Step lively

Frankie Liebman, 3, gets a helping hand from his mother Kathy as he tries to manage snowshoes at Fire's River's Fall Festival over the weekend.

Cancer survivors unite in D.C. to raise awareness

By Susan Graves

Three Delmar women have a lot in common; they belong to the same support group and they all are committed to a single cause.

What brought them together was a disease — ovarian cancer — and what keeps them together is the fact that they are cancer survivors. Marie Kotasek, Linda Kwong and Debbie Cullinan are also adamant and aggressive about getting the word out to other women. This weekend they will travel to Washington, D.C., to participate in The March, Coming Together to Conquer Cancer to raise awareness about the disease.

And there is good reason to get the word out about ovarian cancer. It is a silent killer that is not easily detected.

"By the time you discover it, it's usually in stage three," said Ann Purchase, a nurse who works with the Delmar women in
Police nab two for DWI

Bethlehem police recently arrested two people on charges of driving while intoxicated.

On Sunday, Sept. 12, Bethlehem police arrested Jeremy Adam Tesch at his 408 Derzee Court, Delmar, home on a bench warrant. Tesch, 21, had failed to appear before in Colonie town court after being arrested in that town. He was turned over to the Colonie court.

Officer Christopher Hughes arrested Timothy James Cronin, 38, of 26 Wempe Road in Glenmont, at 12:48 a.m. Sept. 13. Hughes stopped Cronin after observing him driving 55 mph in a 40 mph zone of Route 9W.

Hughes stopped Cronin and administered field sobriety tests, which he failed. Cronin is scheduled to appear in Bethlehem court on Oct. 6.

On Saturday, Sept. 12, police arrested Edwin Jose Peguero of 561 W. 144 St., New York City for stabbing employee Sandy Disla at the Grand Union in Glenmont at 3:18 a.m.

Peguero was sub-contracted to do some work at Grand Union, and told police he had fought with Disla before stabbing him with a penknife. Peguero fled the Grand Union, and was subsequently found by officer Wayne LaChappelle and his K-9 behind the Mobil station at Route 9W and Feura Bush Road.

Peguero is scheduled to appear in Bethlehem town court on Oct. 6.

Pesticide watch group to conduct public forum

Bethlehem Pesticide Watch will present a public forum entitled “Back to School, Back to Basics: Pest Control Without Pesticides” on Thursday, Oct. 1, at 7 p.m. at Bethlehem Public Library in Delmar.

Dr. Hilaire Meuwissen will talk about the rising incidence of respiratory and allergic ailments among children and explain how children are more vulnerable to ailments associated with the use of toxic chemicals in our society.

Michael Surgas, chief scientist with the state Attorney General’s Office, will report on documented use of pesticides in schools statewide and the health impacts associated with cumulative exposures.

And Claire Barnett, director of the Healthy Schools Network, will discuss how parents and citizens can mobilize schools to adopt pest reduction policies and programs which use benign alternatives to control pests in schools.

The forum is open to the public free of charge. For information, call 439-3359.

Legion to serve dinner

Yourcheville American Legion Post 1493 on Voorheesville Avenue will serve a pot roast dinner on Sunday, Sept. 27.

Dinners cost $7.50 and include potato, mashed potatoes, a vegetable and dessert.

Reservations are required. For information and reservations, call 765-4712 after 3 p.m.

Corrections

In last week’s Community Services Guide, St. Thomas School, 42 Adams Place, Delmar, 439-5573 was omitted.

The contact person for the Bethlehem Music Association is Cathy Swenson, 439-4868 or Sheila Lobel, 439-1121.

The contacts for the Delmar Kiwanis Club are Dom DeCecco at 439-2437 and Dave Perry at 439-6952.

First Church of Christ Scientist was misidentified as a Church of Jesus Christ of Latter Day Saints. Due to incorrect information provided by the state, the Office of Human Resources was identified as the Office of Employee Relations. The director is Ulussa “Gus” Thompson.

Michael Rynasko is the director of the Finance Department.

JOIN US FOR BREAKFAST!

Who are we? Rotary Club of Delmar

Where are we? DAY’S INN, EVERY TUESDAY MORNING @ 7:30.

What are we? An organization of business and professional leaders that serve the town of Bethlehem by sponsoring and supporting many worthwhile community projects and organizations.

In the last year Rotary Club of Delmar directed the profits of our fund-raiser to such organizations as: Bethlehem Festival, Bethlehem Youth Court, Bethlehem Food Pantry. Bethlehem First Task Force, Feestelijk Bethlehem, Good Samaritan Homes, BSHS graduation party and Ronald McDonald House.

In addition to our community service the club meets weekly for fellowship and speakers on a wide range of subjects that involve our community.

For further information please call Kathy Gela at 478-0544 or Lee Borman @ 439-8116.

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Pass the bucks for Bethlehem savings

By Katherine McCarthy

Bethlehem shoppers and merchants can both get more bang for their buck out of this week’s blue val-pak coupon. The first coupon inside the packet is a “Bethlehem Buck,” good for at least a dollar discount at participating merchants in the town of Bethlehem.

Bethlehem chamber of commerce president Marty DeLaney and Val-Pak’s sales director John Vai-Pak, both live in Bethlehem and see their joint venture as a positive step for the community.

“Our recent survey to 14,000 households showed some common misconceptions about Bethlehem,” DeLaney said. “Like not being able to find things, prices too high, or parking being a problem. That’s really not true, and I think the survey reminded people that they do shop in their hometown. There are very few things you can’t find here, and shopping locally helps support the tax base and the potential for more businesses. I think Bethlehem Bucks is educational for the community.”

Guastella, who moved to Delmar from Long Island, said that Val-Pak’s working with the chamber of commerce “looked like a great match.” He added that “Val-Pak provides a way for local businesses to advertise on a cost-effective, cooperative basis, in our recognizable blue envelope.”

Bethlehem Bucks provided the Bethlehem Bucks at cost to local merchants, for the simple reason that he wanted to see the town prosper. “It sounds like Norman Rockwell or something,” he said, “but since I live here, I wanted to do something to support the community. Bethlehem Bucks is designed to help the people who live here, shop here.”

Chris Madden, who owns The Bookworm on Delaware Avenue, hopes the program will generate enthusiasm in town. Madden had seen a similar program on Cape Cod, and hopes that Bethlehem Bucks will ultimately lead to a better business climate in the town of Bethlehem. “The more we keep people in town, the more people realize how many services are available, the better it will be,” Madden said.

Invitations to participate in the Bethlehem Bucks program went to all 600 members of the Bethlehem business community, with the chamber of commerce providing stickers to identify participating merchants. Terms of the discount are up to individual businesspeople.

“At some businesses, with high-end products,” DeLaney said, “the buck might be worth more than $1. Merchants also get to choose the terms, for instance, whether it’s $1 off any purchase, or something like $1 off a $10 purchase.”

Two merchants at Delmar’s Food Towners, Chris McCarroll of the Village Butcher in the Delmar Marketplace, and Bruce Hess of The Ocean Deck and The Deck, said that like the merchants are coming together for the Bethlehem Bucks program. Hopefully, it will get people shopping back here, Hess said. “It’s good that the business people can band together and become one,” McCarroll said.

DeLaney and Guastella said that merchant response has been positive. “We’ve had a little problem with the chairs,” Guastella said, “but we’re hoping to have the majority of the business people — including doctors and dentists — participate in the program.”

Another Bethlehem Bucksmall store is scheduled for Oct. 14, and if both are successful, the dollars will reappear next year.

“This is a pilot program,” DeLaney said. “Board members are really talking it up in the community. It’s just one of the many exciting things we’ve got going on, and we’re hoping it’s so successful, we’ll want to continue it.”

Bargain superstore opens with a bang

By Dev Tobin

The slogan of Christmas Tree Shops is almost a rhetorical question, “Don’t you just love a bargain?” Doesn’t everyone?

But now, so judging from the crowds packing the aisles of the newest Christmas Tree Shopsstore in Coeymans Center, which opened Thursday.

The Colonie Center store is the chain’s 19th and its largest, at 66,000 square feet. It will hire 600 people — 250 full-time and part-time staff and is the first Christmas Tree Shops in New York state.

Part of the shopping experience begins outside the store, with its Victorian village facade, so the overall attraction goes beyond low prices to a unique, fun experience, according to Donna Steele, director of merchandising and stores for the Cape Cod-based chain.

“We’re a combination mass merchant, discounter and gift shop, like a department store but not a supermarket,” Steele said.

The store stocks “lots of items at great prices,” Steele said. The range of merchandise is remarkable — Halloween costumes and decorations, kitchen and household items, food, furniture, toys, doctors and dentists, and of course, Christmas wrap, bows, cards, decorations and more.

“You won’t see us cut corners on customer service,” she said, noting the store’s new TV store to 32 houses and two customer service desks.

Owners Chuck and Doreen Belzakian visited their new store Saturday and were happy with the store’s debut.

“Feel elated, honored and very welcomed,” Chuck said. “I think we will love it.”

In a completely unscientific survey of those with full shopping carts the first weekend, five said they had shopped at Christmas Tree Shops on Cape Cod or at Holyoke, Mass., the nearest store to the Capital District until last week.

Lorraine Dantas of Delmar, a “longtime shopper on Cape Cod,” said the store features “high-quality household items” and lets you decorate beautifully at an affordable price.

After visiting Christmas Tree Shops in Massachusetts, Carol Anziano of East Greenbush said she was “waiting and waiting for this store to open.”

And her friend Linda Bent, also of East Greenbush, noted that the store’s slogan in a unique thing you won’t find in other stores.

If the store’s owners, management and customers are happy, so is the chamber of commerce.

“We’re thrilled to have them here,” said Amy Raimo, marketing manager of Colonie Center. “This is the first Christmas Tree Shops in the Capital District and an increase in foot traffic and sales for other retailers. It’s drawn people to the center and our other stores.”
Welcome Wagon gives back to community it serves

By Donna J. Bell

More than a century ago, pioneers heading west would stop by established settlers and a Conestoga wagon filled with fresh food and water.
The wagons were a welcome sight to weary travelers. As a modern extension of that traditional welcome, Thomas W. Briggs founded Welcome Wagon International in 1928.

Now in its 70th year, Welcome Wagon has greeted more than 50,000,000 families to new neighborhoods and introduced them to local civic organizations and businesses. It was Welcome Wagon that greeted President John F. Kennedy and first lady Jacqueline Kennedy at the White House.

While she may not be visiting the White House, local Welcome Wagon representative Marge Thurlow has been greeting people to the area for the last 28 years. "I was at a church supper in 1972 and met a couple from Illinois. The wife said she was doing Welcome Wagon and I should think about being a representative," Thurlow said. "It was perfect for me. I love meeting new people and seeing the new babies."

Thurlow's enthusiasm for meeting with families is evident as she relates an anecdote about a visit she had with a woman and her 4-year-old son. A few minutes after Thurlow's arrival the boy leaned over and whispered to his mother, "Where is her wagon?"

She is truly excited about the businesses she promotes. "I really feel as if I am helping people." Thurlow is one of more than 2,500 Welcome Wagon field representatives nationwide who greet new movers, new parents, newly-engaged couples, new citizens and college students. "I am lucky to have such wonderful local civic businesses, professional people and places of worship to represent."

Carol de Ramon agrees. Recently relocated from North Carolina, de Ramon, her husband and twin 9-month-old sons moved to Delmar so her husband could complete a two-year residency at Albany Medical Center.

"My neighbor gave me a copy of The Spotlight, and I saw something about Welcome Wagon visits," de Ramon said. "The experience was great and Marge was very friendly. I got a bunch of information about the community and different services and business, plus a bunch of free things and coupons. I had my meeting only a few days ago and I've already used some of them," said de Ramon, who also decided to join the Tri-Village Welcome Wagon Club to meet others moms.

An offshoot of Welcome Wagon, International, the club is formed to provide an opportunity for women to meet other women in the community and participate in social and civic activities.

President Sharon Schultz believes that the local Welcome Wagon club has something for everyone, including ongoing events such as Ladies Night Out, bowling leagues, couples events and play groups. The club also hosts yearly special events such as breakfast with Santa, a family potluck dinner, wine tasting party and annual Easter egg hunt, to name a few.

Schultz knows how it feels to be a newcomer. "Two years ago we moved here and I didn't know anyone. I joined the club because I wanted to meet people and I've made some good friends and so have my children."

She emphasizes that the club is open to every woman in the community, whether she's just arrived or has been a resident for years. "If you want to socialize and meet new people, we are a great group to do that with. You gain a support network that is so important."

Thurlow, the club's official Welcome Wagon adviser, is especially proud of what the club has given back to the community. "Part of being in the Welcome Wagon is what we do for others. Over the years our club has raised money for local schools, food pantries and adopt-a-family programs."

"One year we raised money for a preschool book program," Thurlow said. "The idea was that every preschooler would have had 100 books read to them before they went to kindergarten."

"Everyone is welcome to attend Welcome Wagon meetings," said Shultz. Membership is $10, and there is a $3 charge for the monthly newsletter that relates club events and community activities.

There is no fee for a Welcome Wagon visit and no obligation to join the club. For information about meeting times and locations, or to arrange a Welcome Wagon visit, call Schultz at 439-8009.

Local history books recently reprinted

Allison Bennett's local history books, Times Remembered and More Times Remembered, were recently reprinted into one volume by the Higginson Book Co. of Salem, Mass.

The books contain information about area homes, schools, churches, baseball teams, Dutch barns, toll gates, ice houses, cemeteries, roads and railroads, river boating, mills and people.

Bennett is also the author of Dutch Architecture near Albany and The Peoples Choice, A History of Albany County in Art and Architecture.

All of her books are available at local bookstores and museum shops.

Boosters to meet

Bethlehem Central Soccer Booster Club will hold its first meeting of the season on Monday, Sept. 28, at 7:30 p.m. in the library conference room at the high school.

For more information, call Dave Jukins at 439-8006.

