By Katherine McCarthy

Sandra Goulet of the Bethlehem Police Department is Telecommunicator of the Year, an award conferred by the Albany County Legislature. As a telecommunicator, Goulet said she is there "to answer the phone in emergencies and send people to the right spot."

She sincerely cares about people, and that compassion helps her in work, especially in an emergency.

Richard LaChappelle

Telecommunicator on Delmar force wins county award

By Katherine McCarthy

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Richard LaChappelle

New tenants, improvements put Del. Plaza back on track

By Peter Hanson

When several Delaware Plaza stores closed or moved to other locations, it seemed as if Bethlehem's largest shopping area was on the wane.

But in the past few weeks, a number of new stores and improvements to the plaza have shown its owners are committed to putting it back on top.

"We're very upbeat, based on the comments we're getting from our tenants," plaza co-owner Howard Nolan said. "Business seems to have picked up considerably in the last few months, (and this is) coupled with the new tenants and prospective new tenants that are coming in."

General Nutrition Center (GNC) and Dollar Tree, which split the storefront previously occupied by Revco pharmacy are already open for business. GNC is part of a national health food and diet product chain, and Dollar Tree, which occupies the Lion's share of the former Revco site, is also a franchisee of a nationwide chain.

Tutor Time, a 10,000-square-foot day care center, will be built in the rear hall of the currently vacant Woolworth's and open later this year. The center will also have a 5,000-square-foot outdoor playground.

In addition to the new stores, two existing Delaware Plaza tenants recently expanded. Grand Union added a pharmacy, filling the void left when Revco closed, and Brusgger's Bagel Bakery built a new dining area in space vacated when LeWanda Jewelers moved to a free-standing store on Delaware Avenue.

The remaining vacancies include the former location of the Village Shop, for which Nolan said there are currently no prospective tenants, and the rest of the Woolworth's storefront. Nolan said he's talking with two national chains about splitting the Woolworth's site but declined to identify them.

Barry Feinman, the plaza's real estate broker, said he's open to discussions about breaking up vacant space into smaller stores but would prefer tenants that would occupy entire storefronts.

"We're trying to (get) businesses that will bring people back to the plaza," he said.

Nolan and his partner, Norris McFarland, have also been making improvements to improve service and keep storefronts up-to-date. Last year, the plaza's parking lot was reconfigured to allow for safer traffic to and from Delaware Avenue, and this year, the plaza's owners have completed several projects, including a new roof on the Key Bank.
Farmers eligible for aid

Albany County has been declared eligible for Farm Service Agency (FSA), formerly Farmers Home Administration, disaster emergency loan assistance due to damages and losses caused by severe thunderstorms and tornadoes, which occurred on May 31.

Family farmers who have suffered the loss of at least 30 percent of their production or suffered qualifying physical losses due to the severe storms may be eligible for FSA loans.

Proceeds from crop insurance and any FSA programs are taken into account. Insurance and any other compensation is taken into account when determining eligibility for physical losses.

Losses must be supported with documented records. Under the FSA Emergency Loan Programs, farmers may be eligible for production loss loans up to 80 percent of their actual losses, or the operating loan amount needed to continue in business, or a maximum principal balance outstanding of $500,000, whichever is less.

Physical loss loans are available to farmers suffering losses to property essential to their operation. Farmers must be unable to obtain credit from private commercial lenders. The interest rate on emergency loans is 3.75 percent.

Application for loans under this emergency designation will be accepted until Feb. 16. The Farm Service Agency is located at 24 Martin Road in Voorheesville. The telephone number is 765-2326.

BCHS senior earns academic award

Recent Bethlehem Central High School graduate Emily Prudente, daughter of Christine and Stephen Prudente of Delmar, has been selected as a Cornell Presidential Research Scholar, beginning in the fall, at Cornell University in Ithaca.

TOPS group meets at Delmar church

A TOPS (Take Off Pounds Sensibly) group meets Thursdays at 1:15 p.m. at Delmar Reformed Church on Delaware Avenue.

The group motivates people to think of sensible ways to lose weight through group participation and sharing. For information, call 432-5709.

Police nab 3 for DWI

Bethlehem police recently arrested three people for driving while intoxicated (DWI), including one underage drinker.

Stephen Edward Rucinski, 37, of 15 Pheasant Road, was arrested in the area of 36 Main Street on July 8 for DWI.

Officer Charles Radliff observed a vehicle driven by Rucinski swerving and driving at an observed speed of 30 mph in a 40 mph zone. Rucinski violated several field sobriety tests, which he failed.

Rucinski was scheduled to appear in town court Tuesday, Aug. 18, at 4 p.m.

Todd Howard Warren, 25, of 15 Green St., was arrested for DWI Sunday, Aug. 9, at 8:40 p.m.

Officer Peter Reinstein reported to the scene of a traffic accident at the intersection of North Street and Main Street.

Warren’s car had struck a car driven by Kevin J. Craft of Slingerland. Reinstein determined that Warren, who was injured in the accident, seemed inebriated and administered several field sobriety tests, which Warren failed.

Warren was scheduled to appear in town court Tuesday, Aug. 18, at 4 p.m.
The Spotlight

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N. Scotland gets new firehouse

By Peter Hanson

The Oneonta Volunteer Fire Department is spending around $200,000 to build a new firehouse at 1240 Delaware Ave., replacing the small, run-down house on the site since the mid-’50s. The new facility will feature modern amenities, separate training and meeting rooms and bays for three trucks as opposed to the single bay in the current building.

Jeff Mudge, the department’s community relations officer, said constructing a new home for Station No. 3 is necessary because changes are expected in the town of New Scotland in the coming years, particularly if water issues are resolved and more houses are built.

Oneonta will cover the southern half of New Scotland, with its main station in Clarksville and another substation in Feura Bush.

“The exterior is pretty much done,” Mudge continued, and “they’re doing the sheetrock now. After the floor is poured, they’ll come in and finish the inside.”

The new building, which is being constructed directly behind the existing firehouse, will also provide a new, longer driveway that will give fire truck drivers more room in which to maneuver and a better sight line of incoming traffic.

The new facility will feature modern amenities, separate training rooms and bays for three trucks.

Sky high

An employee of Sano-Rubin Construction operates a pressure washer while standing on a hydraulic lift at First United Methodist Church on Kenwood Avenue in Delmar last week. Sano-Rubin will be refurbishing the building’s masonry throughout the summer.

BC students meet new language arts level

By Lisa K. Kelly

Students in the Bethlehem Central School District already meet or surpass the new language arts standards recently announced by state Education Commissioner Richard Mills.

Presently, students in the district are supposed to read four chapters of a book each week, but the new standards require them to read 25 books a year.

“If students were asked to borrow mementos from their teachers or bring in pictures of their families, they would be more interested in the lesson,” said one student.

At BCHS, language arts supervisor Anthony Bango said he thinks high school students won’t have too much trouble meeting the requirement.

Bango teaches a survey of literature class to ninth- and 10th-grade students and assigns them to six novels, 15 to 10 short stories, essays, poems and plays. Beyond that, Bango said he considers every student to be reading as part of the 25-book goal, including textbooks and books read outside of school assignments.

“A lot of the kids seem to like Stephen King,” he added.

“Should people be able to take the time and motivation to do the reading,” Bango said. “Parents are going to have to take a more active role in their children’s work.”

Students at the high school also read to make connections, said Bango. After reading 1984, by George Orwell, and Brave New World, by Aldous Huxley, “Students compared attitudes toward the elderly, human life, euthanasia and artificial body parts,” he added. “We read fiction, nonfiction, newspaper articles and magazines which touch on these themes.

Bango said students have several writing assignments throughout the year including journal writing, literary analysis, book and movie reviews, narratives, essays and research writing. “Writing really isn’t a problem,” he added.

Bango, Bartley and Capobianco all agree that students are pretty much on target. When it’s time to take exams based on the new requirements in June, students should have the skills they need to pass.

Man drowns in Selkirk

A 76-year-old Selkirk resident drowned Saturday afternoon in the pool at a small apartment building in Selkirk. Bethlehem Police determined the death to be accidental and closed the case following an autopsy.

Richard G. Orin, of River Road in Selkirk, was seen by a colleague in the hotel, where residents are discouraged from using the pool. Orin, who reportedly showed signs of dementia, was enticed by the pool early Saturday afternoon and either dove or fell into the water.

He was found by Robert Emenford of Glenmont, who was related to the owners of the apartment building. Emenford removed Orin from the water and contacted emergency personnel.

Prior to his death, Orin suffered a laceration to his head which police said indicates Orin may have been knocked unconscious before or during his fall into the pool. “He was breathing when he went into the water,” detective John Cox said.

Orin was examined by Albany County Paramedics and was transported to Albany Medical Center by Bethlehem Ambulance Service. Orin was pronounced dead at Albany Medical Center.

Orin was on prescription medication at the time of his death, but Cox said the drugs, which were not identified, did not appear to have been a factor in Orin’s accident. Because there were no witnesses, it remains unknown whether or not Orin entered the pool intentionally.

Orin, whose medical history included strokes and a heart attack, had been receiving care from Veterans Administration doctors, who issued his prescriptions.

Peter Hanson

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Bethlehem Central High School announces four quarter honor roll students for the fourth quarter. They are:

**Ninth-grade honor roll**


12th-grade honor roll
James Bell, Pamela Bradrick, Keith Campbell, Gregory Cooper, Laura Dicker, Aaron Gajewski, Keith Roberts, Marielle Bishko, beth Baselice, Sean Battle, Shanbrookshire, Sun. Mon.-Sat. 8-5

And Kathleen Pelletier, Marielle Postav-Davigmon, Emily Prudente, Lauren Rice, Leah Sajdik, Emma Szabola, Edward Strickler, Josh Szczepaniak, Sergio Vassiliviskili, Amy Venter, David Winters and John Zhou.

12th-grade merit roll
Heather Barclay, Mary Elizabeth Basilec, Sarith Benin, Nicholas Berry, Ann Biskio, Virginia Blabe, Andrea Blaisdell, Peter Bock, Gregory Bradf, Madison Brookside, Peter Bulger, Gavin Burt, Breton Byron, Joseph Caccia, Stacey Coffey, Bradley Cole, Michelle Conway, Matthew Cook, Emily Cristione, Paloma Cuprill, Kristin Darlington, Brian Davies, Early Dror, Rachel Dreyer, Stephen دور, Shaf辛苦, Trafon Dray, Lucy Dunned, Peter Emminger, Melanie Finkel, David Fogelman, James Follette, Jill Foster, Heather Franklin, Melanie Frumt, Nellie Freue, Carolyn Giovannetti, Marcy Goederke, Andrew Gutman, Matlockd, Haud, Emily Hitter, Meghsan Holligan, Jennifer Holliner and Darin Huggins.


Reading Club under way
"Solve It At the Library" is this year's summer reading club theme at libraries across the state. At Bethlehem Public Library, mysterious investigations of all kinds will be featured.

Students entering first-through-eighth-grade are encouraged to join the club in session through Aug. 11. For information, call 439-9314.

By Katherine McCarthy
At its Monday meeting, Voorheesville's board of education unanimously approved a resolution to establish a capital reserve fund in the amount of $25,000, plus interest, with a five-year term.

The fund will aid the district in its upcoming facilities projects, which includes an addition to the junior/senior high school.

Establishment of the fund is dependent upon the district being on the ballot at the Oct. 7 special election, when district voters will also elect a trustee to replace Nicholas Farano, who is leaving the school board due to an out-of-state job promotion.

The money for the fund will come from the unappropriated fund balance (as funds become available) from the 1998-99 budget. The district had the money to create the new fund due to completion of past debt payment and the retirement of six senior teachers.

"We have the cash, and we have a purpose for it," treasurer Sarta Winchell said. "This is not new money.

"The purpose of a capital reserve fund," Superintendent Alan McCartney said, "is to make sure that during the building project tax doesn't double.

Business superintendent Anthony Marturano said the money would be invested in CLASS, an investment program for public entities that pays an interest rate comparable to a CD, but allows the money to remain liquid.

"We could use the money for a one-time tax reduction, Marturano said, but we felt strongly that we could use it to smooth out taxes for the next four years.

A big problem with fabs funds in the 1998-99 budget was on the ballot at the Oct. 7 special election, when district voters will also elect a trustee to replace Nicholas Farano, who is leaving the school board due to an out-of-state job promotion.

The administration will begin reviewing applications this week for the junior/senior high school for the purpose of a capital reserve fund. As funds become available, the board will also consider establishing a maintenance reserve fund.

"With the preliminary estimates, and without the Berne assessment," McCartney said, "the tax levy will probably be $35,000 less than it was in 1997-98. The school tax rate in New Scotland and Guilderland will probably go down a little bit." The current New Scotland rate is $19.60 per $1,000. Marturano estimated that could go down to $19.30 per $1,000.

Winchell said that Berne's rate will probably go up. "Their assessment and equalization rate have gone up, two factors that come from the assessor's office," she said.

