif., July 21.

Bellevue Hospital

Girl, Sarah Jane Casey, to Barbara and Charles Casey, Alplaus, July 9. Paternal grandparents are Dr. Clifford and Shirley Casey of Voorheesville.

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Obituary

Raymond Weidman

Raymond F. Weidman, 81, of McCombie Drive in Delmar, died Monday, Aug. 23, at Saratoga Hospital in Troy.

Born in Watervliet, he had lived in Delmar for the past 39 years.

Mr. Weidman was a chief survey engineer for the Army Corps of Engineers in Troy for 37 years, retiring in 1978. He received numerous commendations and certificates of appreciation from the Army and the Corps of Engineers and from mayors and governors in recognition of his efforts in emergency missions during such disasters as Hurricane Agnes in 1972 and the blizzard of 1977 in Watertown.

After he retired, Mr. Weidman worked for the Bethesda Police Department as a crossing guard at St. Thomas School for 15 years.

He was husband to the late Marilyn Stewart Weidman.

Survivors include a son John Weidman of Delmar; a step-daughter, Dawn Levie of Troy; two step-sons, Donald Ragone and Richard Ragone, both of Delmar, and 12 grandchildren.

Services will be at 9:30 a.m. Thursday, Aug. 26, from the Church of St. Thomas the Apostle, Delmar.

Burial will be in Our Lady Help of Christians Cemetery, Glenmont.

Calling hours are Wednesday from 4 to 8 p.m. at the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

Cynthia Zablo

Cynthia Zablo, 77, of Rockefeller Road in Delmar, a former executive secretary for the state Parks Commission on Long Island, died Thursday, Aug. 19, at St. Peter's Hospice in Albany.

Born in New York City, she was a resident of Bethlehem for three years.

Mrs. Zablo served as an executive secretary of the state Parks Commission on Long Island for many years, retiring in 1970.

She was a member of Sinai Temple, Bay Shore, Suffolk County.

Mrs. Zablo was the widow of Emanuel Zablo.

Survivors include a son, Martin Poole of Delmar; a daughter, Barbara Poole of Norwalk, Conn.; and a granddaughter.

Services were from Levine Memorial Chapel, Albany. Burial was in Mount Zion Cemetery in Maspeth, Queens.

Contributions may be made to the Food Pantries of the Capital District, 340 First St., Albany 12206.

Frank Osterhout

Frank Osterhout, 84, a Bethlehem native and resident of Third Street in Albany, died Thursday, Aug. 19, at his home.

Mr. Osterhout served as custodian of Albany Savings Bank for many years, retiring in 1974.

Survivors include his wife, Cecelia Smith Osterhout; a daughter, Cecelia Gregore of Troy; two step-sons, Donald Ragone and Richard Ragone, both of Delmar, and 10 grandchildren.

Survivors were from Tebbutt Funeral Home, Albany. Burial was in Bethlehem Rural Cemetery, Selkirk.

Milton Lewis

Milton B. Lewis, 78, formerly of Delmar and a resident of Deerfield Beach, Fla., died Saturday, Aug. 14.

Mr. Lewis was a former commission chairman with the state Division of Parole.

Survivors include a daughter, Beth Lewis of Schenectady; a son, Neil Lewis of Marietta, Ga.; and a granddaughter.

Interment was in Florida.

Theresa Homeyer

Theresa Hager Homeyer, 93, formerly of Voorheesville and Clarksville, died Tuesday, Aug. 17, at Albany County Nursing Home.

Born in Brooklyn, she was a resident of Voorheesville and Clarksville before moving to Albany in 1949. A homemaker, Mrs. Homeyer was a communicant of St. Margaret Mary Roman Catholic Church, Albany.

She was the widow of John R. Homeyer.

Survivors include three daughters, Mae Wilklow of Alamo, Barbara Wilklow of South Carolina, and Cecilia Jordan of New York; a son, Mark Homeyer of Clarkville, and a grandchildren.

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Survivors were from Tebbutt Funeral Home, Albany. Burial was in Bethlehem Rural Cemetery, Selkirk.

Mary M. Morrison

Mary M. Morrison, 81, of Gardiner Terrace in Delmar, died Monday, Aug. 23, at Albany Memorial Hospital.

