

Second bomb threat  
at RCS

○ See Page 3

Everything's coming up  
tulips in Albany

Senior Living

○ Supplement inside

# The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLVIII No. 13 75 cents

May 5, 2004

## EPA still considers town good for sludge

By KRISTEN OLBY

A plot of vacant industrial land along Bethlehem's riverfront continues to top the federal government's list of potential Hudson River dewatering locations, despite repeated public outcry from town officials.

Last Wednesday, the EPA presented a scaled-down list of three potential sites still being considered for use in the agency's six-year, \$500 million dredging project slated to begin in 2006. River sediment contaminated with PCBs will be shipped to the sites by barge or rail, processed to remove the toxins, and then taken to an existing landfill outside of the Hudson Valley, again by rail or barge.

The sediment will be extracted from a portion of the river near Fort Edward, where General Electric's manufacturing plants dumped 1.3 million pounds of PCBs into the Hudson over a 30-year period prior to 1977.

A 77-acre site along River Road in Glenmont, owned by OG Real Estate, has remained on the list, beating out dozens of other potential sites along the Hudson.

"This is one of those times that being a finalist is not necessarily a good thing," said Town Supervisor Theresa Egan, following the announcement. The selection of the site would greatly affect the town's ability to boost the tax base with commercial development, she said. "It may or may not be on the tax rolls but certainly it's not going to be available for

economic development."

The EPA has determined that the River Road site has sufficient usable space to construct and operate a water treatment facility, along with direct access to two active rail lines, CSX and Canadian Pacific, at the port of Albany. The land is located just south of the former Niagara Mohawk power plant,

and much of the property is filled with ash, which could present foundation challenges during design, according to the EPA. The land is a 100 year-old floodplain in close proximity to a known spawning area for the shortnose sturgeon. The EPA has said the potential for affecting the sturgeon will be considered in its biological assessment of the site.

With limited drawbacks, the EPA has found the site suitable for use as a dewatering location, in part because it is situated below the Troy dam near deep water.

"One of the possible ways to transport the dewatered sludge to its final disposal site is by ocean-going barge," explained David King, director of the EPA's Hudson River field office. The water near the site is between 25 and 30 feet deep, making it one of the deepest sections of the upper Hudson, according to the EPA.

The selection comes despite plans by OG Real Estate proprietor Victor Gush of Castleton to develop a multi-million dollar commercial hub known as Beacon Harbor. The complex — which would include a marina, luxury hotel, condominiums, theater, retail and office

economic development."

DREDGE/page 36

## V'ville board OKs \$1.3M budget

By MARTIN J. BANNAN

The Voorheesville village board adopted a \$1.3 million budget at its April 27 meeting. Mayor John Stevens said that the current tax rate of 66 cents per \$1,000 assessed property value remains stable because sales tax revenues are expected to be higher than previously thought.

Increases in expenditures include a 3 percent raise for village employees and the purchase of a snowplow, Stevens said, adding that next year the village might propose a slight increase in taxes to have extra funds for other capital expenditures.

BUDGET/page 35

## Robo-doc operates with new device

By KRISTEN OLBY

A retired schoolteacher from Selkirk is the first patient to successfully undergo an operation in the Capital District that used a revolutionary robotic device which could dramatically redefine how surgery is conducted in the years ahead.

The da Vinci computer-enhanced surgical system was unveiled Friday at St. Peter's Hospital along with its first patient, 64 year-old Richard Keel.

On March 26, the da Vinci's four stainless steel rods — which are manipulated by a surgeon using a remote control — successfully removed Keel's cancerous prostate gland.

Surprisingly, the retired social studies teacher said he wasn't at all apprehensive about being the first patient to undergo surgery using da Vinci. Dr. Michael E. Moran of Capital



Richard Keel of Selkirk and Dr. Michael Moran.

District Urologic Surgeons performed the surgery.

"Dr. Moran told me he had done this first on one human being and two pigs, so I felt fine," said Keel, who has recovered rapidly and is considered to be cancer-free.

The machine provides greater

accuracy than a human hand performing surgery. A doctor seated at a separate console uses a joystick-like device to maneuver four stainless steel rods that have tiny knives or forceps attached to the tips. The rods enter the body through incisions about the width of a pencil. A high-resolution camera attached to one of the rods gives doctors a three-dimensional view of the surgical field.

"A human being cannot get this type of precision magnitude," said Dr. Moran. "These are 8-

OPERATES/page 35



6 09859 00020 1  
THE SPOTLIGHTS.75

## Fire flies



Joe Scannell juggles in front of Turtle Pointe gift shop during Feestelijk. Jim Franco

# Police charge man with assault

By KRISTEN OLBY

An argument between two men at a Glenmont home resulted in one man being badly beaten and the other stabbed twice.

Bethlehem police responded to a home at 750 Route 9W around 11:45 a.m. on April 27 for a report of an assault.

When they arrived, police found Michael Houlihan, 40, of Hamilton Point, Valatie, stabbed twice and the home's owner

beaten and bloody.

The investigation revealed Houlihan had arrived at the home under a court order to obtain his belongings from his foreclosed house. Police said Houlihan initiated an argument with the home's new owner, a 65 year-old man.

The argument turned violent when Houlihan allegedly punched the man repeatedly in the face and hit him with a crowbar. The victim grabbed a

small pry bar and hit Houlihan in the head once. Police said he then used a pocketknife to stab Houlihan twice.

Both men were taken to Albany Medical Center Hospital for treatment.

Police charged Houlihan with second-degree assault, third-degree assault and criminal possession of a weapon. He was arraigned in Bethlehem Town Court before Judge Paul Dwyer and sent to the Albany County jail.

The homeowner was released from the hospital following evaluation and treatment of his injuries.

## Watch out for pedestrians

## SUMMERSKILLS 2004

### ALBANY ACADEMY for GIRLS

- Driver's Education
- Culinary Arts I
- Culinary Arts II
- Writer's Workshop
- Robotics
- Study Skills Workshop
- Intro to HTML
- Math Skills Workshop
- College Applications 101
- Tutoring

Coed enrichment courses for students entering grades 5-12

Learn new skills and improve existing ones in the relaxed summer atmosphere of the Albany Academy for Girls campus. SummerSkills runs from:

SESSION I: July 12-23  
SESSION II: July 26 - August 6  
SESSION III: August 9 - 20

Girls' Basketball Camp: August 9 - 13

#### LUNA ADVENTURES

Overnight Wilderness Trips for Girls age 11-14.  
Space Limited.  
Call 463-2201, ext. 375 for more information.

For a brochure and information, call 463.2201, ext. 375  
140 Academy Road, Albany, NY 12208  
www.albanyacademyforgirls.org

## Whizzes at wizardry



St. Thomas School students recently performed in "The Sword Called Excalibur." Wizards, front row from left, include Colleen Bernstein, Grace Hurley and Maeve Conway, and, back row, Kelly Weidman and Ashley McMullen. The play featured 75 students in the cast, chorus and crew.

## Police charge Delmar man with larceny against in-laws

A Delmar man is charged with robbing his in-laws of their life savings and retirement.

Bethlehem police arrested Robert Kibler, 36, of 40 Mansion Blvd. on April 29 on charges of grand larceny and forgery, both felonies.

Between 2001 and 2002, police say Kibler took approximately \$600,000 of his in-law's savings, claiming he was going to invest it for the couple.

In November 2003, the victims received a letter from the Internal Revenue Service stating \$150,000

was due in penalties. The investigation revealed Kibler deposited the money into an account, from which he made withdrawals to pay his own debts and purchase items for himself.

Kibler was arraigned in Bethlehem Town Court before Judge Paul Dwyer. He was sent to the Albany County jail in lieu of \$50,000 bail. He is scheduled to appear in Town Court on May 5 for a preliminary hearing. Police said additional charges may be pending.

Joanne H. VanWoert, M.D., P.C.

Joanne H. VanWoert, M.D.

Judith M. VanWoert, M.D.

Margaret M. Grogan, M.D.

James M. Sullivan, M.D.

1525 New Scotland Rd., Slingerlands, NY 12159

439-1564

No Voicemail

Acute Illness • Primary Care • Osteoporosis Counseling  
College Physicals • Work Physicals

New Patients Welcome

Participating in CDPHP, MVP, Blue Shield,  
NYS Empire Plan, SHN, APA Partners  
& Medicares

Board Certified Internists

Daniel Arenos, MD

Family Practice

is pleased to announce the  
relocation of his practice to

2 Executive Park  
Albany, New York 12203

Effective May 17, 2004

Most insurances accepted.  
New patients are welcome.

Phone: (518) 435-9796

## Earn more at Sunmark!

Two great short term options for your money.

### 9 MONTH CERTIFICATE SPECIAL

**1.79%\***  
APY  
\$10,000 minimum

### 15 MONTH CERTIFICATE SPECIAL

**1.90%†**  
APY  
\$500 minimum

CALL TODAY FOR DETAILS!