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The art of telling stories in school

By Katherine McCarthy

A very special event took place recently at the Selkirk home of professional storyteller Dee Ellen Lee, when the first two students of her storytelling school performed before a group of friends and relatives.

Ten-year-old Albany resident Emily Harrison, who attends Robert C. Parker School, told "Grandfather Twilight" by Barbara Bowen, and Elemere Elementary School third-grader Emma Loy-Santelli told her own story, "Hammy and Fishy.

"I don't really like audiences," said Harrison, who came to Lee to improve her speaking abilities. "This helped me be more confident. I feel more comfortable now.

"Loy-Santelli said Sunday's performance was "great, but I was nervous at the beginning." She added that she did a lot of exercises with Lee, and liked making up her own stories.

"I am completely proud of both of them and the confidence they've shown," said Lee, who has been a professional storyteller since 1984. "I get up and entertain all the time with no problem, but at their age, I was not that comfortable in front of a group. It can be very intimidating."

Lee, who frequently gives storytelling workshops at local schools, said what she offers is beneficial and unique to children. "Kids do music and drama, but to have one-on-one private tutoring and storytelling is a good thing. I think that's what Emma did. It's fine that she attached a case as to why the variance should be changed.

The Gales then asked if a single-car garage would be approved. "We can't tell you in advance about where you have put it. It will overpower the lot and cause the neighbors to lose their line of sight," Gale said that he had contacted the neighbors and none had objected.

Zoning board president Michael Hodom told the Gales that they hadn't met the criteria for a use variance.

"The town law of New York state ordinances are what we are bound to adhere to," said board member Richard Lewis. "You must have 15 1/2 square feet, they wouldn't need a garage to the house that didn't have a car garage would be approved."

"The magnitude of the building will change the neighborhood," said board member Robert Wiggand. "It will be like putting a miniature Pepsi Arena down there."

Building inspector John Flanigan said, "We are concerned about where you have put it. It will overpower the lot and cause the neighbors to lose their line of sight," Gale said that he had contacted the neighbors and none had objected.

The meeting adjourned to allow the Gales to decide how they want to proceed.

By Donna J. Bell

Bethlehem's zoning board of appeals denied Raymond and Mary Ellen Gale's request for a variance to construct a two-car garage on their property at Marathon Lane in Slingerlands at its meeting on Sept. 16.

Raymond Gale said that he bought the property after being told that a garage would be allowable. He added that his wife has been ill for several years. However, the board felt that the 24- by 24-foot building was too large and out of character for the neighborhood.

"The magnitude of the building will change the neighborhood," said board member Robert Wiggand. "It will be like putting a miniature Pepsi Arena down there."

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New Scotland Museum sets fall 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 765-2071.

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The SpotLight

September 23, 1998 — PAGE 5
Signs of the season

By Glenn Yelich

Thankfully, in this part of the country fall is a nice temporary buffer between summer and winter. Autumn draws visitors here for the splendid foliage in the Adirondacks and the Catskills. In addition harvest festivals and church bazaars give us an opportunity to sample wonderful homemade foods that go hand in hand with the season.

Most kids enjoy an outing to nearby orchards such as Indian Ladder Farms because they can pick apples right off the tree.

Fall is also a great time at Five Rivers. Guided walks help us understand what goes on in nature as the seasons change, reflecting the changing cycles of life itself.

Fall is also the time that many community groups resolve their annual meeting and begin setting the stage for new projects. Most groups more than welcome new members, so it's a good time for newcomers in the community to get involved.

One of these community organizations — Welcome Wagon — is celebrating its 70th birthday this year. This group is the perfect starting point for those new to the community. If you are new, don’t be shy. Get in touch with Marge Thurlow, longtime Welcome Wagon representative and she'll be happy to help you get in touch with new people, local businesses and other organizations.

Cause for concern

Three Delmar ovarian cancer survivors and a Delmar oncology nurse are on their way to Washington, D.C. this week to participate in a March designed to raise awareness about a disease that still has the upper hand over its victims.

Ovarian cancer is a silent killer that is usually detected only when it is in an advanced stage, making it harder to treat and control. Most women who are stricken by ovarian cancer suffer recurrences because the disease was diagnosed when it was already at an advanced stage. Only 20 percent of women who are diagnosed with ovarian cancer have a chance of surviving five years or more. It is an ugly scenario, but the three Delmar survivors are committed to a fight to help others become better informed and to drum up more money for ovarian cancer research.

The survivors, Marie Kotasch, Linda Kwong and Debbie Cullinan, and their nurse, Ann Purchase, are true pioneers. In spite of the survivors’ misdiagnoses, harsh medical treatments and recurrences, they are thinking of other women, who in the future may be spared some of the agony of their experience.

We applaud their effort and are confident their commitment will make a difference.

Spruce up time

Hunkering down for the winter in the Northeast is serious business. Checking out and cleaning heating systems and all the other preparations, such as tuning up the snowblower, are routine for anyone who’s lived here for at least one winter season.

Sometimes, a little sprucing up on the inside of your home is a good way to prepare for the long days and nights ahead.

In this week’s Home Improvement Supplement, there are some ideas that could help make having to stay inside so much of the time more pleasant. And the price tag needn’t be exorbitant. Think about repainting that tired chair or sofa to brighten up a room. Or brighten up the room itself with a fresh coat of paint or some snappy new wallpaper. Think of projects like this as a kind of ‘cabin fever’ insurance.

If you are considering more ambitious projects, remember to keep our advertisers in mind. These are local business people who do business locally.

Just say ‘no’ to Ritalin

By Glenn Yelich

The writer is a school psychologist.

As another school year starts, the acronyms ADHD and ADD, Attention Deficit Hyperactivity Disorder and Attention Deficit Disorder, will be used to describe and explain the behavior of a child or an adult. The United States is one of the first countries to develop and utilize psychoactive drugs to treat Attention Deficit Hyperactivity Disorder, and that is why the problems of hyperactivity and inattention have become so prevalent.

The “epidemic” of ADHD/ADD ought to give pause for reflection. This opinion piece will examine the processes by which the pharmaceutical treatment of ADHD/ADD has been constructed, such that any critical consideration of these topics is now viewed as being radical and/or ill-informed.

How is a child identified as being ADHD/ADD? Despite the portrayal of these behaviors as a biomedically condition by the American Academy of Peditricians and the American Psychiatric Association, there have never been any consistently demonstrated differences in either structural or neurochemical functioning between ADHD/ADD diagnosed individuals and those without such a diagnosis.

This lack of objective data is conveyed in the following quotation from the Merck Manual of Medical Information — Home Edition (1997): "The diagnosis is based on the number, frequency and severity of symptoms. Often, the diagnosis is difficult because it depends on the observer. In fact, symptoms are not unique to children with attention deficit disorder; a child without the disorder may have one or more of the symptoms." Hence, the diagnosis of ADHD/ADD can only be made by making judgments about the frequency and intensity of behaviors. In essence, the diagnostic process is representative of circular reasoning — the diagnosis of the disorder is based on the child’s behavior and the behavior of the child is a result of the disorder.

While this diagnostic process is guided by the Diagnostic and Statistical Manual of Mental Disorders — Fourth Edition (DSM-IV), most of the rest of the world uses the International Classification of Diseases — Tenth Edition (ICD-10). While the ICD-10 allows for the diagnosis of hyperkinetic disorder, it also takes into account cultural factors which impact the behavior of children. Factors which appear to explain the widely variable rates of the ADHD/ADD diagnosis in different cultures. The prevalence rate in the United States is conservatively about 5 percent. In the United Kingdom, it is approximately 1 percent, and in Japan even more rarely diagnosed in such cultures as China and Japan.

Relative to diagnosis, why does the prevalence rate of ADHD/ADD vary so widely within the United States depending on gender (many more boys than girls), family constellation (intact vs. single parent) and socio-economic status?

The primary drug utilized for the treatment of ADHD/ADD is methylphenidate, with the brand name Ritalin. This psychostimulant was placed on the Schedule II of controlled substances in 1971, along with drugs such as morphine, opium and barbiturates.

The United States uses approximately 90 percent of the world’s methylphenidate. In 1995, the International Narcotics Control Board reported that the United States used "10 to 12 percent of American children between the ages of 6 and 14 have been diagnosed as having ADHD and are being treated with methylphenidate." The rate of production and subsequent use of this controlled substance has increased 500 percent since 1990. More than 8 million children in the United States will be medicated by 2000.

The manufacturer of Ritalin, Ciba-Geigy, has attempted to influence the federal government regarding the proper utilization of this drug by contributing more than $800,000 to an advocacy group known as Children and Adults with Attention Deficit Disorders (CHADD). In turn, CHADD has petitioned Congress and the FDA to increase production quotas for Ritalin.

While various convoluted explanations have been put forward regarding the processes by which methylphenidate imparts behavior, it is acknowledged that the effects of methylphenidate are not specific to ADHD/ADD diagnosed individuals, and the effects of the drug may be temporal and not translate into either improved learning outcomes or long-term behavioral control. Indeed, with cessation of medication, the behaviors which prompted the decision to use the psychostimulant in the first place almost invariably return.

The claim that the administration of Ritalin, as part of a multimodal treatment approach, is the key to learning and behavior is unsupported by the research.

With regard to the process by which methylphenidate results in seemingly improved short-term behavioral control, the following quotation from the Physicians Desk Reference (1998) is cogent: "The mode of action in man is not completely understood, but Ritalin presumably activates the brain stem arousal systems and cortex to produce a stimulant effect. There is neither specific evidence which clearly establishes the mechanism whereby Ritalin produces its mental and behavioral effects in children, nor conclusive evidence regarding how these effects relate to the condition of the central nervous system."

The effects of Ritalin were de-
Schools should adopt pesticide plan

Editor, The Spotlight:

As young children return to school this fall to learn, I too am learning more about the harmful effects of pesticides on growing bodies and brains.

Here's what I already know. According to information obtained by Bethlehem Pesticide Watch, a local citizens watchdog group, Bethlehem Central School District has used such toxic products as: Calitox, Tempo 20WP, Ficam and Dursban to control ants, bees, termites and other insects. When these chemicals are used, they become airborne. Ficam attacks the nervous system, and oral poisons can be lethal. Dursban, a known neurotoxin, inhibits an enzyme critical to nerve transmission and is also associated with birth defects, genetic damage and immune system abnormalities.

The effects of cumulative exposure on our most valuable citizens, our kids, are not known, so caution is critical.

However, children are involuntarily exposed to such chemicals. In addition to the health of the school principal or the district's director of health and safety, all school districts have the obligation to ensure that children are not exposed to harmful chemicals. The superintendent, school board, parents and community members all have a role to play.

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Resident shocked by use of Roundup

Editor, The Spotlight:

As a parent of two children in the Bethlehem school district, I feel compelled to express my shock at hearing about the July 29 spraying of 80 gallons of Roundup, a powerful weed killer, on a 440-foot area near the playing field at Elsmere Elementary School.

Roundup contains several poisons that can cause eye and skin irritation, nausea, dizziness, headache, diarrhea, blurred vision, fever and weakness. It may also irritate, nausea, dizziness, rash, and weakness. It may also cause eye and skin irritation, nausea, dizziness, headache, diarrhea, blurred vision, fever and weakness. It may also cause eye and skin irritation, nausea, dizziness, headache, diarrhea, blurred vision, fever and weakness.

Our children deserve poison-free schools. What can we as parents do to make this happen? The first step is to learn more about viable alternatives. Bethlehem Pesticide Watch is sponsoring a forum on pesticide use in schools on Thursday, Oct. 1, at 7 p.m. in Bethlehem Public Library.

I urge everyone to attend.

Caleb Wistar
Delmar

Fax it to us
Why not fax your letters to The Spotlight at 439-0093? Remember: all letters must carry the writer's signature, address and phone number.

BCHS senior praises fellows for great 1st day

Editor, The Spotlight:

Freshman orientation, a day set aside to help incoming freshman deal with the transition to high school, was a big success at Bethlehem Central High School this year.

As in other years, seniors who wanted to volunteer their time on the day before classes could come in at 7:15 a.m. and spend the day helping freshmen. "Seniors" were assigned an incoming freshman and would walk that student through their classes, answer any questions, and provide a helping hand overall. Some seniors even gave out their phone numbers in case anyone had a question or needed help.

This year was special because of the spirit the seniors showed. The response to be a senior buddy was so overwhelming, many seniors could not be assigned an incoming freshman.

This did not stop many students however, as they still came in that day wearing school colors (as did the majority of the senior class) and were assigned tasks from giving tours of the school to being a helping hand in the halls.

At the end of the day, there was an event in the cafeteria for the seniors and freshmen to meet new people and catch up on the summer. Live ska and reggae music was provided by my band, Mr. Jiminez and I. It was a great end to the school year.

There was nothing but positive and supportive energy between the senior and freshman classes. My band was excited about playing and rehearsed all summer just for this event. It was all worth it.

I commend BCHS for having this day available for students. Also, special notice should be given to the student senate president, Cullen Blake, and everyone who helped make this such a great first day of school.

Mike Laczinsky
BCHS senior

Views on Dental Health

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

The pros know

The next time you watch a hockey, football or basketball game, you'll no doubt be seeing players wearing mouthguards. Almost everyone playing should and will use a mouthguard. Professional athletes are aware of the risks that exist within their sports. It is possible that an Arizona basketball player, a New York football player or a hockey player may result in the loss of several teeth. One could incur many expenses to repair whatever damage is done.

If you participate in sports, you should not take the risk of having your teeth injured. Good, inexpensive mouthguards are available in many sporting good stores, and in some pharmacies. A better mouthguard may be available at your dentist office. This mouthguard only takes about 40 minutes to make, and is better because it is vacuum formed to a plaster cast of your teeth. Thus, due to the accuracy of the mouthpiece, it will "stay put" better than the over-the-counter hot water molded type of appliance.

Make sure to protect your teeth while participating in a sport. A mouthguard is an easy way to help prevent any major damage from occurring when you’re playing to WIN!