Born in Fair Haven, Vt., she was a 1933 graduate of Albany Academy School of Nursing.

She worked for Albany Medical Center for more than 20 years and in 1960, she went to work as a floor nurse at Villa Mary Immaculate in Albany. She retired in 1976 as director of nursing.

She was the widow of Joseph W. Morrison.

Survivors include a daughter, Ruth Ann Crogan of Delmar, two sisters, Agnes Wills of Winstead, Conn., and Patricia Gunther of Fair Haven, Vt.; four grandchildren; and four great-grandchildren.

Services will be private and burial will be in Memory's Garden in Colonie.

Arrangements are by Applebee Funeral Home in Delmar.

Contributions may be made to the Delmar Regional Squad, Adams Street, Delmar 12054.

Delmar girl attends summer music camp

Delmar resident Sarah Kennedy recently attended the 47th season of the New York State Music Camp and Institute at Hartwick College in Oneonta.

Kennedy, the daughter of Martha and Donald Kennedy, was part of a group of more than 400 students from the United States and abroad that received instruction and performance practice with internationally-known artists.

Students performed a variety of choral and instrumental pieces, ranging from classics to jazz.

Driving class slated at Ravena high school

A six-hour defensive driving course will be offered in two sessions at the Ravena-Coeymans-Selkirk High School on Monday and Thursday, Sept. 27 and 30, from 4:55 to 8:45 p.m.

Two one-session classes will be offered on Saturdays, Sept. 18 and 25, from 8:45 a.m. to 3:30 p.m.

Drivers who complete the course will receive a 10 percent reduction on both vehicle liability and collision insurance premiums for the next three years.

For information, call 756-2155. For information on other class locations and pre-registration, call 465-0855.

Trinity church slates 38th annual auction

The Trinity United Methodist Church on Route 143 in Coeymans will host its 38th annual "Lord's Acre" auction, fair and chicken barbecue on Saturday, Aug. 18, from 10 a.m. to 7 p.m.

The fair, which begins at 10 a.m., will feature a snack bar, a farmers' market, and variety booths offering clothing, books, kitchen items, and antiques and collectibles for sale.

The silent auction will begin at 5 p.m., followed by a chicken barbecue from 4:30 to 7 p.m.

The barbecue will cost $7 for adults, $3.50 for children ages 5 to 12, and free for children 4 and under.

For information, call 756-2812.

Glenmont church to start Sunday School

Sunday School classes will begin at the Glenmont Community Church on Chapel Lane in Glenmont, Sunday, Sept. 12, at 11 a.m.

The program welcomes children through sixth grade. Nursery care for younger children is also available.

For information, call 436-7710.

Alzheimer's center to offer consultations

The Alzheimer's Disease Assistance Center of the Capital Region will offer appointments for diagnosis and evaluation of people with symptoms of Alzheimer's disease or other types of mental degeneration.

The evaluation process includes a diagnostic consultation to assess symptoms and establish a diagnosis. Recommendations are made to assist the person and family in planning for future care needs.

Appointments are available in September and October in Amsterdam and East Greenbush.

To schedule an appointment, call 272-1792.

Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is $25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

Generations of memories

Specializing in carved memorials in many quality granites

Monuments start at $895 and markers at $225.

All monuments include a family name and inscription as well as decorative erection in your local cemetery.

MEMORY STUDIOS

1032 Central Ave., Albany 438-4486

Open daily till 4:30, Saturday till 2:00

My family and I extend our thanks to everyone who remembered Charlie Fritts with masses, flowers, cards and personal visits.

With grateful appreciation.

Bette, Susan, Charles and Kathy

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... before the season ends!

By Jeff Kramm

Just about everybody knows the words to baseball's very own theme song: "Take me out to the ball game, take me out to the crowd!"

As far as the Albany-Colonie Yankees are concerned, however, there are only seven more ball games left to go at Heritage Park.

The Albany-Colonie Yankees will return home in the early morning hours of Thursday, Aug. 26, after a game in Reading, Pa. against the Reading Phillies, an affiliate of the Philadelphia Phillies.

The Bowie Bay Sox, an affiliate of the Baltimore Orioles, will be the first team to face the Albany-Colonie Yankees in its final home stand of the 1993 season. Bowie will be in town from Thursday through Sunday, Aug. 26 to 29, before the Reading Phillies complete the seven-game home stand with a three-game set Monday, Aug. 30 through Wednesday, Sept. 1.