**Sunmark**  
FEDERAL CREDIT UNION

More than you expect.

www.sunmarkfcu.org • 866-SUNMARK

\* Annual Percentage Yield (APY) as of April 19, 2004. \$10,000 minimum balance required to open account. Penalty may apply for early withdrawal. Rates subject to change without notice.

† Annual Percentage Yield (APY) as of April 19, 2004. \$500 minimum balance required to open account. Penalty may apply for early withdrawal. Rates subject to change without notice.

Federally Insured by NCUA



# County Dems win big *The sound of music*

By KRISTEN OLBY

Democrats swept the Albany County Legislature special election April 27 in all Bethlehem districts for the first time ever.

In the 33<sup>rd</sup> Legislative District, Democratic incumbent Herbert Reilly Jr. held his seat for a second term with 709 votes, beating out Peter Potter who secured 553 votes.

In the 34<sup>th</sup> District, incumbent Jack Cunningham, who was appointed by the Legislature in January during a special holdover session, retained his seat for a full term with 793 votes. His Republican challenger Jeff Perez garnered 616 votes.

In the 35<sup>th</sup> District, Democrat Charles Dawson swept the contest with 879 votes, securing a third term. His Republican challenger Ray Parafinczuk took in 540 votes.

In the 36<sup>th</sup> District, where Republican Robin Reed had represented the district for the last 12 years, a Democrat now holds the seat.

Howard Shafer secured the post with 572 votes while Republican Tony Schwartz earned 492 votes.

"This is quite a significant reversal," said Bethlehem Democratic Party Chairman Matthew Clyne, calling Shafer's win one of the toughest in the county to secure. He praised the work of all Democratic candidates and attributes the overhaul in party leadership to changing demographics. "There are more Democrats, more not enrolled (in a party) in the town now, the political landscape has changed," he said.

Bethlehem Republican Party Chairman Tom Marcelle had a vastly different take on the election outcome and the redistricting battle that ensues.

"In effect, what they did was gerrymander the district to make sure they were advantageous to Democratic candidates," said Marcelle about the Albany Democratic machine. "Instead of having the four seats that we should have, they carved it up into eight."

He considers Shafer's win in the 36<sup>th</sup> District to be a prime casualty of redistricting. The legislative district had sat solely in Bethlehem but with new boundaries drawn, the district now encompasses northern Coeymans — an area with a Democratic stronghold.

Republicans and Democrats

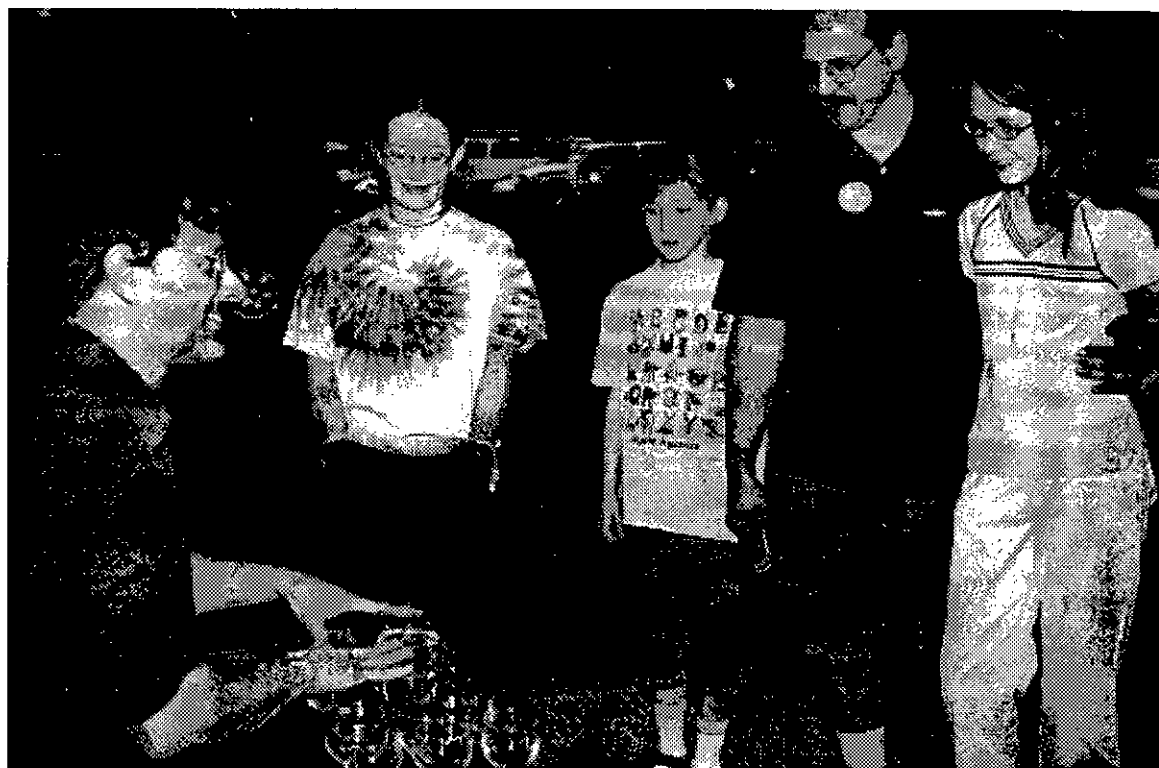
will face off in a trial concerning the constitutionality of the current district lines scheduled to be heard in Federal Court before Judge Norman Mordue this summer. Marcelle will represent the Republican Party.

"We fully anticipate running again in November of 2005 on lines that are fair to the people of Bethlehem," said Marcelle.

In the 10<sup>th</sup> and 11<sup>th</sup> Legislative Districts, which sit primarily in Albany but stretch into northern Bethlehem, Democratic incumbents also retained their seats.

Daniel McCoy earned 824 seats in the 10<sup>th</sup> District 10, while his challenger Herbert McLaughlin had 211 votes.

Gary Domalewicz secured a fourth term in the 11<sup>th</sup> District with 937 votes, while Republican Joseph Sullivan had 339 votes.



Ed Stander plays musical glasses for Hugh Calla and Apryl Jacobs and Kelly Jennings in front of Town Hall as part of Feestelijk.

## Four seeking RCS board of education seats

By KRISTEN OLBY

Four candidates are vying for three vacant seats on the Ravena-Coeymans-Selkirk board of education.

Incumbent Mona Selover is seeking a sixth term on the board, while newcomers John Semenick, James Van Valkenburg and Mike Varney are all hoping to secure a seat. The election will be held May 18 with polls open from 7 a.m. to 9 p.m.

Selover is a longstanding member of the RCS education community. She taught science for 30 years before retiring in 1986, and was instrumental in coordinating the science department curriculum.

She has served on the board for 15 years and has been president for the last two years.

"It's one way to stay young," said the 74-year old of her involvement in the district. "I have a grandson in fifth grade, and I'm very interested in children's education." She and her husband Abraham are also the parents of Robert Selover of Glenmont and Alice Lammy of Selkirk, a teacher at RCS Middle School.

In the years ahead, Selover hopes to continue focusing on student achievement efforts.

Her No. 1 goal, she said, is "seeing that all of our children achieve their maximum potential."

Selover is a graduate of Hunter College with a master's degree and doctorate from the State University at Albany. She is one of the founders of the New York State Science Supervisor's Association and has held membership in several professional organizations. Selover lives in Coeymans Hollow.

John Semenick, 38, of Ravena is seeking his first term on the board of education.

He and his wife Maria are the parents of three RCS students — Danielle and Kathryn who attend Pieter B. Coeymans Elementary School and Andrew, a sixth-grader at the middle school.

If elected, he vows to be an advocate for special education students.

"They need somebody to speak up for them and make sure they get the special services needed," he said.

Semenick is a graduate of Clayton A. Bouton Jr.-Sr. High School in Voorheesville. He previously worked as an assistant manager with Home Depot, as well as with Key Bank.

He is a member of the Bethlehem Chamber of Commerce and served as treasurer of Ravena Pack 67 Cub Scouts.

James Van Valkenburg, 53, of Ravena is retired from General Electric in Selkirk where he worked for 30 years. He hopes to spend his spare time serving on the board, in part, because he has two grandchildren who will soon be attending district schools.

"I have the time, my kids are grown up," he said.

Varney and his wife Elizabeth are parents of two adult sons, and he is step-father to three RCS graduates: Robert, Matthew and Nathanael Fink.

He also attended RCS High

School through his junior year before transferring and graduating from Niskayuna High School.

Van Valkenburg would like to see the district strive to meet the needs of all special education students.

"Not every child is classroom adaptable," he said. "We ought to be more equipped to handle these kids in their own school district," rather than busing them to programs outside of the district, he said.

Van Valkenburg is a past member of the Selkirk Fire Department and a supporter of the arts.

Mike Varney, 32, of Selkirk is a manager of database and systems administration for Health Research. He also owns Professional Computer Services.

Varney is a 1989 graduate of Guiderland High School and a graduate of Clarkson University where he earned a bachelor's degree in science.

He and his wife Elizabeth, are

the parents of Donovan, a kindergartener at A.W. Becker and Abigail, 3.