The school board will also consider establishing a capital reserve fund. As funds become available, the board will also consider establishing a maintenance reserve fund.

"We've had kids with adaptive swim guidelines that petitions for the vacant school board seat are available in the district office, and completed petitions, with 25 names, must be submitted to the district office by Tuesday, Aug. 8, at 4:30 p.m.

Delmar man named Undersheriff
Capt. John Mahan of Delmar was recently sworn in as Albany County Undersheriff. Mahan, 43, is a 22-year veteran of the sheriff's department, having served in various posts.

Mahan is a member of the department's snowmobile patrol, marine patrol and arson investigation unit.

V'ville student wins scholarship
Marc Lawson of Voorheesville recently received a $4,000 presidential scholarship from SUNY Oneonta.

The award recognizes a student's past academic achievements and potential for success. Lawson will be a freshman at the school in the fall.

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Hug your library

Gail Sacco’s Point of View this week is a reminder of just how important our local public libraries are. Bethlehem, Voorheesville and Ravena-Coeymans-Selkirk are indeed blessed to have libraries that are second to none. These local libraries are helping us enter, understand and keep up with the Information Age. The libraries have the latest equipment, along with programs and workshops to teach us how to use the equipment.

For children, our libraries are a source of wonder and delight. Story hours, films, performances and just plain fun activities provide learning opportunities and entertainment almost every day of the week. Through these activities, the library becomes user-friendly to kids, who will undoubtedly become adult library supporters.

For senior citizens, the library offers programs that provide an opportunity to socialize and workshops where they can continue to learn and share their life experiences.

Libraries here have even become an important resource for business and would-be business people. Bethlehem recently opened a Small Business Center as a service to entrepreneurs.

And for all of us, our libraries are nice places to visit. We can find local artists and photographers and collections of residents are displayed throughout the year.

A measure of a library’s impact on its community is reflected by Library Friends who support libraries through volunteer work and fund-raisers. In our communities, the Friends’ groups have healthy memberships of dedicated individuals.

We salute the Friends and the staff, and thank them for making our community a much richer place to live.

Back to school

It’s hard to believe, but The Spotlight’s first back to school supplement is in this week’s issue. Our supplement has some useful information for parents who might not be up on the latest “what’s in” for kids or parents anticipating the “home work” fits once school starts.

This month student athletes will begin pre-season practices. With many winning honors to their credit, Ravena-Coeymans-Selkirk, Voorheesville and Bethlehem teams move to new challenges and victories.

We encourage students who would like to get involved in the newspaper industry to contact The Spotlight regarding writing or photography internships. We enjoy working with students and value their many contributions to our paper.

Another milestone will be reached when high school graduates leave for college and begin a new chapter in their lives.

We wish the student athletes and college frosh all the best in the coming year.

Sign of the times

Our apologies to Doug Brownell (whose name was mangled in last week’s issue). Soon his former place of business on Delaware Avenue will be torn down when the Postal Service erects its new addition there.

But more than a building will go down — the sign, the unofficial Bethlehem town crier — will go with it. For so many years the sign was an indicator of what was going on in town. “Don’t Miss BOU’s Auction, “Romero and Juliet at the High School,” or the occasional notice of a birthday wish or messages of congratulations got the word out to just about everybody in town. Space on that sign was precious indeed because of the many people who passed it each day.

We will miss the Brownells. We wish the family all the best with their new motel on Saranac Lake and hope they’ll carry on their own version of “sign language.”

By Gail Alter Sacco

The writer is director of the Voorheesville Public Library.

No one would deny our world is entering a new global era. The integration of technology into our daily lives has broadened our view, and the complexities of today’s world require us to develop new skills.

When the major industry was agriculture, people worked the land on a fifth-grade level. Today, in order to understand and use technology, we need to read at an 11th-grade level. When people worked and played in their town or village, they felt a strong sense of community.

Today, as work and home become more separated, they look to their libraries and institutions to help them develop a sense of fellowship, to provide a local touch. One sign of this transition, which is more than 250 years old, is the public library.

The library remains strong and vital because it fulfills our requirement for information and its services reflect the changing needs of the communities that fund them, helping users to increase their abilities and maintain their sense of belonging.

Libraries will continue to endure because libraries care about people and information. Society thrives on the exchange of knowledge. People have a need to understand and the library offers everyone an opportunity to learn. With its collections of books, CD-ROMs, videos, magazines, as well as access to the Internet, anyone can explore new worlds.

Let me give you some examples of how your local public libraries have modified their programs as regional interests and needs changed:

Voorheesville is small, and for many of its residents, the library is a central part of their community. Programs provide a forum for discussion and growth as well as an opportunity for neighbors to meet. We routinely schedule afternoon events for our seniors, including both performers and discussions.

We have nurtured an after-school program for grades four through six, with the Voorheesville School district providing transportation, so that it’s open to all children, not just those with access to a car.

Most recently, we received a grant from the New York Council for the Humanities to conduct local history programs and develop tabletop exhibits about our area’s history.

Residents can come to the library or reach us electronically. We offer them books and other materials, and an opportunity to discuss the humanities and arts, as well as forums to learn about the Internet and online world. Use of the library’s resources continues to grow because our public finds them relevant to their needs.

The director of the Bethlehem Public Library saw an opportunity for change when our regional library consortium, the Upper Hudson Library System, offered a business grant to its members. Last year, Bethlehem developed a Small Business Center, oriented to those starting or maintaining what are called microbusinesses.

The center includes a variety of materials and addresses the changing nature of work as more people become entrepreneurs rather than employees. Materials chosen for the center are for their quality as well as their availability. Programs provide a forum for discussion and growth as well as an opportunity for residents.

Your public library provides a "local touch" with "global reach."

As the mission statement of the New York State Library Constitution states: "You can turn to the public library to help you grow, to bring you new ideas, to provide a local touch, and as the heart of your community, to provide a local library."

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Although initially grant funded, the library intends to maintain this center as a service for a changing community.

Supported by residents of the Romantic community, the district School, RCS Community Library in Ravena recently moved to new quarters. The director told me that the move resulted in the enhancement of services. For the first time in several years, Summer Reading Club story hours are being offered in the library as well as at the school playgrounds. And the writers group has been able to expand their local touch.

The writing reading and writing skills will continue to be important for the future and educational needs, and support literacy by working with groups that range from preschoolers to special popula- tion to help them.

Libraries are trusted by their residents.

The staff works hard to find comprehensive and accurate resources, and with the advent of technology, your public library provides a "local touch" with "global reach." Most important, the bottom line of any public library is to provide the best resources for its users, not to make a profit or sell a product. As the mission statement of the Public Internet Library (www.ipl.org) says: "The Internet is a mess. Since nobody runs it, it’s no surprise."

"Over the last few hundred years, librarians have become skilled at finding the good stuff, organizing it and making it easier for people to find and use.

"Librarians also fight for important ideas like freedom of expression and thought, equality of access to information, and literacy."

Libraries are in the thick of it, helping you keep current and find a forum for all information. We’ll be seeing you for many years to come.
IDA chair: Agency taking more pro-active stance

Editor, The Spotlight:
The Spotlight's July 22 editorial, "Good Business" did an excellent job of highlighting Bethlehem's need for economic growth to bolster the existing tax base.

As chairman of the town Industrial Development Agency (IDA), I couldn't agree more with the observation that the IDA needs to be more proactive in promoting the town as a place to do business.

In fact, the IDA has been doing just what The Spotlight suggested. With the strong support of Supervisor Sheila Fuller, the IDA has been intensifying its effort to attract new business to the town of Bethlehem.

The IDA board has met every month since February to pursue new projects and to explore ways of continuing to improve our town image, including a joint effort with the Bethlehem Chamber of Commerce to develop a new marketing brochure. In addition, I agree with your suggestion that we should look at just what Community Development Agency (IDA) has been doing.

We have too many naysayers and New Ideas are here, and more moderately priced senior housing will not be attracted to a town with this kind of reputation.

We have an increasing number of older citizens who have no desire to leave the town or be pushed into a 'out of sight, out of mind' location. As long-term residents who have contributed to the schools and town with their taxes, they deserve consideration as much as anyone else who lives here.

Our seniors are more likely to patronize local businesses than many of our younger people who are more able and likely to drive to malls. There has been much concern about the loss of business in Bethlehem in recent years. Making it harder for older citizens to remain here is not likely to improve the business climate.

Beverly A. Rimen
Delmar

Letters policy
The Spotlight welcomes letters from readers on subjects of local interest. Letters are subject to editing in keeping with our rules of fairness, accuracy, and length.

All letters must carry the writer's signature, address, and phone number.

Write to Letters to the Editor, The Spotlight, 125 Albany St., Delmar 12054. Letters can be faxed to 439-0609.

Letters

...For Life*

Your Opinion Matters

Clearview Home Equity Credit Line

Prime Rate Choice!
Get an amazing Prime (minus) 1/4% APR for life by consolidating at least $25,000 in non-ALBANK debt in your credit line at closing. Or, if you don't need that much money, get a super, Prime plus 0% APR for life. It's up to you!

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Take advantage of our special Prime (minus) 1/4% APR offer and ALBANK will pay all your closing costs (INCLUDING MORTGAGE TAX). You could save hundreds of dollars! Plus, interest on your home equity credit line may be tax-deductible (ask your tax advisor).

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Your Opinion Matters

New York should have insurance watchdog

From 1992 to 1996, auto insurers' losses have been constant, while premiums paid by car owners have increased by $1.45 billion.

The bottom line is New York insurers are charging more billions more in premiums than it costs to pay claims. As a consequence, New Yorkers pay the second-highest premiums of any state in the country.

The numbers don't lie. But insurance industry lobbyists will stretch the truth until it is unrecognizable. On one point every independent analyst agrees: New York needs an independent watchdog agency to monitor insurers' rate-setting practices.

Cynthia S. LaFave
New York State Trial Lawyers Association
Capital District Affiliate president

Contact Information

Home Equity Credit Line

ALBANK
Always Making Things Easier
Police officers plan program

Fingerprints and Paw Tracks, an interactive program for school-age children, continues the summer reading theme "Solve it at the Library" on Thursday, Aug. 6, at 7:30 p.m. at Bethlehem Public Library at 651 Delaware Ave. in Delmar.

Detective John Cox of the Bethlehem Police Department will show participants how to dust for, lift and take their own fingerprints.

Officer Wayne LaChappelle and K-9 Aaron will also demonstrate how police dogs follow scents and search for drugs.

To register, call 439-9314.

RCS library sets summer hours

RCS Community Library at 15 Mountain Road in Ravena recently announced its summer hours.

They are: Monday through Thursday, from 10 a.m. to 8:30 p.m.; Friday from 10 a.m. to 5 p.m.; and Saturday from 9 a.m. to 1 p.m.

The Sounds of Summer reading club is held at various locations. The schedule is as follows:
- Mondays at 7 p.m. at the Little Red Schoolhouse on Route 143 in Coeymans Hollow
- Wednesdays at 7 p.m. at RCS Community Library
- Thursdays at 10 a.m. at Wyche Park in New Baltimore
- Thursdays at 1 p.m. at A&W Becker School on Route 9W in Selkirk
- Thursdays at 2:30 p.m. at Feura Bush Neighborhood Library on Route 32.

The reading club is also presented daily as part of the Food for Thought program at P.B. Coeymans School.

Finally, the library announced that it will present Bubble Concerto, with master bubble-maker Doug Rougeux on Thursday, Aug. 6, at 11 a.m. at P.B. Coeymans Community Library on Route 143.

Admission is free. For information, call 756-2053.

STRESSED OUT? Delmar Center for Massage

Enjoy wonderfully relaxing treatments in our beautiful new expanded facilities.

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Free concert at park

The Jeff Spencer Band will perform a free concert at Joralement Park on Thursday, Aug. 6, from 7 to 9 p.m.

The concert is for all ages.

Boulder concert planned at P.B. Coeymans School

RCS Community Library will sponsor a "Boulder Concerto" on Thursday, Aug. 6, at 11 a.m. at P.B. Coeymans Elementary School on Church Street in Ravena.

The event promises fun for all ages.

For information, call the library at 756-2053.

Run for Your Life at Friendship Festival

The Ravena's Friendship Festival on Saturday, Aug. 29, will be the venue for a 1.25-mile Run For Your Life.

The run is being organized by Girl Scout Helen Tompkins of Troop 181.

Tompkins arranged the run as part of her effort to achieve Girl Scouting's highest honor — the Gold Award.

Registration will be held the morning of the race. Participants must be at least 14-years-old.

For details, contact Tompkins at 767-2772.

Ravena Coeymans Selkirk Central School District celebrates STARS

Ravena Coeymans Selkirk Central School District recently held a dinner for the STARS (Seniors Teaching and Reaching Out to Students) program.

The program is entering its third year and involves senior citizens in school activities such as reading aloud, resource room assistance and one-on-one interaction.

Participants in the STARS program are paid a $5 hourly stipend, provided by a grant from the state Office for the Aging.