Weekday and Saturday games begin at 7 p.m. and the Sunday action begins at 1 p.m.

In its final week of the season, the team will feature several promotional nights. On Thursday, Aug. 26, the first 1,000 youngsters with paid admission can get a head start on school supplies with a insulated lunch bag.

On Friday, the first 1,000 paid admissions will receive a free set of Albany-Colonie Yankee baseball cards. The baseball card giveaway is sponsored by the state Traffic Safety division, and each pack will include the card of the 21-year old number one draft pick Brien Taylor. The cards, printed by Fleer Corp. under the name "Pro Cards," are in color with each player's statistics on the back.

The biggest attraction is scheduled on Saturday, Aug. 28, when Image Engineering from Massachusetts will bring its famous laser light show act to Heritage Park. The laser show, the first in the 11-year history of Heritage Park, will follow the 7 p.m. Albany-Colonie Yankees/ Bowie Bay Sox game.

The final promotion, a fan appreciation night, will be on Tuesday night, Aug. 31. Ticket prices, concession stand items and souvenirs will be available at a reduced prices.

The picnic area, which opens at 5:30 p.m., is a popular spot for pre-game dining. The First Base Cafe features all-you-can-eat hot dogs, hamburgers, potato chips, macaroni and potato salad, soft drinks and a reserved seat for the game. Prices are $9.50 per person with children under 6 admitted for $4.

Groups of 25 to 150 can still reserve a date in any of the remaining home games at Heritage Park by contacting Dennis Hannay, director of community relations at the park.

Other group packages for groups of 25 people or more include the "four for four," a Monday through Thursday special with each patron receiving a first-base reserved seat and a 1993 Albany-Colonie Yankees pennant for $5. The "Seventh Inning Stretch" offers each person a team pennant, hot dog, soda, box of popcorn and a first-base reserved seat for just $7. An economy package, the "Slider," includes a hot dog, admission at 1,000 paid weekend in Lake Placid for the

Kids jump to help Ronald house

By Robert Webster Jr.

Watching a horse and rider clear a hurdle, as two separate entities come together in a single, fluid movement, can be quite thrilling.

If this type of entertainment sounds appealing, the Capital District Hunter Jumper Council's horse show will provide ample opportunities for horse-gazing at the Altamont Fairgrounds on Friday through Sunday, Aug. 27 through 29.

In the past, the event was called Jump for Jerry's Kids, and proceeds went to the Muscular Dystrophy Association. This is the first year the show will benefit the Ronald McDonald House, said Kimberly Mirabella, a member of the Capital District Hunter Jumper Council and the public relations chairman for the Ronald McDonald House.

In existence for 11 years, the Albany Ronald McDonald House has provided shelter and comfort for more than 5,500 families of ill and injured children being treated in area hospitals.

"We wanted to benefit a local charity this year," said Mirabella. "We thought that if it was local, we might see more support."

In previous years, the show has raised more than $7,000 for the MDA, she said, and with increased visibility at the Altamont Fairgrounds, the council expects the show to do even better.

Money is being raised for the Ronald McDonald House through door-to-door collections being conducted by the youths taking part in the horse show. "They've been collecting for about six weeks," she said.

Participants will continue to collect until Sunday, and the person who raises the most money will win an all-expenses paid weekend in Lake Placid for the
**Ballet-Jazz**

**Pre-Ballet-Point, All Levels**
- Placement auditions & registration, Tues., Sept. 7, 5:30-7 P.M.
- Nutcracker auditions, Sat., Sept. 11th, 2-4 P.M.