"I want to be able to help our school board continue to make intelligent and compassionate decisions for the school district," said Varney of his reasons for running. He describes himself as an advocate for open communication between the board, parents and administration.

He hopes to tap into his high-tech background by bringing more advanced technology to the district's administrators and students.

"I have a good technology background to offer," he said.

Varney is an active member of South Bethlehem United Methodist Church.



Semenick



Selover



Varney

## Second threat triggers RCS High School lockdown

By KRISTEN OLBY

For the second time in just over a week, a bomb threat at the Ravena-Coeymans-Selkirk High School sent all four of the district's schools into lockdown mode for two hours.

School Superintendent Vicki Wright placed the high school on lockdown status around 9:35 a.m. Thursday, after the threat was discovered.

"It was scrawled on the bathroom wall," said town of Coeymans Police Chief Scott Giroux, who was uncertain as to whether the message was in a boys or girls bathroom. "It made reference to a bomb," he said, adding that the threat was not specific to a particular school building.

The uncertainty of the threat prompted the district to expand the lockdown to all four district schools. At the high school, students were moved to the

gymnasium while police, firefighters and school custodians swept the facility. No one was permitted to enter or exit any of the schools.

By 11:30 a.m., police determined the threat was unfounded, and the lockdown was lifted.

"We are now working with local authorities to pursue the proper legal and disciplinary procedures against whoever may be responsible for this," said Wright. The district declined further comment.

Just eight days earlier, a senior at the high school allegedly made a threat in the hallway to "blow up the building," according to police.

The comment triggered a lockdown at all schools for nearly two hours.

Police have charged Thaddeus Carkner, 17, of River Road in Selkirk with falsely reporting an incident, a felony.



Van Valkenburg

## Index

Editorial Pages	6-9, 11, 14, 15
Sports	16-18
Obituaries	25
Weddings	23-24
Neighborhood News	
Voorheesville	19
Family Entertainment	
At Your Service	29-30
Calendar of Events	28
Classified	31-32
Crossword	27
Dining Guide	16
Legals	33-34
Real Estate	32



# It's a thankless job, but I wouldn't have another

By KATHERINE MCCARTHY

It's an unusual mantra, not one repeated in a calming, meditative manner, but one that comes out through gritted teeth.

"I am the grown-up," I mutter to myself, "I am the grown-up, I am the grown-up."

I say it to remind myself that, contrary to the opinion my children often hold, my years of living count for something. I say it to remind myself in the tedium of the day-to-day that I am the example the kids see most, the one that teaches them so much.

The thing about being a grown-up is that so much of it is tedious. Ask my kids what I do, and they'll put their hands on their hips, waggle their forefingers and imitate my most frustrated moments perfectly. "I cook, I clean, I do laundry, I take care of the house," they say, and I have to laugh that they've captured the exhausted mother part of me so perfectly.

Sometimes, when the days of constant motion that accompanies work, cleaning, cooking and bill paying yield more fatigue and boredom than accomplishment, it's easy to wish for something different.

The thing about being the

COMMENTARY:

*Mom's  
the  
Word*



grown-up is that you have to be careful what you wish for, because the thing that's different isn't always easier.

Like Christopher's recent request to go to a rock concert with a couple of friends, to see one of their favorite bands perform with a few other groups.

"You're only 13!" was my first reaction, as it occurred to me that all the big questions seem to be coming three or four years before I expect them.

"It's not till this summer," he said. "I'll be 14 then."

Oh well, that only gave me a teeny bit of pause in my thinking that the answer was still going to be no.

Still, I was willing to hear his case — perhaps it was a local group in a small venue, and a pair of earplugs would make it possible for me to accompany them.

Let me hear the evidence, I said, and I'll talk to Dad. My heart

sank as I realized we would have to be the grown-ups and say no. The venue was south of Boston, transportation and chaperoning sketchy, and the lineup of bands not commendable. I checked with another parent, whose child, I had been assured, was not only allowed to go, but was getting his ticket purchased for him. News to that parent, who was withholding judgment till he had more evidence than what was on the Post-it note before him.

When you read parenting advice, the experts always tout saying no, holding a firm line and espousing your own values.

We parents are led to believe that our children will be grateful for our guidance — they will stay off drugs, make the honor role and revere us in our old age — if only we can remain firm.

That gratitude sure looks delayed in our family. The good news is, I think I'm raising the next generation's Clarence Darrow.

"But you swear," Christopher said when we pointed out our objections to the language one of the performing groups uses.

"Should I not listen to you?"

As I sat properly chastised, Chris — serving as husband, defense attorney and ultimately, judge in the case of Parents v. First Rock Concert — pointed out the difference between making a living with music full of cursing and the degrading of women, and Mom spouting a few expletives when life's curve balls zing by too fast to field.

Arguments went on for a long time, and although I'd made Chris accompany me to impart the negative verdict, I left him after an hour of appeal.

The men in my family seem to

"How about we skip all my logical reasoning," he had said once before, "and go right to the part where you say, 'because I'm the parent.'"

If only I were always as confident as that! Being the grown-up also means considering, reflecting, refining — and often doubting — the way things are done.

My potty-mouth language is a prime example, and if I had it all to do again, I'd have let my kids learn their cursing on the school bus, not while I was cooking, driving, running the vacuum, replacing burned-out light bulbs or assembling many of the toys and electrical gadgets they've received so far in their lives.

So now I will be considering what permanent damage I've done to my kids by releasing my frustrations with a well-timed curse word, so that they know a too-colorful-for-their-ages range of words.

I'll alternate between chastising myself and feeling that grown-ups should be allowed to do some things that children just aren't.

I'll try to turn to my mantra and try to impart some positive values as I mutter, "I'm the grown-up."

In addition to being Dr. No, I also need to try to impart something I believe deep in my soul, something that too often gets lost in the day-to-day of life.

This journey we're on is a good one. For every trying moment with children, there's the one with a spontaneous hug, an unexpected shoulder rub or a grin at a shared family joke. Being the grown-up means teaching the kids to face the tough moments, but it also means getting to rejoice in the good ones.

Those good moments can help strengthen us when the harder ones come.

The issue of rock concerts has just been broached; surely Christopher will bring it up again, and someday — probably sooner than I'd like — the answer will be yes.

I will need to really store up the good moments, for two years behind Clarence Darrow is Cormac, already preparing his devil arguments to counter our best Daniel Webster moments.

They may be agile arguers, but let me not forget ... I am the grown-up, I am the grown-up, I am the grown-up.

**For every trying moment with children, there's the one with a spontaneous hug, an unexpected shoulder rub or a grin at a shared family joke.**

## The Albany JCC...

...open to the entire Capital District

**\$199 SUMMER MEMBERSHIP SPECIAL**

(Plus \$50 registration fee - new members only)



## The Center Camps

Exciting programs for children ages 3-15

Sign up for an annual family membership.

Get a **FREE WEEK** of CAMP!

(new members only)

contact  
Kathy Lloyd  
438-6651  
KathyL@sajcc.org

## Michael Greenblatt, M.D.

Board Certified in Internal Medicine

has joined the practice of

**Dr. William Duffy  
& Dr. Roy Fruiterman**

Dr. Greenblatt Welcomes New & Existing patients

Community Care Delmar  
250 Delaware Ave., Delmar  
Phone: 439-8077

**COMMUNITY  
CARE**  
PHYSICIANS, P.C.

Internal Medicine, Pediatrics, Lab, Imaging, Physical Therapy, Podiatry, Audiology, General Surgery, Cardiology & Pharmacy conveniently located under one roof.

The Rotary Club of Delmar proudly announces the first annual golf tournament June 28th at Normanside Country Club in Delmar

## TEEING FOR CHARITY



ALL proceeds to benefit diverse worthy charities such as: *Bethlehem Senior Project*  
*Bethlehem Food Pantry*  
*Bethlehem Youth Court*  
*Meals on Wheels*  
*Glenmont Job Corp*  
and the *Rotary Gift of Life Program*

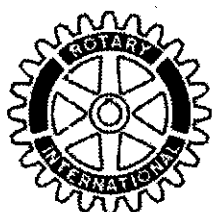
Join us for a great day of golf and to raise critically needed funds for local charities.

**SPONSORS and GOLFERS still needed!**

Grateful thanks to our signature sponsors!

**BUENAU'S OPTICIANS, INC. of Delmar**  
and  
**AXA ADVISORS, LLC**

Sponsors and Golfers still needed to meet our charitable goal!  
Contact Tom Burdick at 373-7314



# Foundation aims to buy escarpment land from developer

By MARY LANNON

Jeff Thomas, owner of the last 200 acres of privately owned land on the Helderberg escarpment, said he's optimistic that a deal will go through to transfer the land to preservationists.

"We're currently in negotiations with the Open Space Institute, and I'm optimistic we will come to terms," Thomas said Monday.

The news comes in the wake of other good tidings for the Helderbergs this week. On Tuesday, April 27, Gov. George Pataki designated 1,800 acres of Thacher and Thompson's Lake State Parks as a Bird Conservation Area and announced the addition of 81 acres to the park.