Prepared as a public service by the New York Dental Health Foundation. From the offices of:

Dr. Thomas H. Abele, D.M.D.
Dr. Geoffrey B. Edmunds, D.D.S.
344 Delaware Avenue
Delmar, N.Y. 12054
(518) 439-0224

GHI
Empire State Plaza, Northwest Concourse Level (518) 438-7815 • 1873 Western Avenue (518) 889-1044
Concert to feature American originals

The library celebrates the 100th birthday of George Gershwin on Sunday, Sept. 27, at 2 p.m. with a recital of "American Originals"—songs by Gershwin and his contemporaries Leonard Bernstein, Aaron Copland and Charles Ives—performed by soprano Anne Turner and pianist Richard Hihn.

Check It Out
Bethlehem Public Library

Turner and Hihn, both artists in residence at Skidmore College in Saratoga Springs, will also talk about what makes these composers so quintessentially American.

Turner teaches voice, directs the Opera Workshop at Skidmore, and teaches students from high schools throughout the Capital District. Her performance experience encompasses opera, operetta, and chamber music. She has given recitals in New York City’s Weill Recital Hall, the National Gallery of Art in Washington, D.C., and appeared as soloist with the Albany Symphony, the Boston Symphony and the New York City Ballet and Orchestra at Saratoga Performing Arts Center.

Hihn has taught piano at Skidmore for 15 years. He maintains a strong interest in 20th-century music, particularly the work of Crumb, Messiaen, Ives, Schoenberg and Bartok. He has performed chamber music and solo works in recitals and on radio. His current project is a recording of Ives Sonata No. 2.

The recital is free and open to the public.

Book discussion
Daughters and their moms are invited to share their thoughts on Lois Lowry’s Number the Stars on Monday, Sept. 28, at 7 p.m. This award-winning novel, told from the point of view of a 10-year-old girl, authentically portrays the suffering of Jews out of Nazi-occupied Denmark during World War II.

Copies of the book are available now at the youth services desk. The program is designed for girls in grades four and up and their mothers. New members are always welcome. Refreshments will be served.

Call the youth services desk at 439-9514 to register.

Louise Greco

Today really is the first day of the rest of your life.

And it all begins with the Eddy CarePlus Center at Albany Memorial Hospital, where we take a different approach to care. One that provides healthcare services that meet the special needs of seniors, while promoting independent living.

The Eddy CarePlus Center is dedicated to helping you manage the difficulties you may experience from memory loss, the pain of arthritis, a wound that won’t heal, or even the embarrassment of incontinence—in a caring, comforting environment. And, our geriatric-trained physicians and nurse practitioners work closely with your primary care physician to coordinate your care.

We’re committed to helping you maintain your good health. So, call us today at 471-3620 to learn more about the Eddy CarePlus Center.

Eddy CarePlus Center
Senior Care, Senior Understanding
A Service of Northeast Health

www.nehealth.com

Free membership discount when you attend Convention!
First United Methodist Church of Voorheesville’s annual Harvest Bazaar is set for Saturday, Sept. 26, from 9 a.m. to 3 p.m. at the church on Maple Avenue.

The bazaar features a thrift shop, craft vendors, children’s games and activities, food, produce, plants and books.

There will also be a silent auction of donated items.

Takeout turkey dinners with all the trimmings, made by SuperValu chefs, will be available from 4 to 7 p.m. Dinner cost $8.50 per person.

Chicken-finger kids meals will also be served for $3 each. For information, call the church at 765-2895.

For the music, physical education and art programs, and library and resource room is from 7 to 8:30 p.m.

The junior high will hold open house for seventh- and eighth-grade on Thursday, Sept. 24, at 7 p.m.

Refreshments will be served, and the PTA will sell Entertainment books at all open houses. The Ultimate Book is $40 and the Value Book is $20.

Schooils to close for holiday
Voorheesville schools will be closed Wednesday, Sept. 30, for Yom Kippur.

Legion post to serve pot roast dinner
American Legion Post 1493 on Voorheesville Avenue will serve a pot roast dinner on Sunday, Sept. 27.

Dinners cost $7.50 each and include potato, mashed potato, a vegetable, and dessert. Reservations are required. For information and reservations, call 765-4712 after 3 p.m.

Thacher Park to host concert at overlook
John Boyd Thacher State Park will host an acoustic afternoon with folk musician Mark Tommasone on Sunday, Sept. 27, from 2 to 5 p.m. at the park overlook.

Refreshments will be available. For information, call 872-1237.

Extension offers gardening series
Cornell Cooperative Extension of Albany County will sponsor a free fall gardening series Wednesdays at 7 p.m. in October.

The schedule is as follows: Oct. 7, Perennials; Oct. 14, Gardening throughout the Year; Oct. 21, Turfgrass Tips; and Oct. 28, Ways to Propagate Plants in Propagating Frames and Cold Frames.

Classes will be held at the Rice Center on Martin Road, off Route 5A.

Registration is required. For information or to register, call the agriculture office at 765-3500.

Bonsai society to present show
The Mohawk Hudson Bonsai Society will present its 50th anniversary bonsai show on Saturday, Sept. 26, and Sunday, Sept. 27, from 11 a.m. to 5 p.m. at Cornell Cooperative Extension on Martin Road.

A masterpiece bonsai display, continuous demonstrations, educational displays, Dr. Bonsai’s help table, a video presentation for beginners, an historical exhibit, sales area and refreshments will be included in the show.

Admission is $2 for adults and free for children under 12. For information, call 882-1039.

Irish 2000 fest set at fairgrounds
Albany Hibernians will sponsor an Irish 2000 Festival Saturday, Sept. 26, from 10 a.m. to 11 p.m. at the Altamont fairgrounds.

More than 25 acts will perform folk and rock music. The line-up features Black 47, Seven Nations, Gael Storm, Sean Keane, Hair of the Dog and The McKrells.

Tickets are $10 at the door.

Swim lessons start Sept. 26
Learn to swim classes with Heiderberg Aquatics start on Saturday, Sept. 26, at the high school. The first session runs through Oct. 21.

Session two is planned for Jan. 23 to March 27, and session three is from May 1 to June 26.

For information, call Tam Sayer at 765-6015.

PTA selling gift wrap
The PTA’s gift wrap sale has started. Children recently brought home Sally Foster brochures.

The products are very high quality. Stock up for the holidays and support the PTA at the same time.
**Nimblefingers quilt on display**

With the purchase of a $2 ticket, you will be eligible to become the owner of a handmade quilt donated by Nimblefingers for the annual fall raffle sponsored by the Friends of the Library. The beautiful quilt is on display, and tickets can be purchased now at the library for the Oct. 30 drawing.

Nimblefingers meets every Tuesday from 1 to 3 p.m. in the community room. Quilters, crocheters and needleworkers are invited to bring their projects and join the group for an afternoon of working and chatting together.

There is no discrimination here, and men as well as women are welcome. Share your interests with others and learn in return. Help is offered for beginners in embroidery, knitting and quilting.

The group also meets for lunch dates and a holiday party. If you are interested but transportation is a problem, call the library at 765-2791 to see if a ride can be arranged.

Effective, nontoxic solutions to today's health challenges will be explored by Donn Wiedershine tonight, Sept. 23. Anyone who would like to feel better than they do now is invited to this natural health seminar at 7 p.m. Wiedershine will discuss Maharishi Ayur-Veda, an innovative combination of holistic and conventional modern medicine. Refreshments will be served courtesy of the Friends of the Library.

Margaret Adkins and Freddy Me Curdy have volunteered to share the joys and responsibilities of library hospitality this season. If you can help with refreshments for programs, leave your name and telephone number at the library.

Suzanne Fisher will lead the discussion of Charles Fraser's 1997 National Book Award winner Cold Mountain on Oct. 7. Stop by to register and pick up a copy of the book.

Juniors and seniors are reminded to sign up for a free 90-minute session by the Princeton Review on improving SAT scores. The session is scheduled on Monday, Sept. 28, at 7 p.m.

The Every Other Thursday Night Poets meet on Sept. 24. There will be no story hour on Sept. 26.

Barbara Vink

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**Children's school to hold open house**

Bethlehem Children's School will hold an open house on Saturday, Sept. 26, from 10 a.m. to 2 p.m. at its new site at 12 Fisher Blvd. in Slingerlands.

The school was established in 1995 to provide a supportive educational environment where children have the opportunity to learn according to their own style and development level.

It now has three multi-age classes with a total enrollment of 47 children.

For information, call 478-0224.

---

**Nimblefingers quilt on display**

You're invited to a FREE luncheon on Sept. 28th at Nicole's Restaurant

Come hear renowned digital expert Jeff Callahan speak on the latest hearing technology.

Menu: Eggplant Parmesan, Penne Pasta, Chicken Francese

Reservations: 432-4070  •  Time: 11am - 12:30pm

Sponsored by Benway-Haworth-Lawlor-LaCosta
Onesquethaw Reformed Church on Tarrytown Road in Feura Bush will hold its fall supper and bake sale on Saturday, Sept. 26, with servings at 4:30, 5:30 and 6:30 p.m.

The menu will include roast beef, mashed potatoes, gravy, mixed vegetables, salad, rolls and beverages. Homemade cakes will be available.

For reservations, call 768-2213.

FHA/HERO hold spirit night at middle school

FHA/HERO will hold a "Catch the Spirit" night on Friday, Sept. 25, from 5 to 8 p.m. at the middle school. RCS students are invited to attend.

Honor society plans flower sale and car wash

RCS Senior High School's National Honor Society will conduct a flower sale on Friday, Sept. 25, and a car wash on Saturday, Sept. 26, from 9 a.m. to 2 p.m. at the high school.

The rain date for the car wash is Sept. 27. Proceeds from both activities will benefit RCS National Honor Society activities.

Schools to close Sept. 30

There will be no school in the RCS district on Wednesday, Sept. 30. A superintendent's conference day has been scheduled for that date.

RCS Youth Travel Soccer schedules sign-ups

RCS Youth Travel Soccer will hold sign-ups for players between the ages of 8 and 17 on Saturday, Sept. 26, from 9 a.m. to noon at the middle school soccer fields.

For information, call Gerri Roth at 756-8589 or Linda Lehmann at 765-6311.

Wall hangings on display at historical society

The Little Red Schoolhouse Historical Society in Coeymans Hollow has been hosting an exhibit of wall hangings. The last day for the display is Sunday, Sept. 27, from 1 to 4 p.m.

Admission is free.

Historical association planning trip

Bethlehem Historical Association is sponsoring a bus trip to Leonard Grove, the estate of Samuel F.B. Morse in Poughkeepsie.

The trip also includes lunch at the Brass Anchor restaurant on the Hudson River and a tour of the Fred J. Johnston House and Museum.

The Johnston House was built in 1812 and was home to a renowned antique collector and dealer.

The trip will leave the museum at Cedar Hill on Thursday, Oct. 22, at 8:45 a.m. and return at about 5 p.m. The cost will be approximately $99 per person. Reservations and payment are due by Oct. 9.

For information, call Bill LaMed at 761-6677.

RCS library selling Entertainment Books

RCS Community Library is selling Entertainment Books to raise funds to build additional shelving.

The library now has Internet access at two of its work stations.

Boehm’s Apple Barn open for season

Boehm’s Apple Barn on Route 143 west of Ravena is open for the season Wednesday through Sunday from 10 a.m. to 6 p.m.

The barn has peaches, plums, pears and native sweet corn in addition to apples. Cider donuts and pies are available only on weekend.

For information, call 756-6030.

Historical group meets at village hall

The Ravena Area Historical Society now meets the second Wednesday of the month at 7 p.m. at Ravena Village Hall on Mountain Road.

The group’s next meeting is set for Oct. 14.

Five Rivers offers fall foliage walk

Five Rivers Environmental Education Center on Game Farm Road in Delmar will offer a guided fall foliage walk on Saturday, Oct. 10, at 2 p.m.

The program is free of charge. Participants should dress for the outdoors. For information, call 475-0291.

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- Check Out Our Fall Sales

For information, call 432-5709.

Delmar library plans Saturday Storybreaks

Bethlehem Public Library's youth services department continues its series of Saturday morning story times to accommodate children of working parents.

Each session of Saturday Storybreak explores a theme through children’s literature, media and hands-on projects.

Sessions are scheduled for 10:30 a.m. on Sept. 26, Oct. 10 and Nov. 7 and 21.

Saturday Storybreak is appropriate for children ages 3 to 8. Parents must attend with their children. To register for one or more sessions, call 439-9314.

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Cornell Cooperative Extension of Albany County will sponsor a free fall gardening series on Wednesdays in October at 7 p.m. at the Rice Center on Martin Road in Voorheesville.

The schedule is as follows: Oct. 7, Perennials; Oct. 14, Gardening throughout the Year; Oct. 21, Turfgrass Tips; and Oct. 26, Ways to Propagate Plants in Propagating Frames.

Prescription is required by calling the agriculture office at 765-3500.
Advoacned stage. When it is frequently occurs, Purchase said. Lucky. I was in the hospital in four
cancer, Kotasek said. "I cannot stress
to treat ovarian cancer."

Kotasek said she was initially
are a lot of misdiagnoses," Kotasek
search and raise awareness,
for five years is about
addition, a Pap smear is not an
"It's
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search and raise awareness,
For information, call 765-3522. Said that the President's

The women said they believe
ing program on riparian buffer sys-

There are no standard screening
to breast and cervical cancer. Purchase said one test, the
CA-125 blood test can be ad-
not a routine procedure. Because ovarian cancer is a relatively rare form of the
disease, it is often not targeted in an initial diagnosis.

"It's (ovarian cancer) so dan-
gerous, we urge all women to go
to generate more money for re-
search and raise awareness, Pur-
chase said.

She said that one out of 55
women at any age will be stricken,
and that most women are diag-
nosed when the chance of survival
for five years is about 20 percent. In addition, a PAP smear is not an
effective method of detection.