**Albany Dance Institute**

*Old School of the Capital Ballet Company, Inc.*

**Schoool of the Albany Berkshire Ballet**
- **THE BALLET** (Ages 5-6) - A charming introduction to the grace and beauty of Classical Ballet
- **THE BALLET** (Ages 7 and Older) - Emphasis on Professional levels of instruction.
- **MODERN DANCE** (Terms - Adult)
- **JAZZ** (Terms - Adult)

**Classes Begin Sept. 9**
- Registration - Aug. 26-Sept. 2
- Tu., Wed., Thurs., 7 & 8 p.m.

**Nutcracker Auditions** - Sun., Sept. 12 noon Cheese and Wine Reception 25 Monroe Street, Albany Madeline Castarella Callo, Director

**Yard Sale**
- To benefit the Capital Hill Choral Society, St. Paul's Church, 21
- Hoppert Blvd., Albany, 10 a.m. to 4 p.m. Information: 732-3312

**Saratoga County**
- **Pet Adoption Clinic**
- Sponsored by the Saratoga County Humane Society, Saratoga Pet Medical, Saratoga River Road, Waterford, 11 a.m. to 1 p.m. Information: 587-1861

**Columbia County**
- **Site Tour of Nuten Hook**
- Sponsored by the Department of Environmental Conservation's Hudson River National Estuarine Research Reserve, meet at the intersection of Routes 9 and 12. Tours: 9-11 a.m. Information: (518) 756-5193

**Saratoga County**
- **Kids' Fun Run**
- One mile run for kids and on adult courses at Great Falls State Park, Route 2, 5:30-7:30 p.m. Information: 279-1150

**Rensselaer County**
- **Job Center on Wheels**
- Helping people 55 and over to get jobs. Northway Mall, Central Ave., Colonie, 10 a.m. to 4 p.m. Information: 469-5622

**FARMER'S MARKET**
- Holy Cross Church, Western and Beaver Avenues, 2 to 6 p.m. Information: 272-2972

**Square Dance**
- St. Michael's Community Center, Undeck Street, Cohoes, 7:30 p.m. Information: 664-6767

**Schenectady County**
- **River Valley Church Meeting**
- Glen Woodland School, 34 Worden Road, Scotia, 7:30 p.m. Information: 355-2424

**Saratoga County**
- **Senior Choralie**
- Albany Jewish Community Center, 368 Whitehall Road, Albany, 1 p.m. Information: 438-6651

**Saratoga County**
- **Eating Disorders Support Group**
- Four Winds Hospital, Algonaum Activity Building, Crescent Hill, Schenectady, 7:30 to 9 p.m. Information: 456-9500

**Friday August 27**
- **Albany County**
- **Tourneying Toward the Buddhist Path**
- Lecture by Buddhist teacher Khempa Khatrul Rinpoche, Channing Hall, 400 Washington Ave., Albany, 7:30 p.m. Information: 469-2151

**Saturday August 28**
- **Albany County**
- **Senior Luncheons**
- Albany Jewish Community Center, 368 Whitehall Road, Albany, 12:30 p.m. Information: 438-6651

**Saturday August 28**
- **Albany County**
- **Defensive Driving Course**
- sponsored by Leopard Hospital, Greenwich Reforming Christian Church, Huy's Road and Routes 9 and 20, East Greenwich, 8:45 a.m. to 3:15 p.m.

**Sunday August 29**
- **Albany County**
- **Scottish Dancing**
- Sponsored by the Department of Motor Vehicles, South Pearl Street, Albany, 10 a.m. to 4 p.m. Information: 469-5622

**Monday August 30**
- **Albany County**
- **Job Center on Wheels**
- Helping people 55 and over to get jobs. Department of Motor Vehicles, South Pearl Street, Albany, 10 a.m. to 4 p.m. Information: 469-5622

**Tuesday August 31**
- **Albany County**
- **Senior Choralie**
- To benefit the Capital Hill Choral Society, St. Paul's Church, 21 Hoppert Blvd., Albany, 10 a.m. to 4 p.m. Information: 732-3312

**Friday August 27**
- **Riverview Productions**
- Proudly presents the 1993-94 Dinner Theater Season
- At two locations
- St. Andrew's in Albany (10 North Main Avenue, Albany, NY)
- And First United Methodist Church
- (428 Kenwood Avenue, Delmar, NY)

**Saturday August 28**
- **Talks to Technicolor**
- A quartet of singers takes the audience from the first talking picture to the movie musicals of the 50's and 60's with comedy and romance in a fast-paced two-act revue.

**Sunday August 29**
- **Backstage at the Music Hall**
- A troop of performers stranded by a storm in a 1920's musical hall rice out the storm remembering past glories of the 1900's and the 1st World War era 1 song, piano and comedy routines from the period.