The bright outlook for the Thomas deal follows years of negotiations between Thomas and the group, in which they were unable to come to an agreement on a sale.

In the last year, Thomas floated the idea of developing his land with estate homes, drawing increased attention from the local environmental group Save the Pine Bush. The Thomas land lies in the town of Knox and the Guilderland school district. In early April, Thomas said that he was actively seeking to either sell or develop the land he has owned since 1995.

He also expressed frustration at that time that OSI could not come up with a "viable offer" for his land. The deal would be the

fifth deal OSI has made for escarpment land since 1995 and increase the amount of acquired land from 500 to 700 acres, according to Dan Luciano, staff attorney for OSI.

Luciano said that in the previous four deals the institute paid roughly between \$2,000 and \$2,500 per acre for the land. He declined to give any information about the assessed value of Thomas's land but said that the institute could by law only pay fair market value for the property.

Fair market value, he noted, was dependent on assessors' estimates and varies with the judgment of the assessors and with the availability of public information on comparable land deals.

The 81-acre addition to Thacher Park announced by the governor comes from the Eastern New York chapter of the Nature Conservancy. The Nature Conservancy received the 81-acre Waitecliff Preserve as a gift from Beverly Waite in 1976.

"The property, located along the dramatic Helderberg escarpment is a nesting area for red-tailed hawks. We are pleased

to now be turning ownership over to New York state as an addition to Thacher Park," said Don Snell, land protection assistant for the conservancy.

He said that the gift provides for good stewardship of the land while freeing up resources at the conservancy to acquire additional land.

On Tuesday, Pataki explained the significance of the park's new designation.

"Creating the Bird Conservation Area in the Helderbergs will help highlight this important habitat and provide increased recreational opportunities for visitors to enjoy the scenery of the park and learn about these spectacular birds in their natural environment," Pataki said.

The biggest impact of the designation will be the increase in information available to the public, said Cathy Jimenez, spokeswoman for the state Office of Parks, Recreation and Historic Preservation.

A new interpretative kiosk is in place at Thacher Park and additional information will be available at the nearby Emma

Treadwell Nature Center, Jimenez said. The designation also ensures continued preservation of the birds' habitat, she said.

The area contains large areas of northern hardwood forests as well as shrub and field habitat that support breeding songbirds. Species of birds seen there include sharp-shinned and Cooper's hawks, northern goshawks and golden-winged warblers have all been designated by the state as species of

special concern.

That means that the species "are not yet recognized as endangered or threatened, but documented concern exists for their continued welfare in New York, according to the state Department of Environmental Conservation Web site.

New York State's Bird Conservation Area Program is modeled after the National Audubon Society's Important Bird Areas Program and was signed into law by Pataki in 1997.

**We Care**

**First Care**  
**Family Practice & Minor Emergency**

Open 7 days/weekdays 9am - 7:30pm,  
weekends 9am-3pm

**Dr. S. Michael Fuhrman, D.O.**  
Board Certified Family Practitioners

Hypertension, Routine Medical Care, Diabetes

**We are now offering Botox injections  
as a cosmetic alternative to wrinkles**

**We do it all on site:** X-Rays • EKGs • Minor Surgery

Accepting all major insurances including  
CDPHP, MVP, Blue Cross/Blue Shield,  
Empire & United Health & GHI

**363 Delaware Ave., Delmar • 439-9911**

*Now accepting  
new patients*

## To Life offers Pilates class

Join certified personal trainer Sherrie Hickey On Thursday, May 13, for a four-week Pilates mat class at To Life, 410 Kenwood Ave. in Delmar. Each class will be an hour long.

Hickey's focus for this class will be on core abdominal and spinal muscles to develop and improve posture alignment, coordination and balance through a series of controlled movements.

Pilates is a long-term evolutionary process where movements are relaxed and flexible so no position is forced or repetitive.

Bring a mat to class and wear comfortable clothing. It is best not to eat two hours before class.

A \$10 fee per class is suggested so To Life can continue offering valuable programs like Pilates.

To register, call To Life at 439-5975 or e-mail info@tolife.org.

**VADNEY'S**  
**UNDERGROUND**  
**PLUMBING**

Septic Tanks Cleaned  
and Installed  
Septic System Inspections

**SEWERS**  
**WATER SERVICES**

Drain Fields Installed  
and Repaired

**SEWER ROOTER SERVICE**  
All types Backhoe work

**439-2645**

# HURRY JUST A FEW TICKETS LEFT!

For the Voorheesville Community & School Foundation's

1<sup>st</sup> ANNUAL

## Spring Gala Dinner Dance

To recognize Principal Ed Diegel's 18 years of Service to the  
Voorheesville Central School District

**Saturday, May 22, 2004 ♦ 6:00 – 12:00 p.m.**

Silent Auction ~ Open Bar ~ Live Music by "Fire in the Kitchen" ~ Dinner  
Live Auction ~ Live Music by "Harmony" ~ Dancing ~ Black Tie Optional

at

**ALBANY COUNTRY CLUB**

Dance the Night Away with Harmony

Honorary Chair ~ Elaine Nichols

Join us at this Celebration.

For Reservations Call: Peggy McKenna at 765-3452

Tickets are available at \$100 each

Proceeds from the Gala will support a new  
Visitors Welcome Center and Art Gallery at the Elementary School  
and the Foundation's Endowment Fund

# Matters of Opinion

## Give mom her due

Being a mother is a tough job, and the pressures of modern life don't make the already daunting task any easier.

Mothers who work juggle their time to keep their family's needs fulfilled, while at the same time trying to manage a career or a job. It often means double duty since they can't simply go home at the end of the day and put their feet up and relax. Going home means changing gears to another job of providing food, clean clothes, chauffeuring and all kinds of other support for their husbands and children.

### Editorials

Other mothers put their careers on hold until the children are older, but this often is either impossible or difficult because of financial obligations and the difficulty of making ends meet on only one salary.

The world of the "Leave it to Beaver" lifestyle is long gone in the contemporary world. Today, TV spots remind us that eating even one meal together as a family is a good thing. What a pity we have to be reminded of that. We know it's a good thing, but all too often it's easier said than done. All family members have their own schedules, so a leisurely meal with everyone present, with lots of time for conversation, can be a hard thing to arrange.

Still, most suburban families manage to raise their children and get them headed in the right direction by the time they graduate from high school.

If kids go on to college, that means another financial hurdle for both moms and dads who often refinance their house so they can make ends meet while their kids move into the adult world.

It's a rat race, but one day each year in May, we set aside a day to honor mothers for all they do for their families.

It's hard to pack into one day, but a good time to take stock of what mothers mean to all of us.

Their unconditional acceptance of their children makes them champions and heroes for life. Their willingness to put their children first is nothing short of amazing, considering what trouble kids of all ages manage to get themselves into. Mothers' sacrifices are enormous — their acts of kindness are the stuff of legend. It is only fitting they get treated like royalty on Mother's Day.

Remember mom on her special day, and make her feel special. Big presents aren't necessarily the big ticket item. She'll be happy just to know how grateful you are to be able to call her mom.

## Nutrition should be No. 1 priority

By DRS. ROBERT WEISSBERG  
and ANN TOBIN

*The writers are board-certified family physicians and graduates of the University of Arizona's Associate Fellowship in Integrative Medicine.*

Lately, much of the news media's attention has focused on the importance of nutrition and physical activity in maintaining our health. Unfortunately, obesity is now a national epidemic.

In March, the Centers for Disease Control (CDC) released a report which said that we are in the grips of a preventable epidemic. The report states that the combination of poor diet and inactivity threatens to surpass smoking as the leading cause of preventable death among Americans.

According to the U.S. Department of Health and Human Services, obesity among American adults has climbed from 23 percent in the early 1990s to 30 percent in 2004. Two-thirds of Americans are overweight, increasing the risk for heart disease, diabetes, arthritis and certain cancers.

A "Call to Action" by the first Conference on Nutrition and Health, sponsored by the University of Arizona College of Medicine's Program in Integrative Medicine and the Rosenthal Center of Columbia University and presented by Dr. Andrew Weil, states: "We believe that the population of North America is in great nutritional peril. People are consuming increasing amounts of low-quality foods. There is an epidemic of obesity and in its wake, a rising incidence of type 2 diabetes in younger and younger children. More people than ever are following extreme and fad diets that may pose long-term risks to health. The food served in schools, hospitals and senior facilities promotes obesity, chronic inflammation and accelerated development of age-related diseases."

Dr. Kelly Brownell, director of the Yale Center for Eating and Weight Disorders, states that the

### Point of View

environment we now live in is one in which unhealthy food is "accessible nearly everywhere, nearly all the time, and is convenient, engineered to taste really good, promoted very heavily, and is inexpensive."

He labels this a toxic environment, one that makes us sick.

Recent national publications have, hopefully, drawn the attention of the public to the increasing importance of heart attack and stroke as causes of death and severe illness in both women and men. The presence of obesity and low activity levels greatly increases the risk of many chronic diseases.