Participants must be at least 60-years-old. For information, contact program director Judy Glassano at 756-5201.

Ravena swimmers continue winning streak

Congratulations to the Ravena swim team for its continued victories.

Ravena trounced Athens, 237-120 and beat Pittsfield, 197-160.

New nature trail built along Hudson River

A half-mile loop nature trail has been completed next to the Hudson River at Coeymans Landing.

The trail was built by area teenagers who worked for the town of Coeymans.

Funds for the trail came from a riverfront grant awarded to the town last year.

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Board Certified Internists
St. Peter’s honors 2 Bethlehem doctors

By Peter Hanson

A pair of local physicians recently won recognition for their work at St. Peter’s Hospital in Albany. David O’Keefe of Delmar was named the hospital’s Physician of the Year, and Mary Ellen Drislane of Slingerlands was appointed the hospital’s new chief of internal medicine.

Another Slingerlands resident, Robert Griffin, was recently named the new chair of the hospital’s board of directors. A principal in Clark/Bardes, a national marketing firm, Griffin is a veteran financial officer whose experience includes tenures as trustee of Catholic Charities and The College of Saint Rose. He was previously chairman of the board of St. Anne’s Institute.

O’Keefe and Drislane both said that what they enjoy about their work is developing relationships with patients, and their ability to provide personal care within the budgetary confines of MercyCare, the corporation that owns St. Peter’s and several other medical facilities, is what won them accolades.

“I think the key thing to me is to never lose sight of the patient,” Drislane said. “I need to involve the patient in their overall care so they understand what the problem is and how to fix it.”

Drislane’s job involves organizing all of St. Peter’s nonsurgical care. She said the doctors she supervise treating affictions such as hypertension, diabetes, arthritis and heart disease that can be controlled with medication.

“We cover things ranging from the benign sore throat to the life-threatening heart attack,” she said. “We take all comers.”

O’Keefe, a lifelong resident of Albany County, is well known for his work at St. Peter’s. Those skills come in handy in the current era of health management organizations (HMOs), in which doctors are restricted in the care they can offer by the bottom line of their hospital’s corporate parent.

“I think that to most people, HMOs mean difficulty,” said O’Keefe, who worked for an HMO in Michigan. “When I was there, I had first-hand experience trying to get referral forms and pre-approval and working in a bureaucratic system.”

Drislane said she’s glad there’s less red tape at St. Peter’s because cutting bureaucracy translates to improving patient care. “I think the person who comes in with a serious problem should not have a long delay waiting to see a specialist,” she said.

Like Drislane, O’Keefe is a general practitioner, but he received his medical experience working for a mobile Army surgical hospital (MASH) during the Vietnam War. A graduate of Albany Academy, O’Keefe earned a medical degree from Yale University before joining the Army Medical Corp, where he achieved the rank of captain.

He moved to Delmar in 1966 and began practicing medicine in Albany.

“When I came back from the service, I had two young kids,” he said. “I was born and raised in Albany, and I had always thought Bethlehem had one of the best schools in the area. I also liked the small community atmosphere.”

After a tenure as chief surgical resident at Albany Medical Center, O’Keefe eventually set up a private practice on the campus of St. Peter’s Hospital. He’s been active in the medical community there, serving as chairman of the quality management of surgery committee and the operating room committee.

Because of his dedication to the hospital and his clinical excellence, O’Keefe was chosen unanimously by his colleagues as the hospital’s Physician of the Year.

“I think the doctor-patient relationship is the joy I get out of working with people,” he said. “That, and hopefully, the gratifying results we get when we deal with people.”

Extension develops composting garden

The self-tour home composting demonstration garden on the grounds of Cornell Cooperative Extension on Martin Road in Voorheesville is open for the season.

Visitors can learn how to compost food and yard waste at their own convenience and pace.

The newly developed educational garden is a one-stop site that provides individuals with a self-tour guide book, educational out and compost bin construction plans.

The garden is open from dawn to dusk for self-touring. Guided educational workshops are scheduled in season. Call 765-3500 for dates and times.
BC hires public relations director

By Lisa K. Kelly

Jessica Kennedy has been named Bethlehem Central School District's director of public information.

Superintendent Les Loomis said Kennedy brings a range of qualities to the job, including her experience with the Education Research Trade Association. Kennedy is replacing Robin Giddings who left to take a position with BOCES.

Kennedy grew up in the Boston area and studied American history at Columbia University. "I thought I'd be better off studying something like (American history)," she said, "instead of learning a trade."

After college, Kennedy traveled around the country for a year before settling in the San Diego area, where she worked for Sun Newspapers.

"I've always wanted to go into journalism," she said, "but I was disillusioned by my time with Sun." She wanted to work on something that had more writing than reporting. Somewhere where you can write about topics, not about everything and anything.

Kennedy later worked for the Education Research Trade Association in Washington, D.C., which she said is "a trade association for education research companies around the country.

Kennedy is looking forward to moving the district newsletter, "Highlights," to a new level. "I think the newsletter is a great tool," she said, "to expand it with feature-type stories."

She plans to incorporate in-depth stories about different aspects of the district, such as educational goals and teaching techniques. "This way, parents aren't getting just the news," Kennedy said, "but they are also being informed."

Loomis said he and Kennedy are discussing a series of articles on the upcoming Regents for All curriculum. "I'm not sure it's something people really understand," he said, "but I hope the series will explain it in more depth."

Kennedy's first impression of the district has been positive. "There is a strong sense of community among the schools here."

During a tour of the schools, what struck her most was artwork hanging in the hallways. "It made the schools seem so warm and friendly," she said. "All the schools seem to take so much pride in what their students are doing."

Currently, Kennedy is finalizing the district calendar. "I'm proofreading and writing a great deal from the principals and others," she added. "It's set to be mailed in mid-August."

Jessica Kennedy

Delmar Kiwanis seek vendors

The Kiwanis Club of Delmar is seeking vendors for its seventh annual Flea Market and Craft Fair on Saturday, Sept. 12, from 8 a.m. to 4 p.m. on the grounds of the Days Inn on Route 9W in Glenmont.

Proceeds benefit youth and senior programs in the town of Bethlehem. For information, call 459-6088.

Library provides career services

Free career and education advice is available for adults at Bethlehem Public Library's career resource center at 451 Delaware Ave. in Delmar.

First-time career seekers, anyone entering the work force and returning students can get help with job searches, resume preparation and educational planning.

Hour-long appointments are available both day and evening.

For an appointment, call 459-9314.

Rev's kitchen to serve lunch

Rev's Country Kitchen at South Bethlehem United Methodist Church at 65 Willowbrook Ave. will serve summer lunches every Tuesday from 11:30 a.m. to 1 p.m.

A la carte lunches will feature homemade soup, a salad plate of the day, special of the day (meat, potato and vegetable), hot dogs, beverages and a variety of homemade desserts.

Takeouts will be available and deliveries can be made to area businesses.

The church's thrift shop will be open Tuesdays from 10 a.m. to 2 p.m. For information, call 767-2288.

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The Spotlight
Howard Gmelch is Bethlehem Historical Association’s president.

The Town of Bethlehem Historical Association recently submitted its annual report to the town board, in which the association recorded its activities, expenditures and membership for the year.

During that time, the association had 228 members, comprised primarily of 85 Delmar and Selkirk residents, 55 people from Greene County and 12 Scribner residents.

Thirty-two people who relocated from Bethlehem to other parts of the Capital District, and retained their memberships, form another large contingent of the group.

The purpose of the organization is to stimulate an appreciation of the history of Bethlehem and to collect and preserve any material that’s significant to the history of town. The president, Howard Gmelch, said that throughout the year, the association presents programs on topics ranging from genealogy and archaeology to travel and gardening.

Most of the programs are relevant to the group’s mission, such as the one entitled “Five Rivers Center: 25 Years in Bethlehem,” that was presented in October.

“Each December, we have the traditional Silver Tree at which we decorate the museum and then have a tea for about 30 people,” Gmelch said.

The association’s museum, in the Cedar Hill Schoolhouse on River Road in Selkirk, is open Sundays from 2 to 4 p.m. during the summer and is also open during the association’s regular meetings.

The association held eight trustee meetings and two trustee committee meetings, and spent $2,909.44 on its activities last year. This amount fell well short of the budget of $4,820 and left much of the $5,506 the group raised for future expenditures. The group also recently set a budget of $4,705 for next year.

Revenues were raised by events, including a card party, which was held in October at the Bethlehem Elks Club, and through donations. The late Marjorie Terrell bequeathed $1,000 to the association for the purpose of purchasing artifacts and display items, while $110 was donated in memory of Thelma Comstock.

JoAnn Kinney donated a stamp collection that was sold for $400. The money was put into the association’s endowment fund.

On May 21, the association elected its officers for the coming year. They are: Gmelch; Jan Satin, vice president; Wendy Brandon, recording secretary; Jane Milburn, corresponding secretary; and Richard Spaulding, treasurer.

Gmelch said annual membership dues begin at about $15 for an individual. He said that anyone who has any interest in the heritage of their town ... should sign up.”
Participants go batty at Heldeberg Workshop

Everyone is invited to take a bat walk at Heldeberg Workshop on Thursday, Aug. 6, at 7 p.m.

Bat enthusiast Al Hicks will introduce participants to the mysteries of bats and dispel the myths that surround these helpful little mammals. Be sure to wear sturdy shoes.

An afternoon of Iroquois tales with Mohawk storyteller David Fadden is planned for Sunday, Aug. 9, at 2 p.m.

There have been storytellers in Fadden’s family for three generations. Fadden will tell tales about a time when the Iroquois lived in longhouses, birds had no songs and the earth wasn’t formed. Bring your own seating.

The fee for special events is $5 per family. For information and to register, call 765-2777.

The workshop’s third session runs through Aug. 14. Openhouse is Aug. 13, from 6 to 8 p.m.

**Sports physicals**

**Set at high school**

Sports physicals for Clayton A. Bouton Junior/Senior High School students participating in interscholastic sports during the upcoming school year are set for Wednesday, Aug. 12, in the nurse’s office.

Physicals begin at 2 p.m. for girls and 3 p.m. for boys. For information, call the high school at 765-3314.

**Indian Ladder Trail Tour**

**Saturday at Thacher Park**

John Boyd Thacher State Park will offer a guided tour of Indian Ladder Trail on Saturday, Aug. 8, at 2 p.m.

Participants will learn about the world-renowned Heldeberg Escarpment and the caves, underground streams and waterfalls in this fossil-rich rock formation.

Wear sturdy shoes for this one-hour walk. To register, call 872-1237.

**Electric City Chorus to perform at library**

The library’s final Together at Twilight concert on Wednesday, Aug. 12, features the Electric City Chorus. The men’s chorus sings traditional American melodies in barbershop harmony.

The program is on the library lawn, so bring a lawn chair or blanket and bug spray.

If it rains, the performance will be in the library’s community room at 51 School Road.

For information, call 765-2791.

**Village park program**

**Slates activities**

It’s beach week at the village park arts and crafts program. Children will make shell treasure boxes, flower leis, windsocks and sun visors. The snack menu includes watermelon and goldfish crackers.

The group will meet at Tom’s Tasty Treat in New Scotland on Tuesday, Aug. 11. Drop off and pick up your child at Tom’s that day.

The program is offered Tuesdays, Wednesdays and Thursday from 9 a.m. to noon in the village park behind village hall on Voorheesville Avenue. Children must be 7 to attend.

Younger children can participate if accompanied by an adult.

On Tuesdays and Wednesdays, there are theme-related games, crafts and snacks.

Thursdays are open craft days, where children can choose what they want to make.

**Town board to meet Aug. 12**

The New Scotland town board meets Wednesday, Aug. 12, at 7 p.m. at town hall on Route 85 in Slingerlands.

**School board petitions at district offices**

Voorheesville Central School District board member Nicholas Farano, who has served two years of a five-year term, will soon be vacating his seat on the board.

Anyone who would like to fill the remaining three years on the term can obtain petitions in the school district offices at the high school on Route 85A.

Petitions must be received by Tuesday, Sept. 8, at 4:30 p.m. A special election to fill the unexpired term is set for Wednesday, Oct. 7. For more information, call 765-3313 ext. 101.

**Cooperative Extension honors government interns**

Cornell Cooperative Extension of Albany County’s government intern program recently recognized Joshua Benedict and Regan Burns of Clayton A. Bouton High School.

Benedict and Burns participated in the program, which matches students with a county legislator.

They attended monthly meetings of the Legislature, toured county facilities and attended seminars.

Benedict and Burns also completed independent projects on an aspect of county government. They received school credit for the program.

The government intern program is open to high school juniors and seniors attending schools in Albany County.

For information, call 765-5000.
New reference staffer on board

Sherry Haluska has joined the staff as head of reference and adult services. She recently returned to the Capital District after a brief hiatus in Florida. She serves as director of the Southold Free Library in Coloma, 11 years as director of youth services. Media's previous head, Caroline McArthur, left the area to serve as director of library services and the community to those who need a self-described "people person" who enjoys working with library staff and the community to provide "meaningful library services to those who need them."