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- **Albany County**
- **Job Center on Wheels**
- Helping people 55 and over to get jobs. Department of Motor Vehicles, South Pearl Street, Albany, 10 a.m. to 4 p.m. Information: 469-5622

**Tues., Sept. 7th, 5:30-7 P.M.**
- **Nutcracker Auditions**
- Sponsored by the Schenectady Symphony Orchestra, 7th Street, Schenectady, 5:30 to 8:30 p.m. Cost: $15.00. Information available at 797-3664.

**Aug. 25, 26 & Oct. 2, 3 & 10**
- **The Recital**
- A festive music/entertainment with a wide variety of music.

**Sept. 25, 26 & Oct. 2, 3 & 10**
- **Talks to Technicolor**
- A quartet of singers takes the audience from the first talking picture to the movie musicals of the 50's and 60's with comedy and romance in a fast-paced two-act revue.

**Oct. 15, 17 (Fri. & Sun.), Oct. 23, 24 (Sat. and Sun.)**
- **Rumors**
- Neil Simon's phrase about a dinner party that takes place on the day the host appears to have shot himself. Not to be missed! One of the first productions of the show in the region.

**Oct. 12, 13, 14, 19, 20 and 21**
- **Backstage at the Music Hall**
- A troop of performers stranded by a snowstorm in a 1920's musical hall rise out the storm remembering past glories of the 1900's and the 1st World War era 1 song, piano and comedy routines from the period.

**Oct. 17, 19, 21 and 23**
- **The First United Methodist Dinner Theater**
- Reservations/information available at 468-7581

**Riverview Productions proudly presents the 1993-94 Dinner Theater Season**
- At two locations
- **St. Andrew's in Albany**
- **First United Methodist Church**
- (428 Kenwood Avenue, Delmar, NY)

**Riverfront Productions**
- Full productions at the Schenectady County Municipal Airport.

**Riverview Productions proudly presents the 1993-94 Dinner Theater Season**
- At two locations
- **St. Andrew's in Albany**
- **First United Methodist Church**
- (428 Kenwood Avenue, Delmar, NY)

**Riverfront Productions**
- Full productions at the Schenectady County Municipal Airport.
introduces environmental and educators. Five Rivers Environmental Education 7:30 p.m. 555 Delaware Ave., 8 p.m. YOUTH American Legion Post 1042, 10 Poplar Drive, 7:30 p.m. Information, 439-8919. YOUTH EMPLOYMENT SERVICES Parks and Recreation Office, 85 Elm Ave., 3 p.m. to 4 p.m. Information, 439-4053. WELCOME WAGON newcomers and new mothers, call for a Welcome Wagon visit, Monday to Saturday, 9 a.m. to 6 p.m. Information, 785-9640. NORMANSVILLE COMMUNITY CHURCH Bible study and prayer meeting, 10 Rockefeller Road. Information, 439-8280.

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**Weekly Crossword**

"A Stiff Upper Lip"

By Gerry Frey

**ACROSS**

1. Blind
2. Pondered
3. Mongrel
4. Ancient Arcadian
5. Dormitory
6. Pertaining to the ear
7. British Field Marshall
8. Space org.
9. British actor Lawford
10. Glossy
11. Plate
12. Lease
13. Derriere
14. Fencing swords
15. Pet show
16. British cow
17. Malcontents
18. And others
19. Warm the wings
20. Prevaricates
21. Doddering
22. British coin
23. Blunder
24. Author Sir Arthur
25. British police officer
26. California neighbor
27. Get up
28. Fish
29. Sorrow
30. British porcelain
31. At this place
32. Types of canvas
33. Bridle lines
34. Choose
35. Kirkham
36. King
37. Cheerful
38. Fend off
39. Bilious sticks
40. Prevaricates
41. Peculiar
42. English peer
43. Head of a religious
44. Reliable
45. Curved
46. British singer
47. King
48.投资
49. Condition or status
50. "Mass motto"
51. Condition or status
52. Therefore
53. Cellular grasses
54. Thrice Combining form
55. Trains in the sky

**DOWN**

1. Lighted sconce
2. Medicinal plant
3. Dispatched
4. Abhorred
5. Tse-tung
6. Marlins for short
7. Stain part

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CLASSIFIEDS

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 uncollected postage. No charge for personal 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.