Symptoms of ovarian cancer include: bloating, gas and a feel-
ing of fullness, frequent or urgent urination, nausea, indigestion, constipation or diarrhea; men-
trual disorders, pain during

The women said they believe the March in Washington this weekend should help further their
cause. A local vigil is scheduled for Friday, Sept. 29, at 7 p.m. at St. Teresa of Avila Church, 435 New
Scotland Ave., Albany.

For information about Caring Together, call Lorraine Dennis at 462-0084 ext. 1012.

Extension offers streamsidr program
Cornell Cooperative Extension will host a video conference on Streamsidr Protection in New
York State on Wednesday, Sept. 30, at the Cooperative Extension's Rice Center, 24 Martin Road, Voorheesville.

The day will begin with a training program on riparian buffer sys-
tem from 8:30 a.m. to 12:30 p.m. and will continue with the video conference, which runs from 1:30 to 5:30 p.m.

Riparian zones, or streamside, are an important component in water quality protection and nonpoint source pollution control.

For information, call 765-3522.

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Mobi! Cash Only Prayer Line 462-8351

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Experimental Varieties #828 & #414, Bartlett Pears
Now Shipping Harvest-Time Apple Gift Pads

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Eagles fall hard on road against Plainsmen

By Len Tarricone

Traveling to the turf of the state's second-ranked Class AA team to be the opponent for their home opener is not the contest of spots for a young high school football team.

Unfortunately for the Bethlehem Central High School Eagles, that is exactly the place they found themselves Sept. 18 and, while they gave a good account of themselves early on, they were worn down by the bigger and deeper Shenendehowa Plainsmen, 32-0, in Clifton Park.

"The first half was pretty even," said Bethlehem head coach John Sodergren. "One big offensive play and one big defensive play made the difference."

He referred to a 54-yard touchdown burst by Devin DeLuke on Shenendehowa's first series, and an 81-yard score by free safety William Lynch after recovering a fumble by fullback Eamon McNiff.

"Shenendehowa, fresh off a win over highly regarded Tottenville at the Carrier Dome in Syracuse, amassed 343 yards on the ground against the Eagles in running their record to 3-0. The Plainsmen ran for 345 in their league opener against Shaker High School.

"Hopefully, to see a team play at that level will help us as the season goes on. We came to play and I think our effort was good, and everybody had a chance to play," Sodergren said.

Offensively for Bethlehem, Hughes hit on five of eight pass attempts for 33 yards and picked up another 48 yards on the ground, while tailback Dan Heenan chipped in with 14 more.

Of the Eagles' 157 yards of total offense, 124 came on the ground and Bethlehem gained 11 first downs against the Plainsmen's defense.

Defensively, Liveri added yet another blocked extra point in the second half and led the team in tackles for the third straight game.

The Eagles, 2-1, will not be sentencing.

Shenendehowa's first series, and another blocked extra point in the second half, and the team in tackles for the third straight game.

The Eagles, 2-1, will not be seeing quite the same power next week, but Columbia High School, 1-2, boasts tailback Tyler Springer, who has rushed for 360 yards and six touchdowns in the Blue Devils' first three games.

Game time is 7:30 p.m.
Tomboys win Greenfield tourney

The Bethlehem Tomboys team that won the Greenfield Scholarship Tournament includes, from left (back row) Jen Marro, Lauren Reis, Julie Taylor, Kelly Fuchs, Kylee Conley, Liz Buckley, Keri Walsh, Lisa Morrissey, Aimee Gould, Kate Gould (front row) coach Kevin Klersy, coach Keith Becker, manager Chuck Herchenroder, coach Jim Walsh, Dana Herchenroder and Josie Klersy.


Pop Warner teams victorious

The Bethlehem Senior Midgets upped their record to 29-20-Pop Warner victory over the Colonie Packers.

Tah-Quan Jackson returned two punts for touchdowns and Anthony Livieri and Terence Stanfield also scored touchdowns.

Darnell Douglas and Alfonso Hill scored the extra points and Shane Cassity, Ryan Livingston, Jeremy Irving and James Wheeler made offensive contributions.

Irving led the defense with 14 solo tackles and got help from John Sterrett, John Flagg, Sean Myrtle, Jorge Luis-Reyes, Kevin Allardice, and Mark Gansev.

In Pee Wee action, Bethlehem’s Falcons used a powerful ground game to defeat the New Scotland Jaguars 21-4 Sept. 20. Running behind Ryan Murphy, Chris Marsh, and Ryan Miller, Matt McKenna scored twice and Shawn Bukowski once. Zach Patnode scored two extra points.

On the other side of the ball, Brenden Rhatigan and Sean Conway had big games, and Mike Wootel and Will Haines came up with turnovers.

In Junior Pee Wee action, David Sterrett scored two touchdowns and Eddie Boating and Brian Hoog added one apiece to lead Bethlehem past the Watervliet Cannoneers, 29-14. Offensive standouts included Mike Lanning, Eric McLeer, Kyle DiGarmo, Matt Johnson, and Justin Irving.

The defensive front of David Plummer, Chris Abriel, Bobby Reynolds, Patrick Gerisa, Ryan Parente, and Dan Umlicht combined to muzzle the Cannoneers.

The tournament began inauspiciously for the Tomboys, as they lost their first game to the Wachusett Wildcats by a 4-2 score.

They came back to beat the Leominster Firecrackers 13-4 and the Lowell Purple 8-0 to qualify for the single-elimination round.

They defeated the Tauten Raiders 6-2 and the Burlington Attitudes 4-3 and earned their revenge against the Wildcats with a 3-2 victory in the semifinal game.

The final against the Greenfield Stinglers was called after five innings due to the mercy rule with the Tomboys leading 10-4.

Sixteen teams from seven states competed in the tournament.

Pitchers Lauren Reis and Josie Klersy combined for 25 strikeouts and only three walks allowed while throwing to catcher Dana Herchenroder.


Chuck Herchenroder was the manager and Jim Walsh, Kevin Klersy and Keith Becker served as coaches.

Yury’s School of Gymnastics

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Blackbirds

(From Page 14)

"Beast" is putting it a bit too mildly. The Indians' strong line was no match for Eric Papandrea, Tyler King, Dave Ruby and company, and the Blackbirds simply ran roughshod over their hosts.

St. Denis and Timmy Beadnell alternated at tackle and each rushed for 100 yards, the second straight game two Vooheersville backs have broken that barrier. Last week it was St. Denis and fullback Tom Gregory, who in this game powered his way for 75 yards.

This backfield trio combined for 235 rushing yards against Coxsackie-Athens and combined with quarterback Andy Corcione's 102 passing yards to enable the Blackbirds to crack 400 yards-in total offense.

St. Denis ran for two touchdowns, his seventh and eighth on the young season, and Beadnell added three long ones, two of them defensive scores. His 65-yard scoring run in the third quarter was sandwiched between a 60-yard interception return and a 68-yard score off of a recovered fumble.

The defense was outstanding, as it has been all season, surrendering only 54 total yards of offense. After three games, Vooheersville has outscored its opponents by 138-13, but their visitors next week will come in with a 126-18 differential after a 46-0 thrashing of Chatham.

So we'll have to give at Balsley Field.

"They have a new quarterback this year (Tim Murphy) and they run a West-Coast style offense, and now it is clicking really well," Sapienza assessed. "They put it up quite a bit, so we'll do a lot of work this week on our man coverage, closing on the ball with our defensive backs. Up front, we're fine, and I think our front seven will do pretty well on containing the run. Offensively, we want to drive the ball the way we've been doing and keep it away from them."

As for his own quarterback, Sapienza said he was pleased with the way Corcione stood tall under pressure and delivered key passes to keep drives alive.

"They brought six men to the line to stop the run, so we had to prove that we could complete a pass to back them off, and Andy did that. Right now, if you're going to play Vooheersville, you have to be worried about our running game, but I don't think you can key on that alone."

He added that the rushing success against the Indians was added by the line calls of right guard Matt Dunbar, who was able to tip the backs to react to the Coxsackie's defensive fronts.

"This game was real good preparation for Watervliet. The score didn't tell the whole story; it was a hard, physical game and we had to work to get the job done. They do a lot of things offensively and defensively similar to Watervliet," Sapienza said.

The difference is they do not try to do too much nearly as well. The real article is coming to town, and the Blackbirds will find out how prepared they really are.

Game time is 1:30p.m.

Jones injured in RCS victory

By Len Tarricone

The Ravena-Coeymans-Selkirk Indians had many memorable moments in their game against Cohoes, scoring seven touchdowns in a 50-14 win, but it was a simple third-down draw play on their first offensive possession that lingered the longest on their sideline.

It was on that play that their sensational senior tailback, Gary Jones, injured his knee and let the game be taken to the hospital by his father. According to his coach, Gary VanDerveze, subsequent examinations could not reveal the specific nature or severity of the injury.

"He also said that the leg was immobilized and that Jones was released and walking on his own power."

Although VanDerveze had no idea as to what Jones' playing status might be, he did feel that it was not a season-ending injury and that the star runner's return was more a matter of "when" rather than "if." "He's obviously a little down and depressed right now, but he'll bounce back," said VanDerveze.

Meanwhile, his teammates had the business of continuing with the game.

"They were a little bit stunned and shocked, but rallied around each other," said VanDerveze. "We talked at half-time how Gary's been our leader and carried us for a couple of years, and now it's our turn to stay in the race until he gets back."

In addition to the loss of Jones, who had rushed for 225 yards and scored five touchdowns in Ravena's first two games, the Indians were playing without three other offensive starters—fullback Joe Costa, receiver Brad Palmer and tackle Lee Kittle.

One player who was available, however, was senior quarterback Minard Cardner, and his performance was more than enough to carry Ravena.

In only his third varsity start, Cardner continued to wow his coaches and his fans, and dismantle the opposition, with his passing.

At the end of the day, his had completed 12 of 20 passes for 268 yards and five touchdowns to three different receivers.

He tossed nine scoring passes in the past two games alone, and ten for the season, with no interceptions.

While the Indians passed for almost 50 more yards than they rushed, no one should get the idea that there will be a philosophy change while Jones is out.

"We're still a running ballclub," stated VanDerveze. "We've got weapons with Minard and the receivers, but our strength is still to run the ball."

The defense was outstanding, as it has been all season, surrendering only 54 total yards of offense. After three games, Vooheersville has outscored its opponents by 138-13, but their visitors next week will come in with a 126-18 differential after a 46-0 thrashing of Chatham.

So we'll have to give at Balsley Field.

"They have a new quarterback this year (Tim Murphy) and they run a West-Coast style offense, and now it is clicking really well," Sapienza assessed. "They put it up quite a bit, so we'll do a lot of work this week on our man coverage, closing on the ball with our defensive backs. Up front, we're fine, and I think our front seven will do pretty well on containing the run. Offensively, we want to drive the ball the way we've been doing and keep it away from them."

As for his own quarterback, Sapienza said he was pleased with the way Corcione stood tall under pressure and delivered key passes to keep drives alive.

"They brought six men to the line to stop the run, so we had to prove that we could complete a pass to back them off, and Andy did that. Right now, if you're going to play Vooheersville, you have to be worried about our running game, but I don't think you can key on that alone."

He added that the rushing success against the Indians was added by the line calls of right guard Matt Dunbar, who was able to tip the backs to react to the Coxsackie's defensive fronts.

"This game was real good preparation for Watervliet. The score didn't tell the whole story; it was a hard, physical game and we had to work to get the job done. They do a lot of things offensively and defensively similar to Watervliet," Sapienza said.

The difference is they do not try to do too much nearly as well. The real article is coming to town, and the Blackbirds will find out how prepared they really are.

Game time is 1:30p.m.
Katherine Williams
Katherine Grant Williams, 89, of Selkirk died Sunday, Sept. 20, at her home.
Mrs. Williams was a longtime resident of Selkirk.
She was a member of Sunshine Senior Citizens, a 75-year member of the Bethlehem Grange, a charter member of the Bethlehem Historical Society, and a member of Selkirk Fire Department auxiliaries No. 1, 2 and 3. She was also a member of First Reformed Church of Bethlehem, Bethlehem Volunteer Ambulance and a former member of Sunny Acres Thunderhead Bowling League.
She was the widow of Harold L. Williams.
Survivors include a daughter, Jeanette Mortensen; a son, Harold L. Williams of Guilderland; five grandchildren; and three great-grandchildren.

Robert E. Weldman
Robert E. Weldman, 77, of New Baltimore died Wednesday, Sept. 15, at Stratton Veterans Affairs Medical Center Hospital in Albany.
Born in Bolivar, Allegany County, he was a longtime resident of New Baltimore and Ravena.
He was a Navy veteran of World War II.
Mr. Weldman worked for Connell in Selkirk for 37 years. He also worked for the Coeymans highway department before he retired.
Survivors include three sisters, Louise Rolfe of Minoa, Onondaga County, Ruth Trager of South Bethlehem and Doris Turner of Selkirk.
Services were from the Babcock Funeral Home in Ravena.
Contributions may be made to the Masonic Home, 2150 Bleeker St., Utica 13501.

Raymond Layoua
Raymond William Layoua, 80, of Voorheesville died Thursday, Sept. 17, at University Heights Nursing Home in Albany.
Mr. Layoua was a driver for P. Ballantine Brewery in Albany before he retired.
Survivors include his wife, Claire Bowles Layoua; a son, John K. Layoua of Voorheesville; a daughter, Judy Fullea of Albany; 11 grandchildren; and 11 great-grandchildren.
Services were from the Meyers Funeral Home in Selkirk.
Burial was in Bethlehem Cemetery.
Contributions may be made to the American Cancer Society, Capitol District Office, 1450 Western Ave., Albany 12203.

Seed order forms available at center
- Bird seed pre-order forms for Five Rivers Limited's annual Bird Seed Sale are available at Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar.
Orders accompanied with payment must be placed by Wednesday, Oct. 7, and picked up on Saturday, Oct. 17.
Order forms for bird seed, bird feeders and other bird feeding accessories may be picked up at the center's interpretive building.
The hours are 9 a.m. to 4:30 p.m. Monday through Saturday. For information, call 475-0291.