Haluska replaces Michael Farley, who is now head of media services. Media's previous head, Caroline McArthur, left the area in June to serve as director of Southold Free Library on Long Island.

This month's exhibits include Marjorie Scipio's watercolors and pastels in the southwest gallery. Laura Carde's and Patricia Basse of Library Volunteers of America — Albany, have put together a bulletin board and display case full of information about their organization.

The Birchenough case contains samples of student work from the Living Resources Carriage Horse Arts Center in Albany. Carriage House offers art instruction to developmentally disabled students in the area.

Jessica Metzick's "rock collection" is of the musical variety. Check out her Hanson memorabilia in the youth services case.

Electric chorus to give concert at 7 tonight

If you remember "Heart of My Heart," "My Wild Irish Rose" and "The Whitemoor Song," you are in for a treat on Wednesday, Aug. 12, at 7 p.m. when the Electric City Chorus fills the air with fine old melodies.

The 40-member chorus, founded in 1944, is the Schenectady chapter of the Society for the Preservation and Encouragement of Barbershop Singing in America. The association is a singing fraternity of men drawn together by love of the four-part, a cappella close harmony style of music known as barbershop. The chorus presents a yearly concert at Proctor's Theater in Schenectady under the direction of Leo Mailhotte.

A variety of songs from the 1890s to gospel, inspirational, patriotic and contemporary will have you tapping your toes and humming along. Bring lawn chairs or a blanket, your neighbors, family and friends to enjoy an evening of music on the library lawn.

Orchestra seeking players

Delmar Community Orchestra is seeking string, French horn and tuba players to perform show tunes, pops and classics.

There are no auditions. Rehearsals are held at Bethlehem town hall auditorium on Delaware Avenue on Mondays at 7:30 p.m.

For information, call 439-1603.

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Delmar Dolfin Swim Team

Announces Fall Tryouts For the 98-99 Swim Season

Wednesday, August 19th
Bethlehem Central HS Pool
6:00pm for 6 - 10 year olds
7:00 pm for 10 years and older

Prospective swimmers should come dressed in their bathing suit and prepared to swim. All swimmers must be accompanied by a parent/guardian who must stay for the duration of tryout for the child/parent information session.

The Delmar Dolfin Swim Club is a nonprofit organization who's purpose is to promote and foster interest in the sport of competitive age group swimming.

For information please call:
Kathy Ardouni 439-9206 • Karen Richardson 475-7534

St. Peter's Delmar Women's Health Care Associates Welcome Two New Physicians

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St. Peter's Delmar Women's Health Care Associates is located at 785 Delaware Avenue in Delmar. Most insurance /HMOs accepted.

Call (518) 439-9263 to make an appointment.
Bethlehem athletes win big in Empire State Games

Adirondack tennis team sweeps tournament

Capital District scholastic tennis players made history by adding 10 medals to the Adirondack Region team’s medal count at the Empire State Games held July 22 to 26 in Rochester. The games are sponsored by the state Department of Parks and Recreation.

Led by Adirondack coach Wayne Emerick of Shaker High School, the Adirondack men and women’s teams each posted undefeated 5-0 team records to take home team gold medals in the largest non-Olympic amateur athletic event in the United States.

This was the first year a gold medal was won by the Adirondack team in scholastic men’s tennis. Team members also walked off with their highest number of individual medals ever won at the games: five gold, two silver and one bronze.

Adirondack women took three individual gold medals. Dominating scholastic singles were Voorheesville senior Trinnell Russell and Shaker sophomore Nancy Zeronda. Each posted 5-0 records. Shaker senior Nicole Mayer took the bronze in scholastic singles.

The doubles team of Shaker junior Leigh Orne and Bethlehem senior Grace Tsan also participated in the tournament. Mayer, Zeronda and Orne are all starting varsity singles players for Shaker High School, the 1996-97 Section II Champions.

Adirondack teammates Hillary Cooley and Susan Harrison of Bethlehem were 1997 Section II individuals doubles finalists.

Adirondack men took two individual gold medals, and were led in scholastic singles by Queensbury junior Scott Palrowitz and Bethlehem sophomore Matt Treadgold. Each posted 5-0 records.

Taking home silver in scholastic singles were Colonie senior Max Tsui, and the doubles team of Chris Grajny of Delmar and Dan Thompson of Ballston Spa.

The successful Adirondack Women’s Scholastic Tennis Team includes, from left, assistant coach Grace Franze, Grace Tsan (Bethlehem), Leigh Orne (Shaker), Nicole Mayer (Shaker), Trinnell Russell (Voorheesville), Nancy Zeronda (Shaker), Susan Harrison (Bethlehem), Hillary Cooley (Bethlehem), and coach Wayne Emerick (Shaker). The women’s team won three individual gold medals.

Adirondack Tennis Team Members

- Assistant Coach Grace Franze
- Grace Tsan (Bethlehem)
- Leigh Orne (Shaker)
- Nicole Mayer (Shaker)
- Trinnell Russell (Voorheesville)
- Nancy Zeronda (Shaker)
- Susan Harrison (Bethlehem)
- Hillary Cooley (Bethlehem)
- Wayne Emerick (Shaker)

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Packing it in —
What to bring to the dorm

By Kathryn Caggianelli

If you're about to start college this fall you might want to re-think what to bring with you to that new dwelling say local campus representatives.

Freshmen end to bring way too much to a room they'll be sharing with at least one other person for the school year. In fact, each college and university has its own policy about what is

PACKING/Page 2
and what is not allowed in your dorms, according to Laurie Garafola, director of residential life at the University at Albany.

There are definitely things that incoming students need to bring with them, she said. Desk lamps, study aids of all kinds, telephones, computers and a few necessary personal items will be more than adequate said Garafola.

"It's OK to bring things like TVs and stereos, but only if they've talked to their room or suite-mate ahead of time and have found out that they're not bringing one too," she said.

There's ample opportunity for roommates to discuss these things before they move in, said Garafola. In most cases partners have each other's name by mid-August.

"We really want to discourage more than one of these things in a room because the dorms were built in the '50s and in some cases, are as small as 13-feet by 14-feet. That's not very big for two people and their belongings," she explained.

Likewise, SUNY has a judicial system that handles protocol violations. In other words, new students need to familiarize themselves with what's not allowed to avoid the consequences. Don't bring appliances like microwaves or toaster ovens. Halogen lamps are not allowed for safety reasons and neither are the ever-popular cinder blocks which students use to elevate their beds.

Over-sized wall furnishings and the tape and tacks that secure them are not allowed in many cases, said Garafola.

"Many students bring large wall hangings, and other personal things like stuffed animals with them. They just need to realize ahead of time that these rooms are very small. They're equipped with two beds, two desks and two dressers. Don't worry about furnishings, just come with what you need to start the year," she said.

Garafola recommended bringing floor coverings and extra-long sheets since a lot of the mattresses are longer than the standard ones. Bring less and give yourself time to see what you need in addition to what you start out with, she said.

"They need to remember that they'll be going home for visits during the year. They'll have plenty of time to bring something else back with them if they find that they really need it," she added. About 2,500 students are expected to begin school at the SUNY campus this fall, Garafola said.

Ramona Diaz, 23, and 20-year-old Wendy Trevil are both returning to SUNY as seniors this fall. Each recalled their freshman year and the hassle they had when they found out just how much of the stuff they brought with them had to be sent back home.

Diaz, a marketing, Latin and Caribbean studies major, said the possessions she sent back home that first week included her pet goldfish.

"I brought a whole arsenal of cooking utensils that I couldn't even bring into my room because cooking is not allowed there," she said.

Trevil, a management and information systems major, recalled having to send her sofa back home when she found out it wasn't going to fit in her room.

The pair agreed the following are a good idea to have on hand: extra lamps, shower slippers, cleaning supplies like mops and brooms, and bug spray for the warmer months.

"Believe it or not, just the scent of the spray keeps smaller animals like chipmunks and squirrels from deciding to move in with you," Diaz said.

The College of Saint Rose recognized that individuals have different needs when they're coming to college for the first time, said residential director Ann Marie Przywara. Still, there are some items that aren't allowed for safety reasons.

"Halogen lamps are considered a safety hazard. We also don't allow hot plates and other open element appliances. Microwaves are OK, though," she said. Like SUNY, the private school frowns on cinder blocks and will fine anyone who brings them in.

It's a good idea to bring storage crates for toiletries and the like, Przywara said, adding that the dormitories feature fairly generous closet and wardrobe space.

Personal items like pictures, dart boards and stereo systems are popular, but students need to be mindful of roommates and neighbors, said Przywara.

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There's more to being a nerd than being uncool

By Peter Hanson

S
EEING TEENAGERS CARRYING THEIR BOOKS DURING THE FIRST WEEK OF SCHOOL EVERY FALL CONFUSES A mixed bag of memories for me. Although I've only been out of high school a little more than a decade, the unique blend of misery and ecstasy that is the American high school experience still seems fresh in my mind, and I can't help but wonder what all those clean-cut kids with their brand-new blue jeans worn just so and their freshly-cleaned shirts that made sarcastic come for the first bus I rode for the first time during high school population the way hyenas attack the weak and the sick in a pack of gazelles.

There's more to being a nerd than being uncool alone was sickening, so the warm, wet sensation once his projectile hit me was virtually indescribable.

The punch line to this anec- dote is no one reacted. Sure, there were a few passers-by who craned their necks once they were behind me just to enjoy the spectacle of a fellow human being's abject humiliation, but for the most part, there were no guffaws or taunts, and certainly there were no harsh words directed toward Joe. It was an incident of one nerd victimizing another, so why would the cool people bother to get involved?

That moment hangs in my memory as a typical example of the sheer inhumanity of teenage
I'm glad I didn't fit in because the people who fit in easily never saw high school society from the outside. They never got a look at how people treat people. The cool kids only ever knew their own kind, so they only learned about a part of high school society.

I'm glad I didn't fit in, even if it made me vulnerable to put-downs, insults and worse. I'm glad I didn't fit in because the people who fit in easily never saw high school society from the outside. They never got a look at how people treat people. The cool kids only ever knew their own kind, so they only learned about a part of high school society.

The turmoil of my adolescence and wore my confusion on my sleeve. I didn't know who I was, so I tried to be several different people, in essence trying on various personalities to find the one that fit me best.

But mostly I remember the meanness directed toward me by cool kids who dismissed me as a lower life form or the brutality inflicted upon me by people like Joe, who actually was a nerd in high school? I would have never had reason to discover introspection.

Being uncool isn't fun, but if you can survive a few insults in your ear and some phlegm in your hair, there's a payoff on the other side. By refusing to be like everyone else, you'll learn what it means to be yourself.

### Back to School

**Get Ready For School Days**
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The more you know, the higher you can go. Adult students, including those attending college half-time or less, are the fastest growing segment pursuing formal higher education. However, many who want to attend college feel consumed by demanding lifestyles, family responsibilities and financial commitments.

Today, some employers are reducing their levels of tuition reimbursement, which makes it even more difficult for working adults to afford the college education they desire. Adult students should plan an education strategy before investing time and money. Key Education Resources, the nation's third largest education lender, suggests that prospective adult students:

- Calculate ancillary expenses such as parking, books and school supplies.

- Investigate transferable credits from prior education and possible credit for life-experience learning.

- Review standards for satisfactory academic progress, including credit-hour requirements and time limits to earning a degree.

- Take entrance exams. Some institutions waive them for adult students; some request SAT or ACT scores. Graduate schools usually require special exams.

- Request transcripts from prior institutions. Academic transcripts must be forwarded to your new institution. If planning to apply for financial aid, also provide financial aid transcripts.

- There are several sources and types of financial aid for adult students; however for those attending less than half-time, it is limited to the Federal Pell Grant, various state and institutional funds, or an alternative loan such as the Key Career LoanSM.

For information, contact Key Education Resources at 1-800-KEY-LEND.
Avoiding homework battles

By Katherine McCarthy

When "THE HOME WORK FITS" start at MELANIE Henderson's house, she backs off and suggests that they start again later.

What is a homework fit?

"You know," Henderson, the mother of three and former Clarksville elementary school PTA president said, "When a child starts crying, or says 'I can't do this' or lies down on the table or counter. We don't let it brew, we say 'OK, we'll come back to this later when you're calmer.'

For many families, homework fits are common, even to children who are very responsible. For example, in math, I might have three-quarters of an hour is usually an optimum amount of time. We try not to overload the little ones."

Lishakill Middle School associate principal Denise Pleickhardt said that homework at the middle school level is really important.

"We're preparing the kids for high school, and the bar has been raised now. It's important that parents keep on top of things, and know what the child will be covering, and how they're doing with it."

"When a child starts a new grade," Pleickhardt said, "parents should take a look at homework during the first few weeks. If students are getting their work done, parents can loosen up some, and ask the occasional question: how's that paper or project coming?"