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FOUR FREE HOURS OF aT&T long distance plus up to 30% discount. Call (618)872-1182.

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USED CARS AND TRUCKS

1960 PONTIAC CATALINA, 2- door, hard top, auto transmission. Asking $2,000, 765-2515.

1980 CHEVROLET malibu classic 4 door sedan, automatic, a-c, v-6, 60,000 miles, very good. Best offer, 439-3826.


79 CHRYSLER, dependable transportation, new tires, battery. You can advertise your car, 895, 456-2050.

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FORD MERCURY TRUCKS 19, 9W, Poughkeepsie 766-2105

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WE WILL TRY TO BEAT ANYONE'S DEAL ON A SIMILARLY EQUIPPED NEW CAR OR TRUCK. WE CAN DO THIS BECAUSE WE WILL GIVE YOU MORE FOR YOUR TRADE.

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THE VICE PRESIDENT OF SALES OF ORANGE MOTORS HAS TOLD HIS SALES STAFF & SALES MANAGER TO MAKE EVERY DEAL POSSIBLE REGARDLESS OF PROFIT OR LOSS!

ALSO, THE INCREASE IN USED VEHICLE INVENTORY MAKES IT POSSIBLE FOR THE USED VEHICLE BUYER TO GET THE BEST DEAL POSSIBLE, THERE IS MORE TO CHOOSE FROM AT A BIG SAVINGS OVER NEW VEHICLES.

SEE YOU SOON AS POSSIBLE

THE SALES STAFF
of ORANGE MOTORS

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Make a dinosaur book at state museum

The New York State Museum is offering two two-part workshops for children ages 4 to 11 entitled "My Own Dinosaur Book.

Workshop A is for youngsters ages 4 to 7 and a parent on Saturdays, Sept. 11 and 18. Pre-registration is required by Sept. 8. Children ages 8-11 can attend Workshop B on Saturdays, Oct. 23 and 30 with an instructor.

Participants will visit the "DINOSAURS!" exhibit at the museum and tell their own dinosaur stories. The workshops cost $54 and are held from 10:30 a.m. to 12:30 p.m.

For information, call 474-5801.

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From 1994, take action on the application of the Emergency Response Act of 1990, for approval by said SUBDIVISION, Surveying Board of a one hundred-twelve agreement Plan for Town Offices, 445 Delaware Ave., tos Management Plan. (112) lot subdivision, property will end at premises- 334. 

NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on September 1, 1993, at 8:00 a.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of William Pettersen, 15 Brookview Avenue, Delmar, New York to0york for Variance under Ar­ ticle XVII, Section 123-F-A (10), Side Yard of the Code of the Town of Bethlehem for construction of a deck at premises 15 Brookview Avenue, Delmar, New York.

Thomas W. Scherer
Acting Chairman
Planning Board

TOWN OF BETHLEHEM PLANNING BOARD
NOTICE OF PUBLIC HEARING
Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, September 1, 1993, at 7:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on the application of Stylian Development Corp., 1224A Schuyler Ave., Schenectady, N.Y. 12306, for approval by said Planning Board of a subdivision and twelve (12) lot subdivision, property located on the west side of Grand Dam Road between lands of Corinth and the NYS Thruway, as shown on the plan attached to this notice, in accordance with Chapter 500 of the New York State General Municipal Law.

Those records are available for review from 8:30 a.m. to 3:00 p.m. each Wednesday.

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THE SPOTLIGHT
August 25, 1993 — PAGE 25
The Cathedral Choir

The Cathedral Choir of Men and Boys from the Cathedral of All Saints, Albany, recently completed a two-week trip to England. The group acted as the resident choir at Lichfield Cathedral for one week, and also sang at Southwark Cathedral in London.

Game

(From Page17)

popcorn, soda and a general admission seat for $8.50.

For a price of $8.50 per person, with a minimum of eight youngsters and one adult, kids can celebrate their birthday at Heritage Park. The Yankees’ team mascot, Grounder, will present each youngster with a team pennant and the guest of honor gets an official Albany-Colonie Yankees logo baseball. Each party member gets a reserved seat for the game, a hot dog, dog of popcorn, soda, cake and ice cream.

Daily ticket prices are $6.50 for corporate box seats, VIP seats and first-base grandstand seats are $5, adult general admissions are $4, and youth and senior citizen general admissions are $3.