Networking

Kate Beach, 6, and Marisa Sandoval, 5, enjoy catching a caterpillar in their butterfly net at Five Rivers Fall Festival.

Lab School plans giant garage sale
Bethlehem Central Lab School will sponsor a huge garage sale on Saturday, Oct. 17, so start saving your useful household items, toys, clothes and furniture to donate to this fund-raiser. For information, call 439-8933.

Dollars for Scholars to hold free car wash
Voorheesville Dollars for Scholars chapter will hold a free car wash on Saturday, Sept. 26, from 9 a.m. to 3 p.m. in the parking lot of SuperValu Foods on Maple Avenue in Voorheesville.

Grief Tip
Encourage different ways to express grief.
Support your friend or loved one in talking, writing, art, music or other ways to bring forth what is in their heart.

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Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is $25. We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge. In Memoriam, and Cards of Thanks will also be printed for $25.
New-look Eagles seeking to replace 1997 stalwarts
By Beth Clement

As it tries to cope with the loss of 12 seniors from last year's squad, the Bethlehem Central High School girls varsity soccer team is off to a struggling but spirited start to the 1998 season.

"We've got a mix of players, younger ones and experienced ones," said co-captain Lily Corrigan. "Once the younger girls get established in their roles on the team, we'll get better." Although the team is winless so far in the Suburban Council at 0-4, it is playing with a lot of energy.

"We might go into games as the underdog this year, but we have heart and that is our greatest asset," said Corrigan.

This showed in the Eagles' game with Shenendehowa.

BCHS volleyball starting quickly
By Christine Potter

Despite losing six seniors from last year's squad, the Bethlehem Central High School girls varsity volleyball team is looking strong at the outset of the 1998 season. Led by team captains Jen Siniski and Jenna Grant, the team won two straight games and Guilderland, by a count of three games to one.

"Our goals for the season are to be competitive in the Suburban Council, increase player knowledge and skill, strengthen the volleyball program at Bethlehem, and to enjoy the season," said Elmendorf.

"The individual skills are there," added Grant. "Now we are working on coming together as a team, and putting the ball to the floor."

The girls will host Saratoga at Sept. 23 at 7 p.m., at which the seniors will be honored at halftime.

Special on wmht channel 17

The World of National Geographic
Wednesday, 6 p.m.

Mystery: Gallowglass
Thursday, 9 p.m.

New York Week In Review
Friday, 9 p.m.

Lou Reed, Rock & Roll Heart
Saturday, midnight

Crown & Country
Sunday, 9 p.m.

Metropolitan Opera Presents
Monday, 8 p.m.

Frontline: Somalia
Tuesday, 9 p.m.

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**Deyss, Greer marry**

Kira Deyss, daughter of Larry and Christine Deyss of Delmar, and William Greer, son of William and Caroline Greer of Delmar, were married Aug. 9.

The Rev. Robert Pierce performed the ceremony at Delmar Presbyterian Church. A reception followed aboard the Captain Williams cruise boat.

The maid of honor was Hillary Skillbeck. Bridesmaids were Deanna Schoenborn, sister of the groom, Lisa Maher, cousin of the groom, Susan Fuller, Rebecca Leonard and Kelly Jenkins. The flower girl was Laura Maher, cousin of the groom.

The best man was Christopher Rivers. The ushers were Mark Deyss and Paul Deyss, brothers of the bride, Ken Layman and Kevin Greer, cousins of the groom, and Bill Schoenborn, brother-in-law of the groom.

The bride is a graduate of Bethlehem Central High School and the University at Albany. She works for Dr. Thomas Stuckley in Westchester, Pa.

The groom is a graduate of Bethlehem Central High School. He is general manager of Applebee's Restaurant in Philadelphia.

After a Caribbean cruise, the couple lives in Downingtown, Pa.

**Intern program open to students**

The Albany County Government Intern Program is open to high school seniors and seniors living and attending school in Albany County.

Students are matched with local government officials to learn firsthand how government works.

Guest speakers, independent projects, seminars, legislative meetings and field trips throughout the school year provide further information.

For information, call Cornell Cooperative Extension of Albany County at 765-3500.

**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.

For information and submission forms, call 439-4949. Mail announcements to 125 Adams St., Delmar 12054.

**Recurce this newspaper**

**Business women meet at Normanside**

Bethlehem Business Women meet the first Wednesday of the month, September through June, at Normanside Country Club in Elsmere.

Meetings start with a social time at 6 p.m. Dinner is served at 6:30 p.m., and a special program or guest speaker follows.

The group sponsors a scholarship fund, promotes fellowship among women and supports various community projects. Dues are $15 per year.

This year's officers are Dorothy Williams, president; Leslie Troste, vice president; Mary Dobert, secretary; and Carol Jonas, treasurer.

The next meeting is set for Wednesday, Oct. 7. Gall Wells of Delmar Center for Therapeutic Massage will present a holistic approach to health care.

For information, call Williams at 439-2535 or Marilyn Peterson at 439-3612.

**Employees attend conference**

Nine top performers with Prudential Insurance Company's Delmar branch agency recently attended the firm's national business conference in Orlando, Fla.

Albert Desmoines, David Lee, Gordon Smith, Jamshed Irani, Andrew Parente, Ann Coutler, Dennis Lajcacek, Edmund Laramie and James Dettinger were recognized by Prudential for excellence in selling insurance and financial products and services.

**Interns announced**

Seniors named semifinalists in the 1999 National Merit Scholarship Competition.

The students qualified as semifinalists based on their strong PSAT scores.

Here's to a Wonderful Wedding!
Irish music, contemporary & traditional, takes the stage for weekend festival

Hibernians host Irish 2000 at Altamont Fairgrounds

By Katherine McCarthy

A little bit of Hollywood comes to the Altamont Fairgrounds this weekend when Gaelic Storm blows in to recreate the music that helped Rose fall in love with Jack in "Titanic."

Gaelic Storm, a five-piece band from Santa Monica, Calif., was the "Steerage Band" during the blockbuster movie's exuberant below-decks party scene, and is one of the 25 acts scheduled to perform at the Irish 2000 Festival at the fairgrounds on Saturday, Sept. 26.

The positive response to last year's Irish 2000 convinced Albany's Ancient Order of Hibernians that this was an event worth repeating.

"Despite the deluge of rain last year, we had more than 4,000 people," Irish 2000 chairperson Matt Nelligan said of the decision to make the festival an annual event. "The enthusiasm of the crowd hit us hard."

The festival is part of the mission of the AOH, which Nelligan said is "to promote our culture. Music is the best way to do that, and with the rock bands we have, and the traditional music, we're reaching audiences young and old."

In addition to Gaelic Storm, headliners include Black 47, New York City's avant-garde Irish rock band, back for a repeat performance.

Seven Nations, another popular East Coast group, use electric guitars to add a modern edge to their traditional bagpipes and kilts.

Sean Keane, from Galway, Ireland, will play some of the music that earned his first album "All Heart, No Roses" the title debut album of the year from Q Magazine.

Local favorites like Hair of the Dog, the McKrells, Frank Jaklitsch, Jeff Strange and the Foothills Trio will also be among the stage performers. Local pipe and drum bands will add to the festive air, while local stepdancing schools will offer performances by fledgling Michael Flatleys and Jean Butlers.

"Gaelic Storm will be doing a special feature with the Farrell School of Irish Dancing," Nelligan said.

Vendors like Brunswick's Tipperary Trading Company and Celtic Treasures of Saratoga Springs will sell Irish jewelry, books, music and other goods. Those who want to not just feel Irish, but look Irish, can take in the fashion show, featuring knit sweaters, capes, caps, wax cotton coats, tweed jackets and more, beginning at 11:05 a.m. in the Guinness traditional music tent.

Pony rides, face painting, Mr. Bouocety Bounce, and children's songs by Frank Jaklitsch will keep the wee ones entertained. Food and beer will also be available.

This is Irish 2000's first year at the Altamont Fairgrounds, where Nelligan hopes the festival will become a regular event.

"The facilities are big, the parking is no problem, the power is close to the tents, and the staff is wonderful," he said.

Irish 2000 will take place, rain or shine, from 10 a.m. to 11 p.m. at the Altamont Fairgrounds on Route 146 in Altamont.

For information, contact the Albany Hibernians at 1-888-1fest or visit their web page at www.Hibernians.com.
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Clinton

(From Page 1)

today belongs to that category of "where were you when" memo- ries. I don't remember where I was when he was shot, but I remember Kennedy's funeral. I remember being at work and learning from the guy in the mail room that Nixon had resigned. I remember being home with my children and learning the lurid details of an affair that could eventually bring down the last president of the millenium?

Being home with the children, that's the key, and that's what is so moralizing about this thing. I want to call the President on the phone and say, 'Hey, Bill, I'm trying to raise a family here. It's a hard job, and you're not making it any easier. Maybe in that village where you raised Chelsea, it was easy, but out here on the front lines it's a complex and tiring job.'

Most of us are trying to work, be involved with our children's schools, get to soccer practice on time, make sure homework gets done, get some sort of dinner on the table and have a few minutes with our children before bedtime.

There are so many things parents have to pay attention to—are our children getting 30 to 60 minutes of physical activity five days a week? Are they getting enough anti-oxidants and beta keratene to prevent cancer when they're adults? Are their classmates carrying guns? Is whole language really better than phonics? Will they have sex as teen-agers and end up pregnant, or worse, with AIDS?

Sex. Well, Mr. President, you've rushed a lot of timetables on that front. We sugarcoated it for our young kids by saying that you had girlfriends, something a married man really shouldn't have. I know one mother who considered telling her children that oral sex is what you talk about it.

You've set a really bad example for those of us trying to teach our children that sex is for people who really love each other, and that people who love each other treat each other respectfully and honestly. Our TV is turned off those days, because you never know what you might hear on the news, but older kids with more autonomy are picking up on earful. How many teen-age boys figure that if it's OK for the president to use a woman half his age for his own pleasure, there really can't be that much wrong with it? And girls, grappling with the power and confusion of changing bodies and raging hormones—how are they supposed to feel about this mess? Mr. President, you really should have told Monica that she was a young woman with her whole life ahead of her who deserved a caring relationship with a man her age. What if, Billy boy, this were Chelsea and one of her professors?

The sex part is disgusting, reprehensible, self-serving, etc., etc., but I'd like to borrow a line of yours and get to the heart of the matter, Mr. President. It's the lying, stupid.

I keep seeing you wag your finger in our faces and tell us you didn't have sexual relations with that woman. I didn't believe you then, but now I'm just livid with you, and it's because of my children.

The main thing we try to teach them every day is that honesty is important and that actions have consequences. It's a thankless, never-ending job, but we have to stay with it. If you hit someone with a toy, the toy gets taken away. If you can't speak politely to me, you can't be with me. If you don't study for your spelling test, you won't get many right. If you don't brush your teeth, you'll have to get a shot of novocaine right in your gum before the dentist fills the cavity.

If you lie...well, Mr. President, you've made that one tough for us. If you lie, go on national TV and bite your lip, maybe you'll be forgiven? If you lie, and hire a team of lawyers, maybe you can redefine the meaning of your words? Oh, yeah, those are examples I want my children to see.

It might be too late to look to you for leadership, but we could ask you to think carefully about your words and actions in the next few weeks. You're a smart man, but we're not smart people, and we're starting to feel a little used. Please don't get your lawyers to further lie and distort the truth. Be honest for all the kids in this village we call America.
Room design by Interior Expressions of Bayberry Square in Latham
Far left, this three-quarter bed and bureau were purchased 15 years ago at an antique store for $125. They are now worth three times that amount. Left, this marble top table would work well with any decor. It is a family antique three generations old.

**Antiques:** A decorative investment

By Kathryn Caggianelli

The charm of a cozy bed-and-breakfast lingering long after your stay. The reason for that might be the furnishings, according to a local entrepreneur. 154B Delaware Ave. Their love of antique shows or estate sales. Today, they do shows in Brimfield, Mass. and are a little more picky about what they’ll buy. But the fact that antiques appreciate rather than depreciate has served them in good stead, said William Johnson. "Over the years I have always told young people that before they spend $3,500 on a bedroom or dining room, they should try to find a Victorian set that might run them one-third that price but will only go up in value," he said.

Floor coverings are also worth considering. "A good oriental rug that you’ll pay $2,000 for now will wear like iron and will be worth $5,000 - 6,000 if you ever want to sell it," Johnson said.

Young people should consider these things an investment, he said, adding that today’s furniture usually comes with cardboard backing and little charm. "I buy exquisite furniture and glassware like R.S. Prussia, Lomoges and the fancier Nippon," he said.

He’s always in the market for marble-top dressers and tables where your treasures came from one room in your home, consider invest-ment. A decorative marble-top tables, leaded board backing and little charm. he suggests, but go with antiques for everything else.

Still, Johnson encourages people to look around at shops and shows before making a large purchase. Sometimes you can even happen upon a beautiful item at a bargain price.

Keep the appliances modern, he suggests, but go with antiques for everything else.

"That is unless you don’t like the look of antiques. Another great thing about them is you’ll always have a story to share where your treasures came from," he said.

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**Do-it-yourself tips on Internet**

Put yourself on-line. That’s what many home DIYers are doing to find all the information they need to start and complete home and garden projects.

The Internet is proving to be a valuable resource for do-it-yourselfers.

Among the Web sites you may want to bookmark is www.ryobi.com, where Ryobi has logged plenty of helpful information about the company’s power tools and lawn and garden products.

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**Do-it-yourself tips on Internet**

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New upholstery is worth the effort

By Donna J. Bell

Why Reupholster a Piece of Furniture When You Can Go to Any Home Furnishings or Department Store and Purchase a Brand-New Stylish Couch or Chair?

Michael Sirois, the proprietor of Capital Upholstery in Voorheesville, cites several good reasons to update your old furniture. For example, you may have an original piece you really love or an heirloom that has sentimental value for you or your family.