Pleickhardt also said a student's curriculum can inspire a family's field trips. "There are great day trips in this area that tie into what students are studying," Pleickhardt said. "For instance, Fort William Henry.

If a child needs more structure or reinforcement, schools usually offer support, like Lishakill's SOS, which stands for Structure Opportunity to Succeed. "This is a great program for kids who aren't getting their homework done, or whose parents work late, or who don't have a quiet spot at home." Pleickhardt said the program is so successful that many students ask to get into the program, which lasts 1 to 2 hours after school.

Henderson said she sees homework as necessary. "It's the school-home connection," she said. "I get to see what they're working on, and what they don't understand. How many times do you ask your child what they learned at school that day and they answer 'Nothing'? That's scary. Homework lets you see what they're doing."

Henderson said she is firm about not doing her children's homework for them, and is careful about how she offers assistance. "I always ask them, 'How did your teacher say to do it?' and if they don't remember, I'll send a note to the teacher."

"Homework definitely has its place," she said. "But it really should not be a stressed-out thing."
Lunchboxes do more than just carry lunch

By Bill Fonda

ONE OF THE MAJOR BARRIERS OF WHAT CHILDREN ARE INTERESTED IN is what is on the lunchboxes they are carrying to school.

"It's mostly from the movies that are coming out. You know, kids' movies," said Peggy Brantigan, a customer service assistant at Eckerd Drugs at 475 Albany-Shaker Road in Latham, adding that Disney characters are most popular.

Since she feels that movies that are popular with children are the driving force behind lunch box sales, Brantigan said she thinks "Small Soldiers" lunch boxes could be successful.

"If they come out with it, they probably will be popular," she said.

Eveline Sherwood, hardlines assistant manager at the Ames department store at 380 Feura Bush Road in Guilder, said lunchboxes based on the summer blockbuster "Godzilla" are selling well in her store this year.

While there will always be a "flavor of the month" mentality when it comes to lunchboxes, there are a number of familiar standbys for children to choose from as well — including Hercules, The Little Mermaid, Rugrats, Winnie the Pooh and Barbie.

"Barbie is a staple every year. We haven't had a year when she wasn't popular," Sherwood said.

Even though Mickey Mouse may be the most famous children's character of all time, Sherwood said he does not sell a lot of lunchboxes. Mickey does, however, remain popular on backpacks.

"For years, the only lunchboxes available were the traditional hard, metal boxes, but soft-sided models have become more widespread in the last three-to-four years. They carry the same licensing as their hard counterparts. "They both sell very well, the hard and the soft. It's really a personal preference. Get the one your kid wants, and they'll take better care of it," Sherwood said.

The hard and soft styles are also comparable in price, as a hard lunch box has a regular price of $8.99 at Ames while a soft one costs $9.99. They cost $7.99 and $9.99, respectively, at Eckerd.

Lunchboxes can be a very big deal to kids. Left, this Godzilla lunchbox sells for $8.99 at Ames. The soft Barbie lunchbox costs $9.99. They both come with matching thermoses.

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Counting the benefits of breakfast

The most important thing working parents can do is keep a healthy breakfast routine going. Although working parents know how beneficial a healthy breakfast is, many still don't make time for one.

The national School Breakfast Program helps families with kids who don't eat breakfast at home because they aren't hungry first thing in the morning, they don't have time to eat, or they want to eat with their friends.

More families are taking advantage of school breakfast. A recent report from Washington, D.C.-based Food Research and Action Center found that 72 percent of 95,000 U.S. schools that offer lunch now offer breakfast as well. A decade ago, only 40 percent of those schools served breakfast.

It is well documented that children who have a meal each morning enter the classroom ready to concentrate on their studies. They are also less likely to misbehave, skip class or request sick visits to the nurse.

"The benefit to kids' health and the family lifestyle really add up," said Forgas. Dairy Council of New York.

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By Katherine McCarthy

For most children, the biggest transition back to school is deciding which lunchbox to carry. For many, though, there's an adjustment as they enter a different phase of school, be it kindergarten, middle or high school.

Recognizing this, area schools work to ease transitions. "There are very few tears and adjustment problems," said Helen Salamone, supervisor of Bethlehem's Early Learning Center, an all-kindergarten school, be it kindergarten, middle or high school. "When they enter a different phase of school, be it kindergarten, middle or high school, there's an adjustment as they make the transition."

The district's transition includes a screening process with the nurse and speech teacher, allowing the child to play in the school with a parent. "On orientation day, the children get a chance to meet the teacher and visit the classroom," Salamone said. "During the bus orientation, which takes place in the spring before they start kindergarten, they get to ride the bus with their parent."

Salamone advises parents of future kindergartners to be a little bit cautious when preparing their children for kindergarten.

"Parents may want to visit the school and let the child play on the playground," Salamone said. "You can talk about kindergarten as the next step, but you don't want to make too big of a deal of it."

Salamone said a child's nervousness could manifest itself in sleeplessness or clinging behavior, symptoms which orientation usually alleviates.

For many, the school bus is the biggest first step, and occasionally, a child may balk at getting on board.

"The best thing to do," Salamone said, "is just get them on the bus. They're usually fine then. It's much worse when a parent lingers, or brings them to school. The parent is then going into the child's space, and continuing the bond with home. You need to see a space between school and home."

Even a child who is worried about starting school is usually fine after the first day, Salamone said. "You have to trust the school; they've dealt with the problem before," she said. "The teachers are very good at getting the kids involved in an activity right away."

Salamone said if problems persist for a week, it's time to contact the teacher. "If a problem persists long enough, the parent and teacher would meet to work it out," she said.

If the kindergarten level introduces kids to more structure, the next transitional level, middle school, things loosen up a little bit.

"In fifth and sixth grade, our students make the transition to team teachers," Lishakill middle school associate principal Denise Plesichardt said. "The students stay in the same wing, but they share the day with two teachers, in preparation for seventh and eighth grade, when they change classes for each subject."

The other big change, Plesichardt said, is the size of the middle school, which is grades five through eight in South Colonie. "There are 900 students at Lishakill middle school," she said, "and nearly 1,000 at Sand Creek. There are only half that many at the elementary schools. Also, the kids go from being the oldest to the youngest.

"Middle school kids are also asked to be more responsible," Plesichardt said. "They have assignment books, and they need to keep track and be more responsible for their own work."

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Transitions
From Page 7

Pleickhardt said that the South Colonie school district implemented a new program this year to make the transition smoother for incoming middle school students.

"We worked with the elementary school principals and Sand Creek to hold a parent information evening," she explained. "We had a good turnout, and the parents asked a lot of questions about procedures, expectations and difficulties. The most important thing is for the parents to have information about the school."

A panel of fifth grade students also met with fourth graders to answer their questions. "The Fourth graders asked a lot of practical questions," Pleickhardt said, like, "Where do I keep my books, when is lunch, and is there recess. They also asked about discipline, and if middle school is really hard."

Pleickhardt said the incoming middle schoolers also saw the building and met the teachers, and will take a PTA-sponsored tour of the school in the late summer.

"The district is very serious about having kindergarten through 12th grade be coherent and cohesive," Pleickhardt said of the programs, "and we really want to keep things together and make the transition smooth for the students."

For kids moving from Shaker Junior High School to Shaker High, the emphasis is on making high school a positive experience.

"A lot of these kids will stay in the community, or come back to it to raise their own families," principal James Jackson said. "It's important to us that the kids have a positive experience that they'll tell their kids about some day."

"This is a comprehensive high school," Jackson said. "It's challenging and demanding. There's quite a transition, and we do a lot to help the students with that change."

In March, there's always a parent/student night with presentations about the high school and its courses for the eighth graders. Then there's a ninth grade orientation right before school starts, where incoming freshmen have a chance to meet with the director of pupil services, and the department supervisors make short presentations.

The students then break up into groups with their guidance counselors, and get a chance to discuss their schedules.

For ninth graders, the most important thing to learn is time management. "Elementary and junior high schools are much more structured than high school," Jackson said. "Instead of always having to go to study hall, for instance, kids can go to the media center instead. With six subjects and physical education, kids need to learn to manage their time, and organize themselves and take notes."

A student-mentoring program, in addition to peer helpers, is being implemented this year at Shaker. "The guidance department also offers a lot of help, addressing special topics ranging from study skills to life skills," Jackson stressed the importance of guidance counselors.

"The guidance counselors have talked with the junior high counselors," he said. "The high school is large, the schedule can be intimidating, and being, they're just right into it. You can always tell the freshmen at first - they look so confused. But after a couple of days, it's really not a problem."

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Back to School 1998
Guides help students select college

There are so many factors to consider in choosing a college: What schools offer the degree you want to earn? Which ones have special programs? Can you afford the tuition? Is financial aid available?

And what about the student body, housing quality and availability, campus life, athletic programs, and job opportunities?

To help prospective students sort through all the choices, "The Right College," a book assembled by the College Research Group of Concord, Mass., profiles more than 1,500 accredited four-year colleges in the United States.

The sixth edition of the guide, available in August, is organized into sections on colleges in all 50 states.

Tips on reaching home for college students

This year, college students are returning to their campuses. Besides considering what classes to take, where to live and what to pack, students also need to decide on the best way to keep in touch with their family and friends at home.

That's where the telephone comes in.

Nearly 65 percent of all college students have a calling card — a convenient way to make and bill calls. But, to avoid credit card fraud, it's important to keep the calling card number confidential.

Calling cards are available to students without charge even if they don't have telephone service in their name.

For students who live off campus or are able to choose a long-distance carrier for their dorm room phone, services are available to automatically separate each roommate's long-distance calls. And many students rely on optional calling plans to keep their phone bills down.

For parents who want to make it easier and cheaper for their children to call home, there are custom calling cards. With the cards, parents can provide students with up to 10 pre-selected telephone numbers and area codes and have the calls billed to the parents.

A special card forwarding feature ensures that children can reach their parents whenever they are. This feature is especially useful in emergency situations.

Borrowing 101

Freshman year may be when many college students learn about credit, not academic units — spending now and paying later.

Students away at school are coping with many new experiences like budgeting time for work and extracurricular activities and managing a semester's worth of funds for the first time.

They may also be establishing a credit rating by obtaining a school loan or their first charge or credit card.

But charge and credit cards differ. A charge card, like Diner's Club or American Express, must be paid in full each month, but with a credit card, like Visa or MasterCard, charges are paid over a number of months and interest accumulates on the unpaid balance.

Some banks give cards away and charge no annual fee, but the average student carries a credit card balance of $384.

At a rate of 19.8 percent interest, this translates to more than $75 in finance charges each year.

"Students looking for the best value should study interest rates, annual fees and other benefits that might come with cards, like discount airfare coupons," said Elizabeth Cohen, vice president of student marketing for American Express Travel Related Services.
Distance education offers students new opportunities

EVERY FALL, MILLIONS OF STUDENTS ACROSS THE COUNTRY GO BACK TO SCHOOL. ARMED WITH LUNCHBOXES, BACKPACKS, AND EVEN LAPTOPS, STUDENTS FILL CLASSROOMS IN ELEMENTARY AND HIGH SCHOOLS AS WELL AS COLLEGES AND TECHNICAL SCHOOLS. BUT OTHER STUDENTS ARE ALSO GOING BACK TO SCHOOL, JUST NOT TO A CLASSROOM. THROUGH DISTANCE EDUCATION PROGRAMS THAT HAVE BLOSSOMED IN THE LAST FEW YEARS, STUDENTS ARE EARNING GEDS, COMPLETING COLLEGE DEGREES, CHANGING CAREER DIRECTIONS AND ENRICHING CREATIVE OUTLETS.

TIM TOLMINSON, DIRECTOR OF THE CENTER FOR DISTANCE EDUCATION AT NORTHWESTERN COLLEGE IN SAINT PAUL, MINN., EXPLAINS THAT DISTANCE EDUCATION WAS DEVELOPED WITH THE NON-TRADITIONAL STUDENT IN MIND.

"THE NON-TRADITIONAL STUDENT IS A NATURAL FOR DISTANCE EDUCATION. THEY USE DISTANCE EDUCATION FOR PROFESSIONAL DEVELOPMENT, PERSONAL ENRICHMENT, DEGREE COMPLETION, JOB ADVANCEMENT, HOME-SCHOOLING, EVEN CAREER CHANGES," HE SAYS.

BUT IN THE LAST COUPLE OF YEARS IT'S TRADITIONAL STUDENTS, THOSE 18 TO 24, WHO ARE ALSO SEEING THE BENEFITS OF DISTANCE EDUCATION. "FOR SOME IT'S CONVENIENCE AND FLEXIBILITY," TOLMINSON SAYS. "WHILE THEY WORK DURING THE SUMMER TO EARN MONEY FOR COLLEGE, THEY CAN COMPLETE COURSES WITHOUT HAVING TO BE ON THE CAMPUSES AND IN THE CLASSROOM. WE HAVE ONE TRADITIONAL STUDENT WHO HAD TO RETURN TO HIS HOME IN NORTH DAKOTA DUE TO HIS FATHER'S ILLNESS. THROUGH DISTANCE EDUCATION, HE'LL BE ABLE TO COMPLETE HIS DEGREE."