Type 2 diabetes, often associated with obesity, further multiplies these risks. Particularly distressing is the ominous observation of the progressively younger onset of type 2 diabetes. If this trend continues, we will begin to see this generation of children suffering and dying of these diseases at a younger age than their parents' generation.

As experienced family physicians with fellowship training in integrative medicine and parents of school-age children and active members of our communities, we are extremely concerned about these developments. We assert that prevention of these health problems makes more sense than trying to fix the debilitating consequences of ignoring them.

Being proactive means beginning early to provide our children with healthy choices and good examples. A recent study of more than 3,000 children found that a significant number of infants and toddlers are regularly consuming French fries, soda and pizza, contributing to an average daily calorie intake of greater than 30 percent of what is required for their age. The same study found that up to one-third of children under 2 years old did not consume fruits and vegetables. Of those over 15 months old who did eat vegetables, French fries were the most common choice.

Schools in our country house vending machines full of high-sugar soda, pseudo-juices, candy, ice cream, sweet baked goods, chips and crackers. The cafeterias are little better, serving food items that are highly processed and high in fat, sodium, sugar and vegetables of poor quality.

Typical school programs often allow only 15 to 20 minutes for lunch, encouraging students to wolf down the food quickly, bypassing natural satiety mechanisms. Sadly, the trend at home, with ever-busier schedules for all, has been for shorter meal times and more "fast" foods.

School districts throughout the U.S. have been lured into signing lucrative contracts with large soft drink and fast food/snack corporations. Outside and inside the schools, popular fast food vendors sell huge amounts of harmful fats and sugars in the form of inexpensive ultra-super-sized "meals." At home, increasing numbers of children are spending hours in sedentary activities;

many exercise less than 30 minutes per week, if at all.

We believe that these trends must be reversed. The obesity epidemic can be addressed by increasing attention to physical activity, eating patterns, the quality of our food supply and education about nutritional principles starting in the elementary grades. The food supplied in our schools must be of high quality and reasonable in quantity; healthy food can be delicious, convenient and affordable.

State law does mandate that public schools will not serve soda, gum and candy "from the beginning of the school day until the end of the last scheduled meal period." Unfortunately, other inappropriate high-calorie snacks of poor nutritional value are still sold in many school cafeterias and vending machines for after-lunch consumption.

We recognize that many school systems in our region have begun programs that invest in sound principles of good nutrition and physical activity. However, more can be done.

A vivid example of what is possible is found in an Appleton, Wis., school. The project, sponsored by Natural Ovens of Manitowoc, Wis., is described in the school's Web site: "Appleton Central Alternative Charter School and Natural Ovens Bakery provide good nutrition for our students through the development and implementation of a healthy and natural breakfast, lunch and snack program."

In addition to the expected health improvements, the following benefits were observed: increased ability to concentrate and to think more clearly; fewer health complaints; increased attendance; fewer disciplinary referrals; less moodiness; and increased practice of good nutrition outside school. Call 800-558-3535 or visit <http://www.aasd.k12.wi.us/aca/phys%20health.htm> for information.

We need to make our voices heard in support of better nutrition for all Americans. Attention to improving the quality of the food offered to our children at home and at school, and fighting the factors that promote childhood (and adult) obesity is critical. Become an advocate for our children by demanding high quality food and increased physical education in our schools.

Contact your local schools and school boards, PTAs and state legislators, but don't stop there. Write to sports heroes, pop stars and actors that sponsor these foods, and to companies that allow their cartoon characters to promote unhealthy foods. Get angry about super-sizing meals that encourage the consumer to eat more for just a few more cents. Demand that calorie counts and nutrition facts be readily available at all restaurants. Educate your children about the strategy behind food advertising.

Most importantly, teach your children about healthy lifestyle choices, and set an example yourself.

## The Spotlight

**President and CEO** — Richard K. Keene

**Vice President and COO** — John A. McIntyre Jr.

**Executive Editor** — Susan Graves

**Managing Editor** — Dev Tobin

**Associate Editor** — Elizabeth Dineen

**Production Manager** — John Brent

**Assistant Production Manager** — David Abbott

**Production Staff** — Martha Eriksen,  
Matthew Mimura, Kevin Whitney

**Business Manager** — John Skrobela

**Classifieds and Legals** — Angela Preston

**Office Assistant** — Liza Cline

**Editorial Staff** — Martin Bannan, Donna Bell,  
Linda DeMattia, Michele Flynn, Betsy Glath,  
Katherine McCarthy, Kristen Olby, Don Stake

**Sports Editor** — Rob Jonas

**Photography** — Jim Franco

**Advertising Manager** — Corinne Blackman

**Advertising Representatives** — Kim McKee,  
Dan O'Toole, Meg Roberts, John Salvione,  
Carol Sheldon

125 Adams St., Delmar 12054

E-mail —

NEWS: [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com)

ADVERTISING & CLASSIFIED:

[spotads@nycap.rr.com](mailto:spotads@nycap.rr.com)

(518) 439-4949  
FAX (518) 439-0609

OFFICE HOURS:  
8:30 a.m. - 5 p.m. Mon.-Fri.



# Your Opinion Matters

## School board member has faith in future

Editor, The Spotlight:

Being on the school board affords one the chance to look at the entire program, which services the Bethlehem Central school district.

One task is to accept resignation and retirement letters. This year was no exception, yet it struck me differently. As the list of retirements grew, my concern for the future of our school system grew.

These teachers who have assisted, taught, instructed, counseled, tutored and guided so many for so long were leaving. They have maintained the standards Bethlehem Central has come to expect.

In short, they are what we are as an educational system. I read over the list of names and the number of years of service. I remember when each came. I knew the loss of talent, and I wondered what the future would bring.

Then, another meeting takes place, a very different meeting, and all the principals are in

attendance. This was our annual meeting when recommendations are made for tenure, a step by which teachers become a part of the permanent staff.

As a board, we were each given several pieces of information on each candidate. Now was our chance to question the principals and central office staff as to this important step.

It was refreshing, it was encouraging, it was a wonderful meeting. The enthusiasm of the building principals for each candidate relieved me of my angst over the huge loss of talent.

I am happy to report to the citizens of Bethlehem Central that our future is in good hands. I congratulate all of the tenure candidates and commend the hiring committees, those charged with evaluation and each principal for their choices.

That was one meeting I went home feeling very good about.

Warren Stoker  
Bethlehem Central  
School Board

## Contest loser is real winner

Editor, The Spotlight:

The recent front page article by Kristen Olby about my entry in a contest for a room make-over has resulted in numerous inquiries about the results.

I'd like to let everyone know that I was not the lucky winner and extend my thanks to the many people who voted for me and offered their encouragement and support.

The article also mentioned that my husband, Col. Patrick

Caulfield, is currently serving in southern Iraq, caring for soldiers at a medical clinic.

He called on April 25 and was doing fine. His mailing address is; Col. P. Caulfield, 160th MP BN, APO AE 09375.

He'd be delighted to pass along any cards or letters to other soldiers, if local residents wish to correspond with some of our servicemen and women he encounters daily.

Lois Caulfield  
Delmar

## Kiwanis raises \$11K for children's trauma unit

Editor, The Spotlight:

The Kiwanis Bell of Life Fund Drive donated \$11,000 raised during the winter to the Kiwanis Pediatric Trauma Unit at Children's Hospital at Albany Medical Center.

Kiwanis clubs for the Capital, Mohawk and Van Rensselaer divisions sold Bells of Life in November and December. They were assisted by local Key Clubs, Builders clubs and Circle K clubs in the three divisions. To date, the

Kiwanis Bell of Life Fund Drive and other Kiwanis fund-raising events have raised more than \$300,000 for the Pediatric Trauma Unit.

Dom DeCecco  
Slingerlands

It's a Good Thing  
Some of Our  
Competitors Have  
Hooks in Their Ads...  
It Makes the  
Bait and Switch Easier.

	TRUSTCO	Charter One
Product Upgrade Fee*	\$ 0	\$75.00
Sustained Overdraft Fee**	\$ 0	\$33.00
Over 3 Calls to Customer Service per Month	\$ 0	\$1.00 each
Overdraft protection	Yes	No

 **TRUSTCO  
BANK®**  
Your Home Town Bank

Stop in to any of our local branch offices or call  
**(518) 377-3311**

\* For existing accounts changing to the Best Free Checking or TCB Checking.  
\*\* When account remains overdrawn 5 days and then every 4 days thereafter.  
Please note: We reserve the right to alter or withdraw these products or certain features thereof without prior notification.