Or you may want to avoid the hassle of trying to find a new piece that fits into your home—especially if the space you need to fill is extra small, large or angular.

The convenience of home shopping is another reason. Dianne Wozniak, a sales and decorating consultant at Capital Upholstery, says that you can expect your upholsterer to offer many beneficial services.

"We go out and meet the person at their home to see the furniture," Wozniak said. "When you are in the house you get a feeling of the style of the house that people are comfortable with. You can match the colors to the wood or the home décor."

Once the consultant has seen your piece of furniture and you have discussed options and fabrics, you will receive a cost estimate for work. The price to reupholster depends on many factors including the condition of the piece and how much needs to be replaced inside (springs, wood or foam). Another variable would be the quality and amount of the fabric you choose or if the couch has multiple cushions.

"Working on a newer piece keeps the price down," Wozniak said. "Other times all we get to work with is a frame and a bag full of springs."

Dave Oberting of Roth-boards in Voorheesville, feels that much of the older furniture people now have in their home is made with superior materials.

"Furniture is not the same quality as it used to be. You can tell the quality of a piece of furniture by its weight," Oberting said. "What customers are getting when they reupholster is their well-made piece with new materials of their choice on that construction."

Oberting says that customers are often amazed when they get their furniture back.

"We can change the style, build the back or the arms out if they want to update the furniture to today's styles," said Oberting. "We've been in business since 1925 and we have done some customer's furniture four or five times over the years."

Repairs to your furniture are more than just cosmetic. Shaky joints should be repaired and scratched wood surfaces refinished. Coil springs can be retied, padding replaced and cushions restuffed for better comfort. You can also choose to have stain-resistant treatment applied. Expect to have your piece returned to you in two to three weeks depending on the amount of work it requires.

Once you have your "new" couch, sectional or recliner back in your home Wozniak offers a few suggestions to keep looking like the day it came back home.

"Vacuuming helps a lot," Wozniak said. "Once the soil gets in it acts as an abrasive. Keep it out of direct sunlight to prevent fading, if it fades enough it can break the fiber down and, keep pets away. Upholstery proves the adage "everything old is new again."

Smooth top ranges offer easy clean-ups

It's no longer your mom's kitchen. Even if the design chosen for your kitchen is cozy and traditional, today's appliances can make clean-up much easier than when you helped Mom lick the cake batter off spoons.

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Painting or wallpapering – what’s a homeowner to do?

By Bill Fonda

Among the most important decorating decisions people can make is whether to paint or wallpaper their walls, but which one is best?

Gil Flansburg of Delmar, who performs both painting and wallpapering services, said painting is generally more expensive, but is faster and offers more flexibility.

"Painting can enhance a room a lot if you coordinate your colors right," he said.

For people who choose to paint, Flansburg suggested getting help from a painter or paint store to help ensure a well-coordinated job.

Although wallpapering can save money, Flansburg said hiring a paperhanger could actually make it more complicated because the wallpaper needs to be removed.

To do so, mix glue-thinner with lukewarm water, spray it on the wall and let it sit for five minutes. The backing will peel off after a second spraying, but Flansburg said, "You've got to douse it pretty good."

The paste can then be washed off with the thinner or warm water and then the wall is ready for painting.

Left, this bedroom is heavily wall-papered, and the repeated pattern gives it an intimate and inviting look. Above, this wallpaper pattern is Grandeur’s Pageantry Scroll, a refined design in a buttercream color that will mix well with checked or striped fabric.

So what would Flansburg, who has been in the business over 25 years, recommend?

While he said consulting with a decorator is useful either way, Flansburg does not favor one over the other.

"It depends on what kind of decorative ideas you have," he said.

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Standards and innovations in bathroom design

Less than a hundred years ago, most Americans went without many bathroom conveniences. According to Reeve's Journal of Plumbing, Heating and Cooling, only five percent of the homes in America contained a bathtub in 1930.

practical aspects of bathroom life, the most challenging of which was the disposing of toilet waste water—a problem that vexed societies for centuries. Coinciding with this challenge was the much broader and even more challenging aspects of installing modern sewer and water systems in towns and cities across the United States.

One of the earliest records of American Standard's 'innovative' heritage dates back to 1885 when Thomas Maddock's Sons Co., New Jersey manufacturer of sanitary pottery ware that was later acquired by American Standard, produced the first vitreous china lavatory. Vitreous china is a type of condensed china (pottery) that forms the basis for most toilets and bathroom sinks today. Thomas Maddock also is credited for being the first person to successfully marry a toilet with a flushing water supply line.

"Vitreous china was revolutionary," Vecchio says. "The key was the glazing process which made it imperious to bacteria and staining. It dramatically reduced health problems."

In the early 1920s, American Standard pioneered a combination fitting that for the first time allowed hot and cold water to mix together through one tap. Later, in 1928, American Standard introduced the first built-in bathtub with an integral apron. This development led to the replacement of many claw-foot bathtubs, which were smaller and more difficult to clean.

The company also was a pioneer in marketing color plumbing fixtures, which hadn’t been available until the late...
Baths

1920s. Before then, bathroom fixtures were available in white, white and white, according to Gail Casky Winkler, author of the 1989 book, The Well-Appointed Bath. The efforts of American Standard and other bathroom fixture companies forever transformed the bathroom — it actually could be a room that one could enjoy.

Like most American manufacturers, American Standard shifted its operations in support of the Allied war effort during World War II. Following the war, American Standard created a new breed of bathroom fixtures that met the demands of millions of new post-war homes.

As the size and quantity of new homes expanded, so did the number of bathrooms in each home. By the 1960s, powder rooms were commonplace and master bathrooms were a popular feature in larger homes.

A Ahead of its time

Many of today's most popular bathroom amenities — including whirlpools and steam rooms — were actually first introduced by American Standard. In fact, American Standard was often years ahead of its time.

Invented by American Standard in 1969, the whirlpool consisted of a pump system with one main jet that created invigorating water action. However, the product was abandoned for lack of consumer interest. The whirlpool was revisited and popularized by a number of companies in the late 1970s.

Today, American Standard offers a full line of whirlpools. The Shower Tower also was ahead of its time. Introduced in 1969, the Shower Tower featured dual adjustable fixed showerheads plus a hand-held one — all integrated into a pre-plumbed wall system. The Shower Tower also included a pressure balanced system that for the first time prevented unanticipated scalding (a feature that later would be mandated by local, state and national housing regulations.) It wasn't until the late 1980s that multiple-head shower systems became popular.

A tradition of innovation

One of American Standard's most popular innovations came in 1963, when the company marketed its toilets with the Vent-Away (TM) feature, which vented unpleasant odors with a jet-water action with the press of an actuating button on the side of the toilet bowl. The Vent-Away feature was popular until new water conservation regulations forced its discontinuation.

American Standard also was the first to develop an alternative to rubber facet washers. In 1968, the company pioneered Ceramic Disc Valving, the plumbing industry's standard for drip-free faucets.

Another pioneering break-through occurred 20 years later when American Standard introduced Americast (R) as an alternative to cast iron tubs and sinks. Americast is a patented...
process that bonds a lead-free porcelain surface to a metal base and a structural composite backing. Americast sinks and tubs have become so popular that American Standard stopped manufacturing cast iron tubs and sinks in 1997.

Not all American Standard innovations have been as practical as Ceramic Disc Valving or Americast. For example, American Standard's Ambiance 2500 featured Senso-r - an electronic bathing system offering the ultimate in bathing pleasure. Corresponding with the growing use of computers and home electronics, the Ambiance 2500 was introduced in 1988 as a concept product. Just a few were sold, but oh what they received - a bathtub wired with a telephone, TV and stereo system. The Ambiance 2500 even featured a closed-circuit TV system that allowed the bather to see who's at the front door. And, with the press of a few buttons on the telephone, the Ambiance 2500 could be instructed to fill the bathing pool from any location (imagine having a hot bath awaiting at the end of a long hard day).

Bathroom of Tomorrow
"As we go into the next century, our challenge is to make the bathroom less sterile and more a room that is in keeping with changing lifestyles and designs," says Lance Nordell, team leader, chinaware at American Standard. "Consumers can expect to see bath fixtures more closely reflect the design themes of the home." Nordell says bath decor will be warmer and friendlier.

American Standard has responded to these trends with the recent introduction of new collections like the Savona (TM) and Reminiscence (TM) collections; which reflect home design themes such as traditional, vintage or contemporary. "Bathrooms should be practical, but they also need to be comfortable havens," adds Nordell. "And that's why we're constantly seeking to enhance the performance, quality and design of our products."

As for functional aspects, the quest among American Standard's engineers and other bathroom fixture manufacturers is to ensure that 1.6-gallon toilets, as regulated by national housing regulations, flush like the 5- or 3.5-gallon toilets of yesteryear.

Above, this modern bath retains an old-home feeling while using the latest in bathroom fixtures. Right, this bath features a large, multi-headed shower.

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Don’t lunch on my landscaping! Homeowners find safe ways to keep deer, rabbits away

As small towns grow bigger and new residential developments continue to infringe upon previously unpopulated areas, the incidence of deer and rabbit damage to homeowners’ trees, flowers, and vegetable gardens is sky rocketing across the country. Commercial tree farms and orchards are dealing with the problem as well.

“As people move further into the country, our new homes start to encroach into the territory of the deer and rabbits; not to mention elk, moose, antelope and other grazing animals,” says Amar Grewal, president of ASG Consultants, makers of a non-toxic, completely natural product that repels animals from landscape foliage. “Our goal has been to produce an effective and cost conscious animal repellent that will keep the animals from eating the landscape of the homeowner without hurting the animals.”

The product, exported from British Columbia, Canada, keeps grazing animals away from trees, shrubs, flowers and other food sources typically found in a homeowner’s yard. “We recently started using Repellex and the results were almost immediate,” says David White, president of Inland Environments of Hilton Head Island, S.C. “It’s been reported in recent national news coverage that the deer situation on Hilton Head Island has reached epidemic proportions, and I can’t agree more.

“Beautiful blooming plants and shrubs are planted one day, and they are gone the next. When we tried this product, reports began coming into our office almost immediately of deer actually taking a few sniffs, turning up their noses and walking away,” White said with a smile.

According to Grewal, it is important to use any animal repellent before the problem starts to get out of hand. He recommends applying liquid animal repellents when it is calm and there isn’t a chance of rain for the next few days. This gives the product a chance to dry and set on the plants. Don’t use repellents on vegetables or fruit that is intended for human consumption. If you spray an apple tree or a vegetable garden, the deer won’t eat your fruits of labor, but you won’t either.

Always wear gloves when applying repellents, and don’t spray when it is windy. Even non-toxic repellents will leave a foul taste it in your mouth if they come into contact with your skin. Don’t touch your lips with your gloves, either.

It is important to note that repellents won’t stop deer from rubbing their antlers on the trees to remove their velvet in the fall, although the odor may be strong enough to prompt the animals to choose another rubbing post. Grewal adds that because Repellex is effective on evergreens as well as deciduous trees, it will slow or stop the damage incurred by porcupines, too.

In addition to trees and shrubs, finding an effective animal repellent for flowers can be tough. Sweet flowers in the spring can be a treat for browsing animals, as Cullen Gardens and Miniature Village in Whitby, Ontario, Canada knows.

“We produce 70-80 thousand tulips for our spring festival, and we had a terrible time keeping the deer away from this food source,” Garden Designer and Horticulturist Rowland Cave-Brown-Cave wrote in a letter. “We tried Repellex in a test area and instantly the deer stopped feeding in this area. With this, we applied it to all of the tulips and had little or no damage. And when I say little, I mean we had a 98 percent control on the feeding. Another great thing about this repellent is we only had to apply it once. It saved us a lot of time and money in that regard.”

“Repellex comes in two forms, a latex based liquid that is mixed with water and sprayed on the plants that are being damaged or that will be eaten when other food sources are gone, and a tablet that is placed below the surface of the soil,” Grewal said. “The tablets are systemic and the product is taken up through the plant’s root structure into the tissue of the plant. The tablet works well for the gopher and mole problems some rural homeowners have, as well as for deer and rabbits.”

Repellex is available in the United States from Specialty Garden Supply, Inc. based in Colorado Springs.

“We have carried many different products to deter predation from the deer and other grazing animals that can stunt the growth of trees and in many instances kill young trees,” says Paul Warnecke, warehouse manager for Specialty Garden Supply.

“Our Repellex customers are amazed at how quickly it works and how effective it is on the trees and flowers. For gopher or other under ground rodents that bother young trees, I don’t know of another product that will keep the critters away without killing them, Warnecke said.”

Latex-based Repellex will last up to four months. One quart provides a gallon of repellent spray when mixed, which will cover about 100 four to five foot trees. The tablets last about the same amount of time, and are used at a ratio of three to one tree.

If you would like information about Repellex, call Specialty Garden Supply at 1-800-635-8969 or visit their Web site at www.rmausa.com.

While you may have moved into deer and rabbit territory and probably enjoy seeing them around, your yard doesn’t have to serve as their dinner table any longer.

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Spotlight Newspapers / FALL HOME IMPROVEMENT
Carpeting for comfort

When it comes to comfort, there's no place like home for today's busy dual income families and working single parents, a national survey reveals.

An independent national survey commissioned by the Carpet and Rug Institute (CRI) shows that more than half (53 percent) of families polled say they spend most of their time together in the living room. The survey shows that while the living room is a favorite room in the house, many would like to improve it:

- Almost all homeowners (94 percent) say they would make at least one change in the furnishings of their favorite room.
- Three in four people (74 percent) say they would spend most of their time together in the living room.
- Eighty-six percent of those surveyed say they look for comfort, durability, and ease of maintenance in home furnishings. Additional findings show the following:
  - One in three Americans say they would select blues and greens when redecorating with carpet.
  - The television has become the home's electronic hearth. Ninety-one percent of Americans polled say watching television is the most common activity in their favorite room. Eighty-four percent say they simply spend time together there, and 76 percent say they entertain friends in their favorite room.