TRADITIONAL STUDENTS HAVE ALSO DISCOVERED THE FINANCIAL BENEFIT OF DISTANCE EDUCATION. DISTANCE EDUCATION USUALLY COSTS LESS, TOLMINSON POINTS OUT. "IN SOME CASES A STUDENT CAN CUT 20 TO 25 PERCENT OFF THE TOTAL COST OF A FOUR-YEAR PROGRAM BY INCORPORATING JUST ONE YEAR OF DISTANCE EDUCATION."

IN ITS SIMPLEST FORM, DISTANCE EDUCATION TAKES PLACE WHENEVER A STUDENT AND INSTRUCTOR ARE SEPARATED BY PHYSICAL DISTANCE. ONE HUNDRED YEARS AGO, THE CONCEPT WAS KNOWN AS CORRESPONDENCE SCHOOL. TODAY, DISTANCE EDUCATION USES TEXTBOOKS, AUDIO AND VIDEO CASSETTES, FAX, INTERACTIVE TELEVISION, AUDIO CONFERENCE AND COMPUTER TECHNOLOGIES SUCH AS CD-ROM, E-MAIL AND THE INTERNET. SUCCESS IN DISTANCE EDUCATION IS NEITHER AUTOMATIC NOR GUARANTEED, TOLMINSON STRESSES. THE CHALLENGE OF INTRODUCING DISTANCE EDUCATION INTO THE ALREADY PRECARIOUS BALANCE OF WORK, FAMILY, RECREATION AND CIVIC/CHURCH ACTIVITIES IS OFTEN TOO MUCH FOR MANY STUDENTS TO ACCOMPLISH. TOLMINSON PINPOINTS SEVERAL FACTORS THAT CAN STEER THE STUDENT TO SUCCESS.

- VISION: A VISION FOR THE FUTURE WILL GET STUDENTS THROUGH TIMES OF DOUBT AND DISCOURAGEMENT AND ALLOW THEM TO SEE BEYOND TODAY'S SACRIFICE AND EFFORT.
- DISCIPLINE: BECAUSE MOST DISTANCE EDUCATION STUDENTS ARE ALREADY BUSY BALANCING WORK AND FAMILY, DISCIPLINE IS NECESSARY TO SUCCESSFULLY COMPLETE A COURSE. STUDENTS NEED TO ACKNOWLEDGE THE FORCES WHICH MIGHT COMPETE FOR THE TIME, MONEY AND MUSCLE REQUIRED FOR DISTANCE EDUCATION, THEN FOCUS ON ORDER AND CONTROL.

ACCOUNTABILITY - BY DESIGN, DISTANCE EDUCATION LACKS A HIGH LEVEL OF ACCOUNTABILITY. SOME STUDENTS WELCOME THIS WHILE OTHERS FIND IT DIFFICULT TO MOTIVATE THEMSELVES.

- PERSEVERANCE: BEWARE OF THE FIRST SIGN OF WANING PERSEVERANCE, "JUST DON'T HAVE THE TIME RIGHT NOW." DON'T BE TEMPTED TO PUT ASIDE THE COURSE UNTIL THINGS ARE LESS BUSY. JUST AS THINGS MOVE FROM ORDER TO CHAOS, THEY ALSO MOVE FROM BUSY TO BUSIER.

DISTANCE EDUCATION ATTRACTS STUDENTS OF ALL AGES AND STAGES IN LIFE. JIM ROLAND, HOME-VIDEOED IN IOWA, TOOK DISTANCE EDUCATION COURSES TOWARD HIS HIGH SCHOOL DIPLOMA AS WELL AS FOR COLLEGE CREDIT. "DISTANCE EDUCATION PROVIDED FREEDOM OF TIME AND STRUCTURE," HE SAYS. "I TOOK DISTANCE EDUCATION COURSES FROM NORTHWESTERN, THE UNIVERSITY OF MINNESOTA, A COMMUNITY COLLEGE IN DERRY, NEW HAMPSHIRE, AND DAVE CARNEGIE." ROLAND IS NOW A HISTORY MAJOR - A TRADITIONAL STUDENT AT NORTHWESTERN.

SUSAN EBERRART, A MOTIVATIONAL SPEAKER AND HOMEMAKER FROM IOWA, TOOK A BIBLICAL ARCHAEOLOGY COURSE FROM NORTHWESTERN'S CENTER FOR DISTANCE EDUCATION WHILE PLANNING A TRIP TO THE HOLY LAND.

"THE CLASS TURNED OUT TO BE A WONDERFUL PREPARATION FOR THE TRIP. I HAD THE BENEFIT OF A COLLEGE MILE WAYS AS CLOSE AS MY DOOR, TELEPHONE, VCR AND COMPUTER," SHE SAYS.

"DISTANCE EDUCATION ALLOWED ME TO TAKE COURSES AND I STILL HAD THE FREEDOM TO HANDLE OTHER RESPONSIBILITIES SUCH AS HOME, FAMILY AND A JOB."

BILL MUELLER, 61, A SUPPORT STAFF EMPLOYEE AT THE UNIVERSITY OF MINNESOTA, IS TAKING DISTANCE EDUCATION COURSES TO PREPARE FOR "LIFE AFTER RETIREMENT." HIS COURSE OF STUDY THROUGH NORTHWESTERN IS PREPARING HIM FOR A MINISTRY-ORIENTED RETIREMENT. "THE COURSES I'VE COMPLETED HAVE ALREADY COME IN HANDY AS I'M DOING VOLUNTEER WORK AT THE UNION GOSPEL MISSION IN ST. PAUL," HE SAYS.

FOR INFORMATION ABOUT DISTANCE EDUCATION, CALL THE CENTER FOR DISTANCE EDUCATION, NORTHWESTERN COLLEGE, (800) 308-5495.
The science of improving education

said United States Secretary of Education Richard Riley. "It also shows that our public schools have turned the corner and are headed in the right direction."

Panel chairman Gov. James B. Hunt, Jr. of North Carolina said, "We also know there is much more work to be done."

The panel also offered the following goals that may help continue educational improvements:

- Keep schools safe, disciplined and alcohol and drug free.
- Parents need to participate in school programs.
- Teachers should continue learning by taking professional development courses and seminars.

The National Education Goals Panel is a bipartisan body of federal and state officials made up of eight governors, four members of Congress, four state legislators and two members appointed by the president of the United States. The 1997 National Education Goals Report and summary are available free from the panel by faxing a request to 1-302-432-0957 by e-mail to negp@goalline.org or at the panel's Internet Web site at http://www.negp.gov. Requests can also be mailed to the National Education Goals Panel at 1255 22nd Street, NW, Suite 502, Washington, D.C. 20037.

Your child needs you when school opens

By Samuel G. Sava

I T'S BACK-TO-SCHOOL TIME again, when every store in town has a special sale on clothes, lunch boxes, notebooks and other school-related items. For storekeepers, all this upbeat advertising usually pays off. But what your child needs on the first day of school can't be bought in any store. Your child needs you to be just as upbeat and just as excited about the opening day of school as any storekeeper. Even more so.

What does it take? Here are four simple suggestions from the principals of America's elementary and middle schools. If you follow them, the first day of school—and every day thereafter — will go more smoothly for you and your child:

Begin school schedule

- Start now to phase out your summer schedule and get into a school-year routine. Start earlier bedtimes now. Cut down the time your child can watch TV. (If you know it's not easy, but please try.)
- If your child takes a bus, visit the bus stop together. Talk about bus safety. Emphasize good behavior on the bus.
- Avoid the confusion of opening day. If your child is new to school, call the principal and ask for a tour before school begins. Walk around the playground. Visit the cafeteria and library. Note location of the bathrooms.

Read and read

- Finally: Read. I hope you've been reading to your youngster throughout the summer. If not, do it now. It's never too late. Check a few books and magazines out of the library and read them aloud to your child. Ask your child to read to you, too.

(Dr. Samuel Sava is executive director of the National Association of Elementary School Principals.)
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Make an appointment to speak with a Sage Evening College advisor, and arrange to observe a class or two. If you’re ready to get ahead, we’re behind you every step of the way.

Plan to attend our Open House on Thursday, August 13 from 5-8pm on the Albany Campus, 140 New Scotland Avenue, Campus Center, Room 224.

Keep moving this fall

As family schedules change like hustle and bustle of a new school year, parents often take an unintentional vacation from exercise.

It's easy to stay physically active during the long, warm days of summer, when family bike rides, walks, swims and golf outings and other recreational sports activities are at their peak. But what happens when the kids return to school?

"Most families experience a big shift when school begins," says fitness expert Judi Shepard Missett, founder of Jazzercise. Schedules often become much more structured, but parents can use this to their advantage when it comes to exercise.

Missett offers the following tips for maintaining a regular exercise program as summer slips into fall.

• Map out the family's weekly schedule, then look for blocks of time when you can exercise. Perhaps there's an hour or two while the kids are in school. Or maybe you can coordinate your workouts with their sports practices or extra-curricular activities.

• Enlist the support and participation of family members. Alternate workout evenings with your spouse. One of you can head to the gym on Mondays and Wednesdays, the other on Tuesdays and Thursdays. Your kids get quality time with each parent, and you save the cost of a baby sitter. Or, schedule workout dates twice a week when you go to the health club together. Many fitness facilities offer family activities as well, so everyone can get in on the action.

• Invest in some home exercise equipment. If you simply can't get away for your regular workout, Missett suggests having a backup workout at home. "Stationary bikes, treadmills, rowing machines and stair climbers provide great aerobic conditioning," she said.

• Find new exercise partners. When family members are no longer readily available to join you for exercise, try calling a friend or joining an exercise class or recreational sports league. It's a great way to get a workout and expand your social circle.

Two cookies=one bag of chips?

A MILLIONS OF SCHOOL children head back to the classroom, parents have two lessons of their own to learn: 1) why their kids may not be eating what is packed in their lunches, and 2) the correlation between good nutrition and strong academic performance.

"A healthy, well-balanced lunch can help your child's mental acuity and alertness," said Ann Louise Gittleman, certified nutrition specialist. "But, that's only if they eat that well-balanced meal."

Lesson One: The lunch packed is not always the lunch eaten

According to a 1996 study by Wirthlin Worldwide, almost half of children surveyed trade lunch items at least once or twice a week with nearly 60 percent of children surveyed trade lunch items at least once or twice a week; with nearly 10 percent trading every day.

When kids were asked why they traded lunch items, most said that they didn't like their own lunch or were bored of the same items. Many kids view trading as an important social activity, a ritual or a game.

With kids trading and discarding various items in their lunches, from sandwiches and fruit to milk and snacks, it is difficult to guarantee a well-balanced meal and preparedness for a day of learning. While there are no guarantees children will eat their lunch, by incorporating the following tips into the brown-bagging routine, parents may deter kids from trading lunch items away:

• Common sense tells us that if children don't eat something at home, most likely they won't eat it at school. Let your kids help pack the lunch and identify nutritious foods they like and will eat.

• Vary the items you pack in their lunches — such as a sandwich once day, and macaroni and vegetable salad the next.

• Use different breads for sandwiches such as pita, rolls or hot dog buns; cut the sandwiches with a cookie cutter to make them more visually appealing and fun.

• Don't deny your children snacks, because they'll get them another way. Instead of cookies or chips, try a healthy treat that will satisfy that craving.

• Encourage kids to eat colorful vegetables by including a tasty dip.

Vegetables pack a powerful nutrition punch because they are loaded with vitamins, minerals, phytonutrients and fiber.

• Add color and a little sweetness to lunch with delicious fruit. Remember, at least five servings of fruits and vegetables are recommended daily.

• Set a good example for your children by eating healthy, well-balanced meals yourself.

Lesson two: The importance of good nutrition

Nearly all parents (95 percent) surveyed by Wirthlin Worldwide say they are careful about monitoring the nutritional value of their children's lunches. But fewer parents (only 36 percent) say there is a strong connection between what their children eat for lunch and his or her academic performance. Recent research from Tufts University confirms the link between nutrition and cognitive development in children.

"If a child skips breakfast, or does not have a nutritious lunch, that day's test scores may suffer," says Gittleman.

"Surely, if parents fully understood the impact food has on their children's school work, they would more carefully plan lunch, supply breakfast in the morning, and have healthy snacks throughout the day."

"Parents should talk with their kids about the importance of good nutrition," Gittleman continues. "It is essential that children understand not just what they should do, but why they should do it."

Good nutrition helps with school performance by stabilizing blood sugar levels.
Nice blocking

Bethlehem under-8 soccer red team player Stephen Schubmehl attempts to block a goal from the Albany team during the Three vs. Three Soccer Shootout held Saturday, Aug. 1, at Bethlehem Central High School. The under-8 team placed second overall, losing to Niskayuna, 7-5. The other three members of the red team are Matt McGann, Robert McNary and Bill Barrowman.