Member FDIC



Driveways • Parking Lots • Residential & Commercial

## NEED PAVING?



Call 477-1268 or 479-0124

**L.B. BROWE**  
ASPHALT SERVICES

Honest, Dependable Quality Service –  
Always at an Affordable Price

A 2nd Generation Paving Company  
Heated Power Paver • Free Estimates  
Fully Insured • All Guaranteed

MasterCard/VISA accepted  
MEMBER Better Business Bureau  
[www.broweasphalt.com](http://www.broweasphalt.com)

We're really SOLD on our April sales leaders



Janet Carberry  
Listing Leader  
640-4604



Lynda Cameron  
Sales Leader  
640-4602



Paula Rice  
Special Achiever  
640-4624



Ellen Mark  
Listing Team Leader  
640-4619



Judie Janco  
Special Team Achiever  
640-4668



Ellen Mark  
Sales Team Leader  
640-4619

**COLDWELL  
BANKER®**  
PRIME PROPERTIES, INC.

214 Delaware Ave., Delmar, NY

[www.cbprime.com](http://www.cbprime.com)

# Matters of Opinion

## Wanted: New Scotland residents' opinions on future of town

Editor, The Spotlight:

On Monday, May 10, at 6:30 p.m. in the Voorheesville Elementary School gymnasium, the town of New Scotland's Residents Planning Advisory Committee (RPAC) will hold a visual preference survey, open to all town residents.

The survey is one of the best tools to get an idea of how the people of the town would like the town, specifically the routes 85/85A corridor, to look.

We will be shown slides of different scenes and vote on which ones we prefer and note why we prefer them.

Do we want more buildings like Stonewall Plaza? Do we prefer architecture like the Saab dealership? Do we want businesses to look like the rehabbed house of the equipment rental place? Do we want a tree-lined road? Do we want parking lots to line the roads? Do we want

buildings with few windows or garage doors facing the road? Do we want signs all along the road?

When I was approached to volunteer to be a member of RPAC, I decided to meet and talk with people about the corridor because I live on 85A and what happens there directly affects me.

On the other hand, I realize that we have to balance maintaining the rural quality and open space that townspeople have repeatedly said they value, with the need to provide the town with additional commercial tax revenue, and with the rights of landowners.

I think that the best way to accomplish these seemingly contradictory goals is with aesthetic guidelines, as preferred by town residents and approved by the town board, that are part of the town's written regulations.

The town planning board now

goes through a process that includes an environmental impact review procedure known as SEQRA, which includes consideration of aesthetic significance and existing community or neighborhood character.

I believe the board, especially during this past year, has been sensitive to residents who have expressed concern about development on the corridor. The board is advising potential developers about hamlet-style architecture and landscaping.

Why is there a need for aesthetic guidelines? Establishing aesthetic guidelines gives the community an opportunity to more definitively define the future of the corridor, since 85, especially, does not have a consistent character and style, and if development comes to 85A, the town could help guide a commercial developer to maintain a sense of open space.

Establishing aesthetic guidelines would make it easier and cheaper for developers to come up with plans that they know the town would likely approve, and not have to go back to the drawing board several times before they "get it right."

Establishing aesthetic guidelines means the town would have the characteristics it wants in black and white and available for public inspection, and not depend on the perspective of board members, no matter how well intentioned, while at the same time, allow the town to periodically review those guidelines and amend them if the town chooses to do so.

Nan Stolzenberg, a professional with Planning Better

Places, is putting together the visual preference survey.

She has experience writing many commercial/hamlet design standards, including a draft for the town of Berne.

To see the draft, e-mail me at [sabrams@nycap.rr.com](mailto:sabrams@nycap.rr.com), and I will forward a copy to you.

The survey is not only an important exercise but it will also be lots of fun. I hope that there will be a huge turnout.

For the short-term, this event is the residents' chance to have direct input into the town's main commercial corridor standards. See you at the meeting.

Edie Abrams  
Voorheesville



**JOHN DEERE**

Think the equipment  
is too good to be true?



Wait until you see the deal.

---

NOTHING RUNS LIKE A DEERE™

**Pay Nothing for 12 Months on Most Residential Lawn Tractors,  
or 6 Months on a Wide Selection of Other Equipment.\***

No Payments for 12 Months	• Most residential Lawn and Garden Tractors
No Payments for 6 Months	• All Compact Utility Tractors • All Gators excluding the Electric, Turf and Pro Series • All Commercial Mowers

Hurry in for a test drive. This offer ends soon! [www.JohnDeere.com](http://www.JohnDeere.com)

**H. C. OSTERHOUT & SON**  
1127 SR 143  
RAVENA, NY 12143  
(518) 756-6941

\*NINP for 12 months on RLE. Offer ends May 2, 2004 and is subject to approved credit on John Deere Credit Revolving Plan, a service of FPC Financial, L.S.B. For consumer use only. No down payment is required. After promotional period, finance charge will begin to accrue at 12.9% APR and is for qualified buyers. A \$0.50 per month minimum finance charge may be required. Other special rates and terms may be available, including installment financing and financing for commercial use. Gators and ATVs - 180 days NINP. Offer ends July 31, 2004 and is subject to approved credit on John Deere Credit Revolving Plan, a service of FPC Financial, L.S.B. For consumer use only. No down payment is required. After promotional period, finance charge will begin to accrue at 12.9% APR and is for qualified buyers. A \$0.50 per month minimum finance charge may be required. Other special rates and terms may be available, including installment financing and financing for commercial use. CUT's and Commercial Front Mowers - 180 days NINP. Offer ends July 31, 2004. Subject to approved credit on John Deere Credit Revolving Plan, some restrictions apply, so see your dealer for complete details and other financing options. No down payment is required. After the promotional period, finance charge will begin to accrue at 12.9% APR and is for qualified buyers. Offers available at participating dealers. John Deere's green and yellow color scheme, the leaping deer symbol, and JOHN DEERE are trademarks of Deere & Company.

0318UAN0464 -0000-000000-00002141

Equal Opportunity Lender


**Letters policy**

*The Spotlight* welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and a daytime telephone number for verification.

**Prime Retail/Office Space  
Available  
Capital District Area**

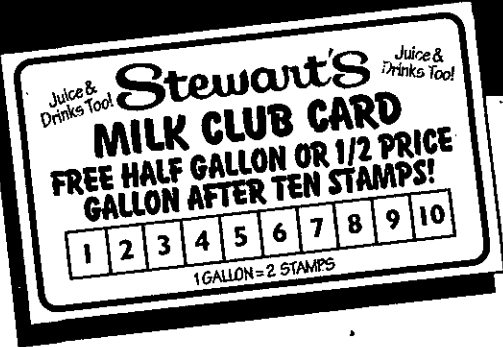
**1,200 - 26,000 Square Feet**

  
**Windsor**  
DEVELOPMENT  
GROUP, INC.

(518) 371-2320  
[www.windsorrealtygroup.com](http://www.windsorrealtygroup.com)


Did you know  
half of  
**Stewart's**  
customers get  
free milk?

**Join our milk club  
and you can too!**




**Stewart's**  
**MILK CLUB CARD**  
**FREE HALF GALLON OR 1/2 PRICE  
GALLON AFTER TEN STAMPS!**

1 2 3 4 5 6 7 8 9 10  
1 GALLON = 2 STAMPS



Fresh milk  
from local farms





# Your Opinion Matters

## Last-minute politicking Senior helpers deserve thanks was appalling tactic

Editor, The Spotlight:

I am a divorce mediator and attorney with an office on Delaware Avenue in Delmar. I was appalled to receive a taped telephone message on my business line at 4:20 p.m. on April 27, the day of the general election for Albany County legislators.

The verbatim message was: "Today's election is extremely close. Your vote is critical to stop massive property tax increases. We need your help. Stand up and be heard. It's your duty as an American. This is Bethlehem Republican Chairman Tom Marcelle asking you to vote tonight before the polls close at 9 p.m."

I decry this use of a dire scare tactic message less than five hours prior to the polls closing, which left no time for reasoned debate, so critical for an informed electorate. This message was disingenuous. If there will need to be any property tax increases, wouldn't it stand to reason that the fault lies with our Republican president? He turned the Clinton-era federal budget surpluses into massive deficits, thereby putting pressure on our states and municipalities to pick up the slack.

Additionally, we have had a three-term Republican governor

in our state and 150 years of Republican leadership in our town up to now. If we are in such disastrous financial shape, did we not arrive at that point as a result of Republican stewardship?

The people of our town have spoken. We have elected all Democrats for the county Legislature from the town of Bethlehem. In November, we elected a Democratic town supervisor.

Let's hope that this negative, misleading and desperate message was the last gasp of a once-entrenched party, and that the future will bring the people of Bethlehem professional, responsible and democratic leadership from the Democrats in office.

Lisa Gordon  
Delmar

Editor, The Spotlight:

It is a marvelous miracle to see a town respond to those in their midst that need caring for.

On Saturday, April 24, I was so very proud to see many (approximately 100) gifted residents of the town of New Scotland make room in their busy schedule to pull out their rakes, don their gloves, plug in the power tools and roll up their sleeves to become an army of many that reach even more.

After months of planning, calling and meeting, the time had come. It was totally a day of satisfaction and even tears of joy by some recipients. Their difficult life circumstances changed before their very eyes when town trucks hauled away piles of junk, bushes got a trim, air conditioners were installed, leaf bags were filled by the dozens, sheds erected in record time,

numerous windows became sparkling clean, roof gutters washed out, windows caulked, gardens attended to, closets/pantries rearranged, porches repaired and painted, just to name a few tasks.