Wiping out wiring messes

Some homeowners today are feeling increasingly wired about the increasing tangle of electrical wires it takes to make a home run smoothly.

In many rooms, especially home offices, kitchens and entertainment centers, the amount and complexity of wiring is rapidly increasing.

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- Conventional in-the-wall wiring can be difficult for do-it-yourselfers to install, but there is another solution that detangles wire clutter-on-wall wiring.
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For information, write The Wiremold Company, P.O. Box 5000, Bristol, CT 06011-5000, or visit their website at www.wiremold.com.
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Expires Oct. 17, 1997
The latest innovation in heating your home

The Toystove Laser Unit is the latest design in high-tech heating systems. The Laser is the first economy of kerosene heating major advance designed to give the convenience of central heating. It's a heating system to combine the maximum comfort and control. Weighs almost 99 pounds and is 28 inches high. Approximately capable of heating an area 27,000 BTU/hr on low. 2,000 BTU on medium; and, 15,000 BTU on high. The Laser's unique pipe-within-a-pipe forced flue venting system requires that it be placed by an exterior wall. The outside pipe of the venting system brings in outside air for combustion while the inner pipe exhausting all combustion by-products to the outside. The heat is removed through a heat chamber by a circulation fan. The result is smokeless, odorless, and clean heating with 93 percent efficiency. To put this in perspective, oil is 60 percent efficient, gas is 65 percent efficient and woodcoal is 50 percent efficient. Also, the heater is equipped with a flame rod sensor, an overheat protector and a fusible link valve for safe heating.

The Laser's large circulation fan distributes heat quickly and evenly. It automatically regulates between low, medium and high temperature settings and turns itself off when the desired temperature is reached. The design of the unit is such that it never becomes hot to the touch and poses no danger of burns to children or pets.

It has a power failure recovery system, a shut-off safety system, temperature and clock display and a set-back thermostat. Operation of the Laser heater can be manual or automatic. Automatic operation is established by programming the time and temperature settings. It also has a set-back mode designed for energy efficiency by automatically deferring to a lower temperature setting, generally at night.

Although the unit is perfectly capable of heating entire homes, it is ideal for large additions, basement conversions, vacation homes or apartments. If you would like information on Toystove Laser heating units, call Connections, Etc. of Delmar at 475-1328.

This diagram shows the Laser's pipe-within-a-pipe forced flue venting system. The outside pipe brings outside air for combustion while the inner pipe exhausts all by-products to the outside, creating odorless, clean heat.

Tips to help find right pros

Your home is likely to be the largest investment of your life. So when the time comes to make repairs, you'll want to hire a contractor who is professional, trustworthy and courteous, rather than the first handyman who happens along.

The National Association of Plumbing-Heating-Cooling Contractors is a trade association for professional plumbing, heating, and cooling contracting firms, is a good source of consumer information that can help you check out a prospective company. The association offers these tips:

- Find out how long the contractor has been in business. Is this the contractor's primary business or is the work done on the side?
- Ask if your town requires plumbing, heating and cooling contractors to be licensed. If so, know the contractor's license number. Call your local consumer affairs department or building commission to check the record of the contractor.

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Spotlight Newspapers: FALL HOME IMPROVEMENT

PAGE 12 — September 23, 1998
Do-it-yourself tips on Internet

Put yourself on-line. That's what many home do-it-yourselfers are doing to find all the information they need to start and complete home and garden projects.

The Internet is proving to be a valuable resource for do-it-yourselfers. Among the Web sites you may want to bookmark is www.ryobi.com, where Ryobi has logged plenty of helpful information about the company's power tools and lawn and garden products.

Power tools
In the power tools category, net surfers will find the complete tool company catalog, project tips and an on-line forum to share ideas and pick-up tips from other power tool users.

Lawn and garden
Lawn and garden enthusiasts can log on to find a complete catalog of lawn and garden tools, as well as lawn care tips. Wondering what the weekend weather will be like? Log on to find the forecast for any part of the country.

Feedback
Both the power tool and lawn and garden Web sites offer direct e-mail to customer service representatives. Want to know which power tool is best for the job? Want to know where to find the new 4-Cycle trimmer? Just ask.

Now, much of the information you need to make your home your castle is right at your fingertips. To log on, type www.ryobi.com.

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For information on foot safety, call the United States Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555.

For a free brochure, You And Your New Pup, call the American Animal Nutrition Center & Hotline, 800-525-2451. To find out if the Shepherds can help a child you know or if you would like general information, call 1-800-232-5050.

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Does your house need a new roof?

For homeowners who need to replace their old, leaky roofs, there are a myriad of options available. Only one alternative, however, provides the optimum combination of strength and durability with a good environmental record. That's steel.

Thanks to the latest steel-making technologies, steel roofing offers an array of advantages for today's homeowners. And as a result, the popularity of steel roofing has grown dramatically. Thousands of builders are using attractive, durable steel for all types of single family homes, multi-family dwellings, retirement homes and affordable housing projects.

A roof made with steel is resistant to decay, discoloration and mildew. Other roofing materials can rot and crack during the winter freeze/thaw cycle, but not steel.

Steel is considered a green building material because it is 100-percent recyclable and produced in an environmentally friendly process. When used for roofing, steel saves valuable landfill space because it can be placed on top of an existing asphalt roof that would otherwise be garbage. (This also saves the homeowner money on labor to replace the old roof.)

Steel roofing provides numerous benefits:
- Attractive appearance: Painted steel roofs are available in a rainbow of colors to enhance the style and beauty of any home.
- Long-lasting durability: This increases the value of a home and leads to savings down the road.
- Superior wind resistance and fire protection: Steel is non-combustible and provides protection from wind-blowen sparks as a result of lightning or fireplace flashes.
- Lower energy bills: Light colors reflect heat in warm climates to provide a savings in cooling costs.
- The strength of steel is legendary, but many people do not realize that "The New Steel" is stronger than ever. Now anything made with steel can be made with less material and produced more cost effectively. Consider this: the new parameters of steel's strength are such that the Sears Tower in Chicago (one of the world's tallest buildings) could be erected today with 35 percent less steel than was needed when it went up in 1974. For information about steel in residential roofing, visit www.thenewsteel.org or ask a roofing professional.

How to pick the right door

You can dress up your home with a minimum of fuss and expense merely by changing your doors. But there is a staggering array of decorative door models to choose from. Each style lends a special personality to a room.

Do you know how to select the door that's right for the space and light requirements of the room? The experts at Wing Industries offer the following suggestions:
- Frosted glass panels provide privacy while allowing more light to flow into a room—ideal for the bedroom and bath.
- Decorative glass doors add interesting textures to the walls of a long hallway.
- Louvered doors help air circulate and are a good choice for laundry rooms or large pantries. They also provide "breathing room" to separate sections of a master bathroom.
- Mirrored doors are an ideal way to cover long expanses of wall space and make a small room seem larger and brighter.
- Café doors are a great way to divide dining rooms and kitchens, dressing rooms and bathrooms, and hallways and family rooms.
- French-style doors add elegance to a room and provide soundproofing while sharing light between rooms. Frosted models provide additional privacy.

Once you've selected the door style you want, then choose the door type. Bifold doors and sliders provide additional room in tight spaces. Solid passage doors provide better soundproofing, have a more sturdy feel and can be locked.

Next, if you are choosing a prehung passage door, determine the door swing you need. When the door opens toward you and the knob is on the left, it is a left-hand swing. When the door opens toward you and the knob is on the right, it is a right-hand swing.

Measure both the height and width of your finished opening in two places and record the smaller of each pair of measurements. Many doors are stocked in standard sizes at your local home improvement store. If not, they can be special ordered.

Cure for an indoor-winter's day

The approach of colder weather may revive memories of cozy evenings with storytellers, hot chocolate andlogs blazing in the hearth. But for many, the falling mercury also signals the return of dry skin, nosebleeds and sore throats.

Cold weather is not the cause of these ills. Too dry indoor air is. As soon as the thermostat changes the furnace, your heating system starts warming and drying the air in your home. Before long, the air in your home can be drier with relative humidity as low as 10 percent. (Compare that to the 45- to 60-percent average relative humidity in the Sahara Desert.)

When the air in your home is that parched, the air literally robs moisture from your body. Your skin and the membranes in your nose and throat can develop microscopic cracks. These open cracks can lead to itching, dry coughs and nosebleeds, all of which increase your risk of infection from viruses or bacteria.

Proper indoor humidity is important year round. Honeywell, a leading provider of home comfort products and systems, recommends maintaining an indoor relative humidity of 30 to 50 percent.

- A growing number of homeowners have cured dry indoor air with a simple, effective solution: a whole house humidifier. As a companion to your heating system, whole house humidifiers circulate moistened air throughout the house. The most popular models from Honeywell need little attention or maintenance: no filling, no cleaning, just an annual replacement of the humidifier pads.

- Getting control of indoor humidity can help you stay healthier and more comfortable this winter. It can also help you save money. A home heated to 68 degrees at 35 percent relative humidity feels as warm as a home at 72 degrees and 50 percent relative humidity. With humidity control, you can lower the thermostat three degrees and cut your heating bills up to 5 percent.
Help for the homeowners biggest challenge

S o you’ve decided to take on the most challenging of all home improvement projects: painting your house’s exterior.

What you’ll find is that the most challenging part of the job may not be dangling from a 25-foot ladder or scraping away of years of peeled paint, but rather selecting what kind of paint to use.

Fortunately, one aspect of the paint-selection process has just been simplified with the introduction of regional, climate-specific paint from Dutch Boy.

“If you live in Miami you need a paint that protects against harsh UV rays and humidity, not freezing temperatures. But those in Kansas do care about wide temperature swings and the seasonal weather extremes,” said Tom Rapps, brand manager for Dutch Boy Paints. “Of course you want beautiful color, but you also want a paint that won’t crack or warp.”

Doing something about the weather

Sensing the need for a paint that combats the varying — and extreme — weather conditions that batter homes throughout the country, Dutch Boy launched Climate Guard, an exterior paint that is actually five different paints that claim to be all weather.

Climate Guard, formulated to address the particular weather-related problems of a certain area, says Rapps. “What works against the blistering sun in one place may not be the best defense against daily downpours somewhere else.”

The need for climate-specific paint

The fact is, you need a paint that not only adds value to your house and makes your neighbors green with envy, but addresses the specific weather conditions faced by your home’s exterior.

In the past, homes in soggy Seattle were getting the same protection as those in sun-baked Phoenix and those along the muggy Carolina coast. It became obvious that American homeowners needed more choices in selecting paint than just between hues and shades of color.

Developed with the help of meteorologists, Climate Guard protects against the harsh climates in the country’s five geographical regions: Northwest, Northeast, Southeast, Sun Belt and Heartland.

Climate Guard Northwest resists blistering and peeling caused by heavy rainfall; the Northeast version provides a mildew-resistant coating and won’t crack or peel under wide temperature swings; the Southeast contains mildewcides and algacides to battle periods of extremely high humidity; the Sunbelt is formulated to withstand damaging UV rays; and the Heartland is made to prevent cracking and peeling when houses expand and contract as the mercury rises and falls.

Spinning the color wheel

If the process of choosing a climate-specific paint has been simplified, the same cannot be said for color selection.

Choosing what color to paint your exterior is not as simple as black and white, as homeowners are faced with a full spectrum of questions.

Do you want a conservative facade or one that shows your true inner psyche? Do you want dark colors that make your house look larger, or light colors that make it seem smaller? How will it mesh with you lawn and neighboring trees? And how will it look compared with the rest of the houses on the street?

“As you begin a house-painting project, think first about the colors that make you feel comfortable and fit in nicely with your surrounding environment,” says Rapps.

Ask yourself if you prefer cool, restful sea colors, warm earth tones, energetic hues or restrained neutrals. And no matter which you choose, you can always accent them with totally different trim colors to make your house stand out or sit back.

“You’ll probably want to emphasize features such as the front entry and windows with contrasting colors. Using several hues — one for the door and shutters, another for window and door frames — personalizes your exterior,” Rapps says.

Color makes your house fit in or stand out

Also, consider your home’s “color giver,” such as the roof and masonry or metal trim. These can be viewed as separate and distinct palettes that stand out on their own, or as surfaces that can blend in nicely with the overall look of the house.

If your yard is heavily landscaped or wooded, you will need to use some special considerations.

A house that is heavily trees will seem to disappear if painted in light-absorbing dark colors. It’s best to save dark colors for houses that tend to dominate their setting and get plenty of sunlight.

Let the colors of the foliage and surrounding landscape guide your color selection. A coral pink house looks out of place in a New York suburb, but appears fresh and breezy set against an azure sea.

Faded pink or orange pastels would settle comfortably into a desert climate and Midwestern palettes need to mix well with a verdant lawn in summer, blazing autumn foliage and winter’s snow-white backdrop.

For any paint question, call the Dutch Boy help line at (800)600-3269.
For $1,800, I wanted something bigger

By Katherine McCarthy

By the second autumn we owned our house, some truths had become evident. The beautiful woodwork around the windows would not be Murphy Oil-soap every week, and the curtains wouldn’t be washed until they were grimy or my mother was coming to visit.

However, I vowed, the structure and the machinery in the house would be maintained—mostly because those things involved only a phone call on my part to summon the requisite guy. Did you ever notice that?

“Better call the plumbing guy, the Dano won’t unclog the sink.” “Let’s get the chimney guy out so we can build a fire tonight.” “The roof guy is coming over later.”

So here it was, December, and the chimney guy had come and gone, and now it was the Furnace Guy’s turn.

We’d chosen Family Danz for the simple reason that their sticker was on the furnace, they were local, and I hadn’t heard anything bad about them. Their maintenance check the first year we bought the house yielded no problems; now, two weeks before Christmas, I expected the same.

“Well,” the furnace guy said when he emerged from the cellar, “you’re emitting really high levels of carbon-monoxide.”

Not what you want to hear when you have two young children, a dog, and Christmas dinner planned at your house. Action was required.

“What does a new furnace run?”