Elaine McLain

Bethlehem Family Health & Urgent Care

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Swimmer wins gold at Empire State Games

Bethlehem Mickey Mantle finished its season as division champions with 20 wins and eight losses, but lost the upper New York State Mickey Mantle title. In the double elimination tournament held in Camden, Oneida County, Bethlehem lost its chance at the title to tournament champions, the Cheektowaga Indians, 14-4. Coach Jesse Braverman said even though the team was behind 14-1, the team rallied in the last inning and scored three runs off of four of the five batters hitting singles.

Tournament highlights included Bethlehem defeating Henrietta, 9-0, Chatham, 9-3, and Saratoga, 2-1.

Elaine McLain

Elaine McLain

Swimmer wins gold at Empire State Games

For Beth Malinowski the 1998 Empire State Games swimming competition ended on a happy note with one gold and three silver medals.

The Bethlehem Central High School junior won a gold medal in the 1,500 meter freestyle with a time of 18:08.39 in a close race. Malinowski also won a silver medal in the 800-meter freestyle with a time of 9:27.22 and in the 400-meter freestyle with a time of 4:34.88.

In Slingerlands

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building, more trees and bushes; new storefronts for GNC and Dollar Tree and a fresh coat of paint for the entire plaza.

Despite the recent additions of GNC, Dollar Tree and TutorTime, though, not every prospective tenant is able to find a deal for occupancy. In March, the owners of the Off-Broadway Theater & Grill franchise negotiated with plaza representatives about converting part of the former Woolworth’s site into a combination restaurant/movie theater, but opted not to sign a lease.

Because negotiations like those with Off-Broadway don’t always pan out, Nolan said he thinks it’s important to note that existing businesses are thriving while new businesses trickle in to fill the plaza’s vacancies.

"Grand Union’s business is picking up considerably," he said. "They’re coming out of their bankruptcy, so I think they have more cash to compete now, but I don’t think they’ll ever get back to where they were 10 years ago, when there was no Price Chopper in Slingerlands and no Grand Union in Glenmont."

In the last few years, Price Chopper Plaza and Ames Plaza in Glenmont have emerged as competitors for Delaware Plaza’s tenants, but Nolan said he welcomes the competition. Ames Plaza appears to have drawn business away from the neighboring Town Squire Plaza more than Delaware Plaza, but, as seen by the Village Shop’s move to Slingerlands, Price Chopper Plaza has made some inroads into Delaware Plaza’s role as preeminent retailer in the community.

"Price Chopper obviously has a nice place out here," Nolan said. "Because of deed restrictions that were built into the town’s approvals for Price Chopper Plaza, the shopping center is smaller— and has fewer storefronts— than its owners originally wanted. For that reason, Delaware Plaza will always have an edge thanks to its size."

Nolan said Delaware Plaza offers a unique breadth of services that keep customers coming back, and noted the longtime relationships that have developed between the proprietors of Delaware Plaza stores and the community.

"Plaza Liquor just got selected by Metropolitan for the 10th straight year as best wine store," Nolan said.

Because of its history, size, the influx of new tenants and physical changes to the plaza, believes Delaware Plaza will surprise everyone by making a comeback. "We’re still a major factor in the town because we’re the single largest shopping center," he said.

Delmar student receives awards

Jamie Lyman of Delmar, a recent graduate of Kalamazoo College, was honored with the college’s 1998 Amy Trenkle Award.

The award is given to a student who shows outstanding campus and community involvement and is a student leader. Lyman, the daughter of Stuart and Marilyn Lyman, also received the H. Lewis Baits Prize, awarded to the senior who has done the most to support the activities of the biology department.

"We always remind people to bring a blanket or lawn chair, and come and enjoy," said Owen-Comings Fiberglas Corporation supports public television for a better community

Owen-Comings Fiberglas
Asprion, Geurtze engaged

Kristine Marie Asprion, daughter of Donna and Francis W. Asprion Jr. of Glenmont, and Robert Donald Geurtze, son of Donald and Barbara Geurtze of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School. She is a student at Hudson Valley Community College.

High School.

The future groom is a graduate of Bethlehem Central High School and Hudson Valley Community College.

The couple plans an August 1999 wedding.

Behuniak, Whiteash to wed

Monica C. Behuniak, daughter of Nicholas and Clara Behuniak of Slingerlands, and Steven T. Whiteash, of Nicholas and Clara Behuniak of Delmar, are engaged to be married.

Monica C. Behuniak, daughter of Nicholas and Clara Behuniak of Slingerlands, and Steven T. Whiteash, of Nicholas and Clara Behuniak of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School. She will attend college in Louisiana.

The future groom is in the Army. He is currently stationed at Fort Drum.

The couple plans a Sept. 10 wedding.

Albany Academy for Girls announces spring honor roll

Albany Academy for Girls recently announced its third trimester honor roll for the 1997-98 academic year. Students from the Bethlehem area include: Patricia Lenihan, grade 10, of Delmar; Stephanie Downs, grade 9, of Voorheesville; Emily Keenan, grade 12, of Selkirk; Jane Valentine, grade 12, of Delmar; Julie Mulhollander, grade 12, of Delmar; Kelly Morris, grade 12, of Slingerlands; Angela Marathakis, grade 11, of Ravena; Melia Fast, grade 9, of Selkirk; and Elizabeth Pulice, grade 9, of South Bethlehem.

Delmar student receives awards

Jamie Lyman of Delmar, a recent graduate of Kalamazoo College, was honored with the college's 1998 Amy Trenkle Award. The award is given to a student who shows outstanding campus and community involvement and is a student leader.

Lyman, the daughter of Stuart and Jane Lyman, also received the H. Lewis Batts Prize, awarded to the senior who has done the most to support the activities of the biology department.

Glenmont engineer joins firm

W. Joseph Teliska of Glenmont recently joined Laberge Engineering & Consulting Group, a firm with offices in Albany, Plattsburgh, and Ulster. Teliska, a registered professional engineer, will assist the company in meeting the demand for qualified transportation design services.

The company provides civil and environmental engineering, surveying, architectural and interior design services to clients.

Kane retires from Grand Union

Art Kane, general manager of Delaware Plaza Grand Union, retired on June 19 after 45 years with the company. Family, friends and co-workers gathered at the Century House in Latham on June 14 for a retirement party.

Kane had been general manager of the Delmar store since it opened in 1984.

Student joins honor society

Nathaniel Sajdak of Selkirk was recently inducted into Alpha Epsilon Delta, the national honor society for pre-medical students. Membership is based on academic performance, as well as college and community service.

Sajdak is a biology major at Providence College.

Births

Albany Medical Center

Boy, Kevin Andrew Phoenix, to Natalie and Mark Phoenix of Selkirk, June 18.

Boy, Mary Andrew Johnson, to Anne and Stephen Johnson of Delmar, June 19.

Boy, Noah William Peters, to Danielle and William Peters of Delmar, June 27.

Girl, Julia Isabelle Wales, to Kathleen and Timothy Wales of Delmar, June 28.

Boy, Matthew John Zell Jr., to Valerie and Matthew Zell of Delmar, June 30.

St. Peter’s

Girl, Nicole Cordi Oliver, to Suzanne and Bruce Oliver of Delmar, July 9.

Girl, Emma Platt Luntz, to Cynthia Platt and David Luntz of Slingerlands, July 10.

Girl, Morgan E. Gilles, to Mary and Peter Gilles of Delmont, July 15.

Girl, McKayla May Gudz, to Michelle and Richard Gutz of Selkirk, July 19.

Class of ’98

Case Western Reserve University — Mark Schoenenberger of Delmar (master’s in fluid and thermal science).

Dartmouth College — Kara Belay of Voorheesville (bachelor’s in mathematics and environmental studies).

Le Moyne College — Kelly Link of Slingerlands (bachelor’s in sociology and criminal justice).

Dean’s List

Bryant & Stratton Business Institute — Jody Zabel of Delmar.

Daemen College — Christopher Danchetz of Delmar.

Kalamazoo College — Jamie Lyman of Delmar.

Kalamazoo College — Christopher Danchetz of Delmar.

Le Moyne College — Kelly Link of Slingerlands.

Marist College — Kater Link of Slingerlands.

University of Massachusetts — Carly Moskowitz of Delmar.

Here’s to a Wonderful Wedding!

Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

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Five Rivers slated evening bird walk

Take a guided bird walk on Tuesday, Aug. 11, at 7 p.m. at Five Rivers Environmental Education Center on Game Farm Road in Delmar.

The free walk will highlight the American goldfinch. Dress for the outdoors and bring bird identification books and binoculars, if possible. For information, call 475-6921.
Denise B. Remmert

Denise B. Remmert, 45, of McKinney, Texas, and formerly of Voorheesville, died Sunday, July 26, on Long Island.

She was raised in Moriches, Suffolk County, and graduated from Mercy High School in Riverhead.

She was a graduate of and received her master’s degree from the University at Albany.

She was plant controller for Allied Signal Braking Systems in Green Island before moving out of the area. Most recently, she was plant controller for Flikkington LOF in Sherman, Texas.

She was a Eucharistic minister at St. Matthew’s Church in Voorheesville for many years.

Survivors include her husband, Thomas Remmert; her parents, Charles and Marie Buckheit of Edgewater, Fla.; and two brothers, Brian Buckheit of Mystic, Suffolk County, and Michael Buckheit of Moriches.

Services were from St. Matthew’s Church in Voorheesville.

Arrangements may be made to the Church of the Apostle Building Fund, 35 Adams Place, Delmar 12054.

Lavena M. Stanton

Lavena M. Stanton, 94, of Delmar, died Monday, July 27, at the home.

Born in Albany, she lived there for many years. She was the widow of Ernest H. Stanton.

Survivors include two daughters, Lorraine Warner and Carol Decker, both of Albany; three grandchildren; and three great-grandchildren.

Services are being arranged by the Church of the Apostle Building Fund, 35 Adams Place, Delmar.

Memorial tribute

Friends and neighbors are invited to a Celebration of Life in memory of Shirley Morrison on Saturday, Aug. 15, from 4 to 7 p.m. at the Nathaniel Adams Blanchard American Legion auxiliary. She was the widow of Gregory J. Dole.

Survivors include three sons, Michael M. Dole of Glenmont and Gregory J. Dole Jr. and Lawrence P. Dole, both of Albany; three daughters, Margaret R. Butterfield and Martha M. Tompkins, both of Castletots-on-Hudson, and Kathleen M. Keck of Cranberry Township, Pa.; and 13 grandchildren.

Services were from the Church of St. Thomas the Apostle.

Burial was in Calvary Cemetery in Glenmont.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to the Church of St. Thomas the Apostle Building Fund, 35 Adams Place, Delmar 12054.

Sarah Esen and Emily Drazon have fun doing self portraits at the craft club at Bethlehem Public Library.

All smiles

Food stamp rep to visit town hall

Bethlehem Senior Services, the food pantry and Albany County Social Services Department sponsor a Nutrition Assistance Program for residents of any age living in our area.

Barbara Maxwell recently graduated from the University at Albany, is the son of Thomas and Patricia Gallagher of Glenmont.

Museum sets summer hours

The New Scotland Museum, located just off Route 85 at the Wyman Osterhout Community Center on the Old Road in New Scotland, will be open Sundays until Oct. 25, from 2 to 4 p.m.

A new exhibit features a diorama of the hamlet of New Scotland.

For information, call Ann Eberle at 705-2071.

Local man completes training

Army Reserve Pvt. Anthony L. Sivos III recently graduated from One Station Unit Training at Fort McClellan in Anniston, Ala., which included basic military training and advanced individual training.

Sivos is the son of Anthony Sivos of Jefferson, Delaware County, and Debbie Gilham of Voorheesville.

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.

In Memoriam, and Cards of Thanks will also be printed for $25.

Sarah Esen and Emily Drazon have fun doing self portraits at the craft club at Bethlehem Public Library.

Endowed Undergraduate Scholarship and the Smeal College of Business Administration Alumni Scholastic Achievement Award at Pennsylvania State University.

He is the son of Thomas and Patricia Gallagher of Glenmont.
With a song (and a smile)

Area artist, Rosanne Raneri, opens for Rickie Lee Jones

By Peter Hanson

Rosanne Raneri can't stop smiling, and she's got plenty of reasons why.

In the scant four years that she's been performing in the Capital District, singer-songwriter Raneri has earned a reputation as the area's brightest talent, scoring endless critical raves and high-profile gigs like her show today, Aug. 5, at Empire State Plaza, when Raneri opens for pop-rock icon Rickie Lee Jones ("Chuck E's in Love").

Admission to the concert, which starts at 7:30 p.m., is free.

Although her sophisticated musicianship and transporting voice are the qualities that put Raneri on the map, it's her ebullient attitude that's won her so many supporters. A giddy, passionate woman whose warmth is contagious, Raneri has been known to smile so happily at shows that she can't open her mouth to sing.