During the game, kids will also race one lucky fan around the infield for fun and prizes.

Actually, it’s not really a race. Grounder starts at second base, walks the rest of the way home. His adversary takes off from the batting box and chugs around the diamond as if it were a real try for inside-the-park home run.

Of course, what’s a night in the bleachers or stands at Heritage Park without peanuts and cracker jacks? There’s also popcorn, hot dogs, soda and more to enjoy while you “root, root, root for the home team.”

Heritage Park is located on Route 155, and Watervliet Shaker Road, next to the Albany County Airport. For information, call the Albany-Colonie Yankees office at Heritage Park, 869-9236, or the new 24-hour hotline at 464-0011.

Jump

(From Page17)

1994 "I Love New York Horse Show."

A unique event that 200 entries in over 15 divisions are expected to take part in the show, which will feature the Marshall and Sterling League Classes, said Mirabella. Both are qualifiers for finals to be held in the fall at the Washington International Horse Show.

Participants will compete in the following divisions: hunter, when the horse is judged on its jump; equitation, when the rider is judged on position and handling of the horse; and jumper, when the horse and rider attempt jumps of 3 feet or more.

"Even for the inexperienced, these shows are a lot of fun to watch, said Mirabella, who has been riding for three years. "I didn't know much when I started, but it was always exciting."

Also featured will be exhibitors' and craft tents, offering items based on equestrian themes.

On Saturday, a barbecue is scheduled at 6 p.m., at a cost of $10 per person. Reservations are required.

Following the barbecue is a "fun obedience-type dog show," said Mirabella, which is open to anyone with a dog.

"It's always a fun, especially seeing the kids with their dogs and their attempts to get them to obey," she said.

And no one goes away from the show empty-handed, as every dog will receive a ribbon and dog bone.

The awards ceremony will be at 5 p.m. on Sunday, when Ronald McDonald will arrive at the fairgrounds in a horse-drawn carriage to entertain the children.

The show runs each day from 8 a.m. to 6 p.m., with free admission and parking.

"All the riders want is spectators," said Mirabella. "It's always great when you have a crowd out to cheer them on, especially when it's for a great cause."

For reservations to the barbecue or information, call Mirabella at 371-9877.
According to a recent report by the Hudson Institute, the use of alternative fuels such as methanol and ethanol may harm the environment, present health risks and cost more than conventional fuels.

Among the institute's findings:

- Health and safety risks associated with methanol use are greater than those associated with gasoline or natural gas. Even small doses of methanol ingestion can cause blindness or death.
- Alternative fuels cause as much greenhouse gas emissions as gasoline and, in some cases, such as methanol made from coal, can contribute even more greenhouse gas emissions than gasoline.
- Straight methanol creates a flammable or explosive mixture in storage tanks.
- These fuels are also more costly for motorists due to low fuel efficiency, according to the report.

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4. FACT. Ford has five of the top 10 selling new vehicles and we carry over 500 of these, plus over 125 used cars.
5. FACT. Orange Motors was #1 in total new vehicles sales in the New York region in 1992.
6. FACT. If we don’t have a new vehicle that suits you, we’ll get one.
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9. FACT. Ford Motor credit has the best 2 year lease plan available and all our people are trained in this area.
10. FACT. Orange Motors has over 80 rental vehicles in service.
11. FACT. Orange Motors has over 100 service stalls for general repair, body and heavy truck repairs.
12. FACT. Orange Motors has over a 1.2 million dollar parts inventory.
13. FACT. 23 of our technicians are ASE Master Technicians.
14. FACT. We have all the latest technical support systems to repair your vehicle.
15. FACT. Last but not least — if you are interested in price, we’ll meet or beat any advertised price.
 DOT
(From Page 1)
Department of Transportation's Voorheesville and Latham maintenance facilities.

The local workers, the first DOT unit to participate in the department's Adopt-A-Highway program every Wednesday evening and Saturday morning picking up 120 garbage bags worth of roadside litter, according to Shaine Gilchrest of Colonie, a mechanic at the Voorheesville garage.

Gilchrest organized the adoption of the two-mile stretch of superhighway as a way to show people "that we live here too, and care about how the community looks."