“Well, around $2,000, but,” he added quickly as my face blanched, “you’ll recoup those savings almost immediately in fuel savings.”

As yet unwrapped Christmas presents were hidden under our bed, in our closet, and being shipped to my mother-in-law’s house even as I received the news that we’d need to shell out even more money so that our house wouldn’t silently kill the extended family passing around the turkey and the pumpkin pie.

An hour later, we were sealed, I was ashamed to make sure the carbon-monoxide detector was placed next to the chimney and had fresh batteries, and I called the Husband Guy.

“Oh, yeah,” he said calmly, “when the engineer inspected the house, he said we’d need a new furnace pretty soon.”

Well, that had gotten by me, but here we were, I started calling for estimates. I also called the engineer (why does he get to use his title, and not just be a Guy?), plus an architect friend for advice. The money seemed bound to go up in smoke: both advised a new furnace.

On the last day of the year, two Furnace Guys came, shut everything down, and clanked away in the basement while, inspired by the structural work happening below, I washed windows and dusted woodwork. By 3 p.m., it was cold in the house, and I thought about roasting a chicken just to warm us up.

By 4 p.m., they were done. “Come see it,” the furnace guys invited me. They looked proud of their handiwork. “Isn’t it great? It’s small and compact compared to the other one.”

I laughed. “For $1,800,” I said, “I kind of wanted something huge and shiny.”

They looked at me oddly and showed me all its features, including a brand-new thermostat in the dining room, which we could program to go to certain temperatures at certain times. They set it at 78 degrees, and an hour after they were gone, the children were down to t-shirts, and I was wishing I’d sent out for pizza instead of heating my oven.

I put the thermostat back down to the 65 degrees we proudly kept our house, and discovered that our old thermostat must have been off by quite a few degrees, as we were soon freezing again.

When we went to bed that night, there was a new sound in our upstairs bedroom: heat was actually getting up to the radiators. That, too, would take some adjusting, as we’d grown to like burrowing under our down comforter in the Arctic chill of our room just below the roof.

I’d set my new fancy thermostat for 68 degrees at 8 a.m., imagining us waking up to a cozy house. At 8:15, we threw the covers off, irritated at the light sweat that the new furnace (and a little New Year celebrating) caused.

Change comes hard, but within a week, things were going well—55 degrees at 11 p.m., 65 at 7 a.m., 62 at 8 a.m., 68 at 3:15 p.m., as the house heated and cooled to the rhythms of our needs. And the utility bill did go down; in a mere six years, I’ll bet we recoup the cost of the furnace.

Minus, of course, the servicing, which it’s time for once again. “Check it now, before there are problems,” Jack Hogan of Crisafulli Brothers said.

I expect an uneventful check-up. Which is good, because the dishwasher I’ve been making a weird sound lately. Anybody know a reputable dishwasher guy?

The $1,800 furnace—a trip to Disney Land would have been more fun.

Katherine McCarthy

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Local company offers home safety seminar

A new concept in home safety is currently being offered in the Capital Region through an innovative company called American Safety. American Safety was created in January of 1997 by Loudonville resident and safety specialist Jeff Malo. Since then, American Safety has been offering home safety seminars to groups of homeowners on such topics as fire prevention, burglary, crime prevention and basic home safety.

Several endorsements from local and state organizations praising American Safety’s accomplishments have helped boost its reputation.

“This course is a great way to help educate families on how to prevent, minimize and react to emergency situations in the home,” Colonie Police Chief John Grebert said.

American Safety is in turn working with these organizations to get legislation passed in New York State that will allow a percentage reduction in homeowner’s insurance premiums to participants attending a home safety course certified – through the state Insurance Department.

Most Americans credit their knowledge of home safety and fire prevention to their early elementary school education. In many cases, limited knowledge is not enough when an emergency situation arises.

“The Residential Home Safety Bill will provide the appropriate incentives for families to take more action and attend a home safety course.”

Looking ahead into the new year, Malo has high hopes for the upcoming 1999 legislative session, in which he is counting on more support from the insurance industries who pride themselves on the importance of prevention.

“Every New York state homeowner and their family should be given the opportunity with an added incentive to help make their neighborhood, homes and family safer,” he said.

The Residential Home Safety Bill is sponsored by State Senator Guy J. Velella and Assemblyman Ivan C. Lafayette. In the 1998 Legislative session, this bill carried the forward to one American safety course being held in the area. It will take place Wednesday, Nov. 16 at 7 p.m. through the Knowledge Network. The fee is $6 per family and covers all necessary materials.

Call 438-5669 for reservations and location site.

Anyone who favors the Residential Home Safety Bill and would like to see this bill become state law can contact either Senator Velella at 455-3284, or Assemblyman Lafayette at 455-4545 or their local legislator. Views can also be expressed at the American Safety Web site at http://members.aol.com/amsafety/home.htm.

The uniqueness of the program is that it serves the needs of the entire family as a unit, not just adults. All family members are invited to attend and the success of the course is greatly influenced by the participation of all family members.

Support of many lawmakers in both houses. It passed unanimously in the Assembly but was never brought to the Senate floor due to time restrictions.

With the approval of such legislation, and a possible incentive ahead of the program, Malo said things are looking really good for the American Safety program and the future of family safety in New York. This fall, the public can look for support of many lawmakers in both houses. It passed unanimously in the Assembly but was never brought to the Senate floor due to time restrictions.

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Tile walls need strength beneath the surface

Planning on remodeling that old bathroom, maybe even adding a Jacuzzi? If so, there is a good chance you are considering using ceramic tile. After all, tile delivers an upscale designer look, it's exceptionally durable, and easy to clean. But as the saying goes, beauty is only skin deep. Many an otherwise sound tile installation has been ruined because of problems with the wall surface behind the tile.

The key to any successful tile installation is to choose a substrate which delivers a strong, uniform surface and provides moisture durability so that the integrity of the wall or floor will not be degraded if exposed to moisture.

Years ago, the preferred choice for tile substrate construction was trowel-applied portland cement. Because of its core strength and moisture resistance, portland cement is an excellent tile substrate.

The only drawback with portland cement is that it is relatively difficult and time-consuming to install. The installation should be handled only by an experienced trowel-trade contractor; it is not a do-it-yourself job.

There is an alternative though, which provides virtually the same levels of water durability and structural stability as portland cement...and can be easily installed by either a remodeling contractor or proficient do-it-yourselfer. It's called DUROCK™ Cement Board.

Cement board panels, first introduced in the mid-1980s, have grown rapidly in market share over the past 10 years and are now considered the simplest and the best—means of ensuring a long-lasting tile application.

DUROCK Cement Board panels, manufactured by USG, are designed to be used as a primary or secondary substrate for ceramic tile. USG publishes a helpful illustrated brochure which provides step-by-step instructions for installing DUROCK Cement Board and ceramic tile. For a free copy, write to USG, P.O. Box 806278, Chicago, IL 60680-4124, or call 1-800-USG-4YOU. Information is also posted on the company's Internet site, www.usg.com.

DUROCK Cement Board panels are considered the best means of ensuring a long life for your ceramic tile installation.

Luxury mattresses are latest trend

The popularity of master bedroom suites and the search for a better night's sleep have spurred the latest trend in beds: the luxury mattress. Defined as sets costing more than $1,500, high-end mattresses are the fastest-growing segment of the market. Flashy, thick and covered in silky fabric, luxury mattresses lure consumers with the promise of ultimate comfort and an escape from hectic lifestyles.

"The bedroom has really become a sanctuary to people," says Janet Waddell, a Minneapolis interior designer. "More and more attention is being paid to the furnishings and function of the master suite. And the bed is the focal point, so people want something that is beautiful and comfortable."

One of the new luxury mattresses is the Imperial from Select Comfort, the leading manufacturer of air beds. Using air cushioning that conforms to the shape and curves of the body, air bed technology helps eliminate pressure points, resulting in less tossing and turning and a more comfortable, night's sleep.

The Imperial mattress is 13 inches deep, with three different layers of foam over Select Comfort's patented-design air chambers. The bed is covered with Belgian damask fabric in a vintage pattern and includes a cashmere-blend topspout. The price ranges from $2,250 to $3,000.

"When we introduced the Imperial in test markets this spring, the results exceeded our expectations," says David Beres, director of Product Management at Select Comfort headquarters in Plymouth, Minn.

"Consumers really responded to the luxurious look and feel of the bed. And people who purchased the Imperial had a wide range of income levels. The response to the Imperial confirmed for us that people place a high value on comfort and sleep, and they are willing to pay for it," Beres said.

Some luxury mattresses are priced as high as $7,000. Many come with longer warranties than standard innerspring mattresses.

Select Comfort air beds also feature the ability to adjust firmness independently on each side of the bed using a handheld control that activates a compact air compressor that sits under the head of the bed.

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Sound advice about speakers found on The Web

Searching for the proper speakers for your home theater system can almost be a science in itself.

Speakers that are too small might not do justice to powerful movie sound. Speakers that are too big could overwhelm you—physically and aurally—not to mention draw complaints from neighbors.

Fortunately, there are Web sites available to assist budding audiophiles. One of those sites, www.polkaudio.com, actually lets consumers "custom build" a home theater system to fit their needs.

All they have to do is type in variables such as the size of the room, budget available, what TV/VCR equipment is on hand and the Web site can come up with a solution.

The interactive, step-by-step site also offers choices, advice and information about speakers, as well as background on recent industry advances such as surround sound technology.

Home theater speakers can envelop listeners with incredibly lifelike and thrilling music, dialogue and surround effects.

The family will derive plenty of enjoyment from the movie theater caliber audio, and you will certainly enjoy having a top quality system.

For more about Polk Audio and its products, visit its comprehensive and innovative Web site at www.polkaudio.com, or call 1-800-377-7655.

Don't just weatherproof your home this fall. WEATHERPROOF YOUR MOOD! Fresh paint and window caulk are great for protecting your house, but they don't do anything to protect your family from the winter blues.

While taking the troops to the beach for a few weeks each winter might be ideal, it's not practical. But here is an idea that is: consider adding a sunroom to your home. The entire family will reap the benefits of increased light and it's always there when you need it (without the packing).

Nothing can create a cheery mood like a sunny day—right inside your home. Sunrooms fill the house with light and connect it to its earthly surroundings. The Europeans have coined these glass-walled rooms wintergardens, because they offer a refuge of spring and summer cheer year round.

A wintergarden, more commonly called a sunroom in the United States, is a glass enclosed room that creates a sunny haven in which to relax even when cooler temperatures rule the room. The most dramatic option is the all glass solarium with either a curved or straight eave roof.

An economical way to create a sunroom is by enclosing an existing porch or a patio overhang with rolling glass doors and windows. Sunrooms can also be built on an existing deck or concrete pad.

Another idea is to construct a sunroom on the outside wall of your home with a solid insulated foam roof. As an option, glass roof panels can be integrated into the roof systems. This will allow light to come into your home and provide a more open feeling in your sunroom. The most dramatic option is the all glass solarium with either a curved or straight eave roof.

Prepare your home to beat winter blues

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Drip, drip, drip means time for new gutters

LIKE MANY HOMEOWNERS, LLOYD AND DELORIS PORTERSETH REALIZED THEY NEEDED NEW GUTTERS WHEN THEY NOTICED THEIR OLD ONES LEAKING.

Leaking is just one sign that your gutters may need replacing. Other indications include: damage from winter ice, rust and/or peeling paint.

Basically, homeowners have two options when replacing gutters: do it yourself or have a professional company do it for you. "If you're going to do a home improvement project like this yourself, you need to purchase. Next, measure to determine the length of the downspouts and extensions and where they'll be positioned around your house. You can install vinyl gutters yourself, however they have a short life span and need to be replaced after a few years because they become brittle," Hanson cautions. "Make sure you purchase a sturdy ladder and have two or three people helping you, so you don't fall and injure yourself."

Lloyd and DeLoris looked at many options before deciding to hire a professional team to install their gutters. Lloyd thought about doing it himself, but quickly realized all of the work and time that was involved and began contacting professionals instead.

By hiring a professional team of installers to replace your gutters, you won't have to deal with all the worry, work and clean up that comes with a home improvement project, notes Jarod Whitley, gutter specialist with ABC Seamless, makers of seamless siding and related products. "Gutters are an essential part of the home," states Whitley. "Without them, you risk damaging your lawn and your home's foundation. Also, the moisture from the rain can warp and rot doors and window frames. The seamless steel found in ABC's Designer Gutter is durable and much stronger than vinyl. This design also carries more water than the average gutter, which helps reduce the chance of basement flooding."

As for new trends in gutters, the flip-up extensions are popular, because when you mow your lawn, you flip them up and secure them, mow the lawn and go back and flip them down again. This prevents the problem of extensions laying all around on the driveway and lawn and getting run over.

According to Whitley, the larger gutter is especially beneficial during downpours, because it carries the water away from the home faster.

For new trends in gutters, Whitley says, "The flip-up extensions are popular, because when you mow your lawn, you flip them up and secure them, mow the lawn and go back and flip them down again. This prevents the problem of extensions laying all around on the driveway and lawn and getting run over."

With their new seamless gutters in place, DeLoris says, "It's great we didn't have to do the work ourselves. ABC Seamless had the old gutters removed and the new ones installed in a day. Best of all, I never had to clean up the mess. They did it all."

"We drove around and looked at other houses to get ideas of what colors to use and what would look nice," says Lloyd. "It helped us feel confident in the color we chose. By redoing our gutters, it increases the value of our home. If a buyer came along and saw the improvements, it would be a selling point."

"After the job was completed, our friends and relatives commented on the color change and the clean, seamless look," adds DeLoris. "They asked where we got our work done, and now they're making improvements on their homes, too!"

ABC Seamless manufactures seamless gutters and seamless siding on the job site. The company also installs soffit, fascia and replacement windows on residential and commercial buildings. Based in Fargo, N.D., ABC Seamless has 125 franchises in 38 states. To find a franchise near you, visit the ABC Seamless Web site at: www.abc seamless.com or call (800)732-6577.

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