North Greenbush native Raneri said she was overwhelmed by the response to her 1996 debut album, Frantic and Weightless, which several magazines cited as the year's best local release. "My initial reaction was disbelief," she said. "Not that people are that gracious, but that it was me getting the attention. I had been singing and playing for very selfish reasons—music was a way to communicate — so I didn't expect that response to happen."

Raneri supported her record with numerous live shows throughout the state, including unique opportunities like opening for Johnny Cash at Capital Repertory in 1996 and Maria Muldaur at Tricentennial Plaza last year. "The admiration I have for the women I've been fortunate enough to play with gives me crazy energy," Raneri said. "I feel a little bit more comfortable about telling it like it is," she said, citing "Equator" as a tune that moves away from the delicate imagery of her older tunes and addresses its
decisive ---ions and theaters

The Recital comes to Delmar for two weekends of mystery

For the past eight years, The Recital, a mystery-comedy that invites audience participation, has traveled around the state under the auspices and production of Riverview Entertainment Productions, based in Albany.

Now, a restructuring of the mystery, The Recital '98, will be offered by the company for two weekends, Fri. and Sat., April 30 and May 1, at the First United Methodist Church of Delmar:

An evening theater presentation, The Recital—1998, will use actors from among the more than 40 individuals who at various times have played the eight roles during the past eight years. The plot concerns an over-the-top soprano who is making one of her last tours with her rapturously entertaining. On the particular evening of the recital, a disaster occurs and the audience must figure out the murder.

The show has been presented by the local company in Lake Placid and Saratoga Springs. Riverview Entertainment Productions most recently toured its Irish revue, Sounding the Delmar church.

This summer, the company will present the dinner theater production of the comedy, Mixed Emotions, at the Marriott Hotel's Wall Road during July. They will play weekend evening performances and matinees during the week.

In August, the company will be appearing at the Cohoes Music Hall in shows for children and senior citizens.

For information on The Recital and reservations, call 279-9247.

Around Theaters!

Our Town, Thornton Wilder's best-known play, ends its run at the Capital Repertory Theater this Saturday, April 11 (462-4531) Isaac Stern, famed violinist, at Proctor's Tues., April 14 (346-6204) Bette Buckley, best known for her CATS performances and Sunset Boulevard, at Proctor's Sat., April 18 (346-6204).

First Webber musical plays two weekend performances

A production of Andrew Lloyd Webber's first musical, Joseph and the Amazing Technicolor Dreamcoat will be presented by Proctor's Theater Sat. (April 24) and Sun. (April 25) at 7 p.m. and the Sunday matinee is at 3 p.m.

Tales from the last 13 chapters in the book of Genesis, Webber's classic musical, "Joseph," is set to the music of the famous tale finds Joseph rising to become the Pharaoh's right-hand man and so such is able to save his brothers and return to Egypt to find him.

As written in the late 1960s, this Webber work continues to be a popular, constant touring presentation and a successful revival on Broadway. Reservations are available at 346-6204.

Siena revives Tom Stoppard's Rosencrantz & Guildenstern Are Dead

Following successful 1960s whodunits about the two minor, ill-fated characters in Hamlet, Siena College will present Rosencrantz & Guildenstern Are Dead again on April 14 through April 18, following the school's Easter break.

Presented in the campus theater in Loudonville, the production investigates the fateful lives of these characters from backstage of a Hamlet production.
To list an item of community interest in the the The Spotlight, send all pertinent information to: The Spotlight Calendar. P.O. Box 5349, Albany, NY 12205.
NEW SCOTLAND SENIOR CITIZEN
Wells Street Community Center, New Salem, call for times. Information, 765-2109.
AA MEETING
First Methodist Church of
Voorheesville, Maple St., P.M., Information, 489-6779.
AL-ANON MEETING
First United Methodist Church of
Voorheesville, Maple St., P.M., Information, 489-6779.
MOUNTAINVIEW EVANGELICAL FREE CHURCH evening service, Bible study and prayer, Route 156, 7:30 P.M., Information, 765-3300.
FAITH TEMPLE Bible study, New Salem, 7:30 P.M. Information, 765-2700.
RAVENA
SOUNDS OF SUMMER READING CLUB
7 P.M., RCS Community Library, Mountain Road, Ravena. Information, 756-2053.

BETHLEHEM
FINGERPRINTS AND Paw TRACkS
Bethlehem Public Library, 451 Delaware Ave., P.M., Information, 439-9314.
RECOVERY, INC.
set-aside for chronic nervous symptoms, First United Methodist Church, 439-9976.

NEW SCOTLAND SENIOR CITIZENS
Wells Street Community Center, New Salem, call for times. Information, 765-2109.

CLASS IN JEWISH MYSTICISM
Dental Chabad Center, 109 Delaware Ave., 8 P.M. Information, 439-8280.

NEW SCOTLAND
FEURA BUSH FUNSTERS
4-H group for ages 8 to 10. Jerusalem Reformed Church, Feura Bush Road, 7 to 8 P.M.

DELMAR REFORMED CHURCH
Summer Worship schedule, 10 A.M., Traditional Worship, 5:30 P.M., Contemporary Worship. Children's age 3-Grade 2 and Nursery Care provided at both locations. 386 Delaware Ave., Delmar.
FIRST CHURCH OF CHRIST
SCIENTIST
Sunday school and worship service, 10 A.M., child care provided. 555 Delaware Ave. Information, 439-2012.
BETHLEHEM COMMUNITY CHURCH
Sunday school and worship service. 10 A.M., nursery provided. 211 Elm Ave. Information, 439-3105.
ST. STEPHEN'S EPISCOPAL CHURCH
Holy Eucharist, 8 and 10 A.M., worship service, church school, provided, 555 Delaware Ave. Information, 439-9976.

DELMAR AL-ANON MEETING
109 Delaware Ave., Delmar. Information, 439-0503.

SUGGERLANDS COMMUNITY UNITED METHODIST CHURCH worship service and church school, 10 A.M., fellowship hour, nursery care provided. 292 Mountain View Rd. Information, 439-2317.

SOUTH BETHLEHEM UNITED METHODIST CHURCH

DELMAR PRESBYTERIAN CHURCH
DELMAR FULL GOSPEL CHURCH

BETHLEHEM
AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 P.M. Information, 489-6779.
AL-ANON MEETING
The Crossroads, 4 Norman St. Bldg., 5:30 P.M. Information, 489-6779.

BETHLEHEM COMMUNITY CHURCH
DELMAR BAPTIST CHURCH

RHYTHM AND PRAISE CONCERT

FAITH TEMPLE
Sunday school, 10 A.M., worship service, 7 P.M. New Salem, Information, 765-2970.
ST. MATTHEW'S ROMAN CATHOLIC CHURCH
Masses Saturday at 5 P.M. and Sunday at 10 A.M., 298 Mountain View Rd. Information, 439-2317.

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OF SUBSTANCE OF ARTICLES OF ORGANIZATION

OF A LIMITED LIABILITY COMPANY

The name of the limited partnership is Delaware Plaza Associates, L.P. (the "Limited Partnership"). The name under which the Limited Partnership is originally formed was Delaware Plaza Associates, Ltd. The State of New York Certificate of Adaption of the Limited Partnership was filed in June 1994, and a Certificate of Adaption in the State of Delaware was filed in June 1994.

The name of the limited liability company is Delaware Plaza, LLC.

The Limited Partnership is

LEGAL NOTICE

necessary.

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Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Backhoe
Blade
Bucket
Dragline
Bulldozer

Dump truck
Scraper
Equipment
Shovel
Tractor

Clamshell
NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY, LIMITED LIABILITY PARTNERSHIP, OR LIMITED PARTNERSHIP

TO THE SECRETARY OF STATE:

The purposes for which the LLC is formed is to engage in any lawful act or activity. The office of the LLC shall be a copy of any process against the LLC is to be served at: MUNI-GEN, LLC, 35 Broadway, Albany, New York 12203. (August 5, 1998)

NOTICE OF FORMATION OF MUNI-GEN, LLC

The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC Act. The office of the LLC shall be located at MUNI-GEN, LLC, 35 Broadway, Albany, New York 12203. (August 5, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY 35 BROADWAY LLC

The purpose for which the LLC is formed is to engage in any lawful act or activity. The office of the LLC shall be located at: 35 BROADWAY LLC, 35 Broadway, Menands, NY 12204. (August 5, 1998)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY PARTNERSHIP OF COLUMBIA WOBURN GROUP, LLC

The purpose for which the LLPA is formed is to engage in any lawful act or activity. The office of the LLPA shall be located at: COLUMBIA WOBURN GROUP, LLC, 54 Corporate Circle, Albany, New York 12203. (August 5, 1998)

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Mostly, I feel that the risks in my work relate to how my feelings manifest themselves in words," she said. It's about not being afraid of what anyone else's interpretation will be, I'm saying. "This is what I believe right now, even if it changes tomorrow," says the singer. Raneri said playing big shows like the ones they play in the plaza this week is impor­ tant to building her reputation and credibility. "When the people behind the shows tell me they think I can hold my own with someone whose talent has been proven over and over again, I'm completely influenced with their faith," she said.

And when Raneri is filled with faith — whether it's her dedication to her own music or adulation from her peers — she's a force to be reckoned with on stage. So, when she gets the crowd warmed up for Jones at the Plaza, be prepared for a burst of youthful, invigorating music and some of the most expressive singing you'll ever hear from a local artist — that's all you can stop smiling long enough to start the show.

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to let him know I was on the phone. I was able to ask all the right questions, while my partner sent the police. Everything turned out OK, even though it was an all-nighter.”

Goulet, who has been a telecommunicator for 11 years, said she likes the excitement of her job, and being able to talk with people. “I like answering the phone and the psychological part of calming people. Most people don’t usually call the police department, so I enjoy being able to reassure them.”

Chief of Police Richard LaChappelle said Goulet is very good with people. “She sincerely cares about people, and that compassion helps her in her work, especially in an emergency.”

“She’s an honor to be recognized by the county Legislature, and we’re very proud of the work Sandra’s done,” LaChappelle said.

Goulet works the 11 p.m. to 7 a.m. shift, something she started so she could be home with her children during the day. “I’ve gotten used to the shift,” she said. “I’m a night owl.”

Goulet said that while other shifts have a heavier volume of calls, hers has the more serious ones. “People think nobody can see them at night, or kids think they can get away with things,” Goulet said. “I’m amazed that 13-year-olds are out at night!” Goulet said. “It would be nice if we had a teen center. Kids get bored, and we have no movie theaters or any place to keep them in a group setting.”

Goulet said being computerized has made her work easier. “For instance, if I get a senior citizen wandering we can quickly check the file and get somebody to come and help.”

Goulet said telecommunicators also do a lot of paperwork, and sometimes the job gets repetitive. “Like any job, things get old hat and you forget what you’re there for,” Goulet said.

In her case, the frequent training required of telecommunicators helps keep her inspired. Goulet also teaches telecommunications in East Greenbush. “I really like that,” she said. “It’s easy fresh, and get enthusiastic about my work again.”

When Goulet’s brother, Detective John Cox, first told her about the award, she “I was working as a merchant­ dizer at Kmart,” she said, “and the money was about the same. I applied, but I had to prove I was worth it, because the police department doesn’t really like to hire family.”

Today, Goulet is glad she did apply. “The money has about tripled since I started,” she said. “There are added responsibilities now, but I don’t mind it. This is a very good job for women.”

Goulet graduated from Voorheesville High School and lives in Ravena, near her daugh­ ter, Shay Calhoun, and two grand­ children. She also has a 21-year­ old son, John Goulet.

Goulet said she finds Bethlehem a mostly safe community. “We’re very lucky in our juris­ diction,” she said. “Most of the crimes are larceny, shoplifting at night. People do need to lock their house and car doors at night. Though, a lot of people don’t because they feel so safe. Locked doors keep honest people honest.”

Goulet is pleased to be the tele­ communicator of the year. “I’m very proud that they chose me,” she said. “There are several people here who could have gotten it.”

BCHS senior earns academic award

Recent Bethlehem Central High School graduate Emily Prudente, daughter of Christine and Stephen Prudente of Delmar, has been selected as a Cornell Presidential Research Scholar, beginning in the fall, at Cornell University in Ithaca.

RCS graduate aboard ship

Marine Cpl. James Banahan of Selkirk recently participated in Exercise Destiny Glory while on a six­month deployment to the Mediterranean Sea and Arabian Gulf with the 20th Marine Expeditionary Unit, aboard the ship USS Wasp Amphibi­ ous Ready Group.

Banahan is a graduate of RCS Senior High School.

Delmar library plans bedtime story hours

Children ages 3 to 6 and their teddy bears can drop in for bed­time story hour on Monday, Aug. 10, at 7 p.m. at Bethlehem Public Library in Delmar.

Glemont man joins Laberge Group

W. Joseph Teliska of Glemont recently joined Laberge Engineering & Consulting Group.

Teliska, a registered profes­ sional engineer, will assist the Laberge Group in meeting the demand for qualified transporta­ tion design services.

The company provides civil and environmental engineering, surveying, architectural and interior design services to clients.