Most of the approximately 1,000 road and highway workers are undertaken by local civic groups or Scout troops. Gilchrest said he organized the effort in part to counter "the negative image of state workers in many people's minds."

Gilchrest said that 12 people turned out Wednesday evening after work, and another eight gave up part of their weekend Saturday morning. Each group picked up 60 bags of litter — bottles, cans, cardboard, tires, muffs, hubcaps, the whole array of garbage" Gilchrest said.

Three or four volunteers will return this week to clean up "a little section at the end" near the Thruway to complete the job, he added.

Like other highway adopters, the group is committed to four clean-ups a year for two years.

Gilchrest's superiors at DOT provided Mickey Gilchrist with the annual commitment to the community.

"After seeing the effort that they put in during the past winter's blizzard and this spring's flood, I am not as afraid to see them come out a few hours of their own time to make one of our highways look good," said Bill Logan, Voorheesville, DOT's resident engineer for Albany County. "They have a tremendous amount of pride in what they do."

The new commissioner at DOT, John Egan of Slingerlands, noted, "This gesture sends a respectful message, not only to the department, but also to the public, that our employees are concerned with their communities as well as their jobs."

Clean-up volunteers included Gilchrest, his wife Jori, Logan, Rob Selover (resident engineer), Ted LaValle, Dave Sheehan, Paula Laime, Susan Secor, Danny Baker, Jeff Carey, Mike Kendrick, Del Pierrier, Fritz Herzog, Mike Katic and Melvin Cherry from Voorheesville; and Mark Lapier, Chris Doyle and Ed Loranger from Latham.

Teachers
(From Page 1)
that salaries had risen in the 1980s, but noted that "school boards gave ground grudgingly."

The union is just looking to keep Voorheesville salaries "in the middle range" of teachers' salaries in the Capital District, Mele said. "We're trying to get to a point where it is not only to the detriment of the school by taking teachers."

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summer, Colc said, although recent contracts have outpaced inflation, Mele said that in the 1970s, the raise being debated, settlements were below the inflation rate.

"At one point in the 1970s, there was no raise for one year," he excused the 5.6 increase in the district's consumer Price Index rose 2.5 percent.

The district and the teachers' union remained far apart on the central issue of salaries despite several negotiating sessions since January.

Other issues of contention are the extent to which teachers contribute to health insurance and a district proposal to "increase the student-teacher contact time" by lengthening the school year.

The formal declaration of impass of these issues from the state Public Employees Relations Board will be appointed to try to get the two sides together.

While the teachers were asking for an increase in school years in each year of a three-year contract, the district offered 1.9 percent, which is the minimum level of "stop," or seniority, raises required under the state's Taylor Law.

Starting teachers at Voorheesville now make about $27,000, and there were 75 applicants for each of the two teaching jobs open in the district this Park
(From Page 1)
- The speed limit around curves should be reduced from 30 to 20 mph.
- "Stop for Pedestrians" signs should be installed on Route 32 at the crosswalk by the park.

Bethlehem Parks and Recreation Commissioner Austin was impressed with the "very close call" at the entrance to the park in early July that makes him sympathize with the neighbors.

"I saw a child on a bike almost hit," Austin said. "He thought it was safe to go ahead because the traffic was stopped" at the intersection.

The major problem with the intersection, Austin said, is that traffic gets backed up on Route 32 trying to turn onto Elm Avenue going east.

As a result, vehicles stuck behind try to move around the bottleneck by passing on the right, which brings them "right into the park entrance."

"There have been some accidents at that intersection," Austin said. "It's difficult to walk or ride our bicycles, especially during the summer."

In light of the thousands of people who frequent the Elm Avenue Park each summer, the town has decided to construct an exit-only road about 850 feet south of the park to divert traffic from the four-way intersection.

Supervisor Ken Ringer said he hoped the work could be done this winter, weather permitting.

Ringer also said the town is proceeding with plans to construct a bike path from Elm Avenue Estates, past the town park and continuing all the way to the high school.

Police Lt. Richard Vanderbilt, chairman of the traffic safety committee, said counters will be used to gauge the volume and speed of cars as well as the number of commercial vehicles traveling on Elm Avenue.

An accident history of the four-way intersection will also be compiled and committee members plan to visit the area to assess the situation.

All the reports are due back in September in time for the next traffic safety committee meeting.