These valiant residents prefer to remain nameless in their generosity, but it warmed the soul

to see the level of responsibility that these folks display for their neighbors. Truly, Volunteer Day in April in New Scotland is small-town America at its best. My sincere thank you to all who helped out.

Sue Weisz  
New Scotland  
senior outreach liaison

### P&R PAINTING Interior & Exterior Painting

Quality at work for you!

Fully Insured  
Free Estimates  
Good Clean-ups

Power Washing  
Staining  
Residential & Light Commercial

Mobile 256-0638

SENIOR CITIZENS DISCOUNT



**Decorator Told You to Throw Everything Out? Throw Out the Decorator!**

There's no rule that says you have to start from square one or get rid of your favorite chair just to give your home a new look. I'll bring thousands of samples directly to you and save you time and money. So, call me today and save your treasures.

**Room Service**  
INTERIOR DECORATING  
By Susan Luria  
518-296-8556 • www.susanluria.com

*Spend Mother's Day Relaxing at*

**Complexions**  
A SPA FOR BEAUTY & WELLNESS

*Mother's Day Tea*  
Come and enjoy an assortment of our specialty teas and treats...

**Choose one of our Spa Packages**

<b>TRANQUIL MOMENTS</b> Lavish your loved one with a Nourishing Facial and Make-over, Spa Pedicure, Manicure, Swedish Massage (1 hr.) and Sauna.	\$210.
<b>AMORE</b> Facial, Spa Manicure and Make-up Application.	\$70.
<b>RELAX, REFRESH &amp; REJUVENATE</b> Relax in our warm sauna, refresh in the soothing waters of our hydrotherapy tub and rejuvenate with a wonderful Swedish Massage (30 min.)	\$65.

**COMPLEXIONS**  
A SPA FOR BEAUTY AND WELLNESS

Wolf Road Shoppers Park  
6 Metro Park Road, Albany, New York 12205  
**489-5231**  
www.complexions.com

**Pella** WINDOW AND DOOR REPLACEMENT

One call takes care of it all!

- We offer a free in-home consultation to ensure you find the right windows and doors to meet your needs.
- Our experts will professionally install and finish your custom-fit windows and doors as well as remove and haul away your old ones.
- Our team is factory trained and can answer any questions you may have as part of the Pella Direct Sales Network.

**Free financing**  
for 12 months same as cash on all installed products.

**rooms with a view sale**  
Call, stop by, or let us come to you.  
Schedule your free in-home appointment by calling  
**1-800-875-8701.**

**THE PELLA WINDOW & DOOR STORE™**

<b>Albany</b> 5 Metro Park Rd (Wolf Road Shoppers Park) Albany, NY 12205 (518)489-3780	<b>Queensbury</b> 118 Quaker Rd (Quaker Plaza at Glenwood Avenue) Queensbury, NY 12804 (518)793-7349
--	--

www.cdwsales.com

Does not apply to ProLine® products. Other restrictions may apply. See stores for details. Must be installed by Pella professionals. Not valid with any other offer or promotion. Valid for replacement projects only. Financing available to qualified customers only. Offer ends March 28, 2004. © 2004 Pella Corporation

**Pella**

VIEWED TO BE THE BEST™

# Spring into Smart Energy Use!

Albany, NY- Springtime brings the promise of starting anew with all of our earth-friendly resolutions. Whether it's starting a recycling program at home or work, taking time to plant a tree, or simply pledging to turn off the water while brushing your teeth, so often the responsibilities we have in our daily lives overshadow our plans to make a difference. As we reflect on Earth Day 2004, consider these simple steps you can take to express your environmental commitment throughout the year:

### Practice good housekeeping.

When it's time to get rid of your old room air conditioner (RAC)—give it a proper goodbye. Old RACs waste energy and money! Certain components must be properly dismantled and recycled to avoid burdening landfills and releasing dangerous chemicals into the environment. To learn more about opportunities to recycle in your area, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org).

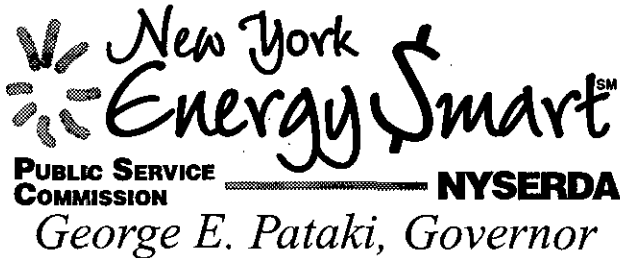
Look for the ENERGY STAR® label and make it an energy smart summer. After you have recycled your old, inefficient air conditioner, replace it with an ENERGY STAR model. ENERGY STAR products use superior technology, requiring less energy and less money to operate. Replacing a 15-year-old RAC with a new ENERGY STAR model could save you up to \$56 a year on your electric bill.

### Protect your investment.

Replace filters on your RAC or central air conditioner following your manufacturers guidelines. Save yourself the cost and inconvenience of having your air conditioner fail during summer's hottest days. Be sure to close blinds or shades to keep out the heat during the hottest part of the summer

day, and use a programmable thermostat to cool the house on your schedule.

Since Earth Day's inception in 1970, our world has become



more hectic, crowded, and in need of more attention

from each one of us. As you go about your busy life, look for little ways to celebrate Earth Day - everyday. You might be surprised to learn that the smallest

adjustments can produce the biggest rewards. To find out more about programs to help save energy, money and the environment, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org) or call toll-free 1-877-NYSMART.

## AIR CONDITIONING 101

There are many different room air conditioner (RAC) and central air conditioner (CAC) models. But there's one thing they should do: remove heat and humidity from the air. Naturally, getting the right size air conditioner is crucial. The appropriate size unit will operate more efficiently than a unit that's too large and cycles on and off too often. To find the right RAC for your home, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org) or call 1-877-NY-SMART.

### AIR CONDITIONER SIZING CHART

Find the square footage of the room to be cooled in the left column. Square footage can be calculated by multiplying the length of the room in feet by the width of the room in feet.

AREA TO BE COOLED (SQ. FT.)	CAPACITY (BTU/HR)		
	LOW	AVG.	HIGH
Up to 200	3,000	4,600	6,000
200 to 250	3,750	5,750	7,500
250 to 300	4,500	6,900	9,000
300 to 350	5,250	8,050	10,500
350 to 400	6,000	9,200	12,000
400 to 450	6,750	10,350	13,500
450 to 500	7,500	11,500	15,000
500 to 550	8,250	12,650	16,500
550 to 600	9,000	13,800	18,000

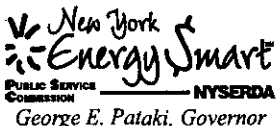
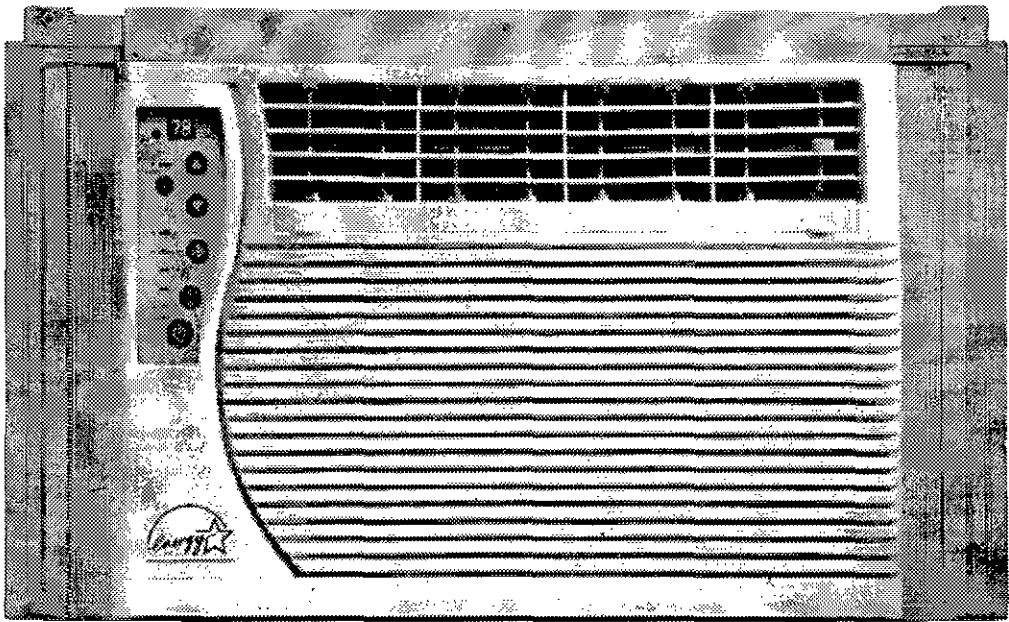
This chart is only a guide. Please have a sales representative help you purchase a room air conditioner or central air conditioning system that meets your needs.

#### Which capacity should I use?

**LOW:** Room is shaded by trees, has low-energy windows or windows that are not south-facing, or is below average occupancy.

**AVERAGE:** Room is partially shaded by trees, may have low-energy windows or some windows that are south-facing, or is of average occupancy.

**HIGH:** Room is in full sun, doesn't have low-energy windows or the windows are south-facing, or is above average occupancy.





# Your Opinion Matters

## Dawson says thanks to supporters for help

Editor, The Spotlight:

To my constituents in Glenmont and Delmar living in the new 35th county Legislative District, I want to say thanks for your confidence in my ability to represent you. It is truly an honor to serve you and to be re-elected to a second term.

Once again, more voters turned out in the 35th Legislative District than any other in the county. And that is even before counting some 100 absentee ballots that have arrived at the board of elections so far. Thank you to those who made time to vote.

To my challenger, Ray Parafinczuk, you are to be congratulated for stepping up to the plate to offer our neighbors a choice. Best wishes to you and your family. Congratulations also to my colleagues in adjoining districts for their vigorous campaigns.

Thanks to my many friends, old and new, for your solid

## Community assists pilot

Editor, The Spotlight:

This letter is to express my sincere appreciation to the Voorheesville Elementary School community and Voorheesville American Legion Post 1493 for their overwhelming generosity to Capt. Kevin Burns and the 2-1 Aviation Regiment of the 1st Infantry Division at Camp Speicher in Iraq.

Capt. Burns is an alumnus of Voorheesville schools and the son of our school secretary Chris Burns. He is serving as a Black Hawk helicopter pilot in Iraq.

Approximately 900 pounds of nutritious snacks for Capt. Burns' unit and supplies for a school they are building were donated by our schools' families and staff, and sent to Iraq by the Legion Post.

An enormous thanks to those who donated items and a special thanks to Paul Barrowman, Lucette Scholer, Noella Gilhooly and Sharon Meeker for packing and mailing over a dozen boxes to Capt. Burns and the troops.

You have all shown one of our own that we truly care.

Mary Nolan

First grade teacher  
Voorheesville Elementary School

## Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length.

All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609.

## Legislator is grateful for support

Editor, The Spotlight:

I would like to thank residents of Albany County's 34th Legislative District for electing me to the county Legislature on April 27.

I am extraordinarily grateful to the voters of Bethlehem for allowing me to serve our community in this capacity, and I will work hard to represent our town's interests.

This election was very confusing to many voters who questioned its timing and the circumstances surrounding its scheduling. I applaud all the residents who took time to cast a ballot. By remaining abreast of current issues and making sure that your voice is heard through the ballot box, you also work to ensure good government.

I would also like to take this

opportunity to thank my opponent, Jeff Perez, for committing himself so thoroughly to the electoral process. In order for democracy to function, citizens must come forward and take on the challenges of running for public office. It is an honorable service simply to run, and his family and our community should be proud that he ran such a vigorous campaign.

I greatly appreciate the help

and encouragement I received from so many members of our community during the campaign. I hope to thank each individually, but I also want to publicly thank my supporters who worked so hard get to our message out and make democracy work here in Bethlehem.

John H. Cunningham  
Albany County legislator  
34th Legislative District  
Bethlehem

**Happy Mother's Day**

**FLOWER BULBS**  
for a beautiful garden  
Gladiolus  
Cannas  
Lilies  
Dahlia  
& Others

**HANGING BASKETS & GERANIUMS**

**VEGETABLES & FLOWERS**  
6 PACKS & FLATS

**WHISKEY BARRELS**

Quality Products at Reasonable Prices "Serving the Wise Since 1917."

Rediscover The Original Applebees...

24 S.R. 143 Westerlo, NY 12193  
Turn right off Rt. 32  
Behind the Big Red Barn  
**797-3145**  
www.theoriginalapplebees.com

Hardware • Stove Pipe • Seed Starter Mix • Small Animal Cages • Lawn & Garden Supplies • Rock Salt • Sunflower Seed • Snow Shovels • Collars & Leads • Canning Supplies • Wild Bird Seed • Farm Supplies • Horse Halters • Water Softener Salt • Bird Feeders • Flower Bulbs • Pines & Shrubs • Wood Pallets

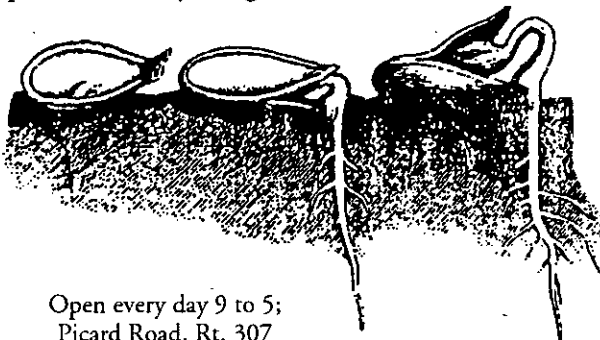
## HELDERLEDGE

The Nursery in a Garden

For those of you unfamiliar with Helderledge Farm, let us introduce ourselves. We are a nursery specializing in the growing and selling of fine herbaceous perennials. We are life-long gardeners, professional horticulturists and landscape architects.

Our selection of perennial plants is deep and wide with extensive collections of major and minor perennials hardy to our zone. Whether you are a new gardener or an old hand, you will be delighted with our plants. Select the best yourself and benefit from our experience, knowledge and enthusiasm.

The nursery is tucked into an old apple orchard located at the base of the Helderberg escarpment between Voorheesville and Altamont, a beautiful place to visit by design or diversion.



Open every day 9 to 5;  
Picard Road, Rt. 307  
between Voorheesville and Altamont  
**765-4702**  
www.helderledge.com

## Debug Your Summer!!

A SCREEN ENCLOSURE FROM HAYDEN GLASS  
ADDS INSECT-FREE LIVING SPACE TO YOUR HOME:



For new or existing  
porches and  
garage doors  
We Manufacture, Install

Early Spring  
Replacement  
Window Special

Free installation with all garage door  
screen enclosures

**HAYDEN**

See all our glass & screen  
products at our showroom.

GLASS & WINDOW CENTER 462-1548

1306 Broadway,  
Albany

**TOMMY HILFIGER**  
eyewear

Spring has arrived and so has our newest collection of Tommy Hilfiger Frames!

Brighten up your wardrobe with a hip, new look that's distinctly Tommy.

Complete the look with Pinnacle Lenses, the thinnest, lightest and safest lens available exclusively at Empire Vision Centers.

And until May 15th, receive **\$25 OFF** Pinnacle Lenses with the purchase of any Tommy Hilfiger Frame!!

Valid prescription required. Cannot be combined with any other coupon, discount or insurance benefit.

**Empire Vision Centers**  
Focused on You

Guilderland  
20 Mail  
2080 Western Ave.  
862.4280

Amsterdam  
Polar Plaza  
Rte. 30 N  
843.5353

E. Greenbush  
609 Columbia Tpk.  
E. Greenbush, NY  
477.8700

Latham  
Rte. 7  
Latham, NY  
783.0090

Schenectady  
Crosstown Plaza  
Rte. 7 & Watt St.  
382.0661

Troy  
Walmart Plaza  
Hoosick Rd.  
272.3300

Albany  
1009 Central Ave.  
Albany, NY  
489.8575

Clifton Park  
The Crossings  
Clifton Park, NY  
373.2200

Glens Falls  
Northway Plaza  
Rte. 9 & Quaker Rd.  
745.1200

Saratoga  
Wilton Sq.  
Saratoga Springs  
580.1117

Slingerlands  
Price Chopper Plaza  
New Scotland Rd.  
439.7600



## Houghtaling's Market, Inc. Ice Cream Shop



- \* Crowley's Premium Soft Ice Cream
- \* Hershey's Premium Hard Ice Cream
- \* Dole Whip-Low Fat & Non Dairy

### Try Our Pizza

Hand-Tossed, Stone-Baked, Using Only Fresh & Homemade Toppings



### Sugar Free! Section:

- New! Sugar-Free Fat-Free Caramel
- Two Flavors Hershey Premium Ice Cream per Day
- Creamy Sugar Free Fat Free Hot Fudge

**SET UP YOUR CATERED EVENT NOW  
WE ARE BOOKING FAST!**

Mom's Bring In This Ad  
& Get a Single Topping Sundae **FREE!**  
Good Sun., May 9<sup>th</sup> Only

Rt. 32. Feura Bush. 439-0028 • FAX 439-0473

**Mill Road**  
RESTAURANT

## Mother's Day Brunch

Sunday, May 9<sup>th</sup> 11am - 2pm

### Soup and Salad Bar

Seafood Bisque \* Create your own Salad  
Assortment of Chef's Specialty Salads \* International Cheese Display

### Stations

Fresh Fruit and Pastry Station \* Create your own Omelet  
Burgundy Glazed Roast Beef \* Honey Pineapple Glazed Ham

### Hot Entrees

Scrambled Eggs \* Waffles \* Bacon and Sausage \* Cinnamon French Toast  
Rosemary Roasted Potatoes \* Lemon Pepper Haddock \* Green Beans Almandine  
Rice Pilaf \* Marinated Chicken Breast in Roasted Red Pepper Creme Sauce

### Viennese Display

Featuring an assortment of freshly baked desserts

Coffee, Tea, Iced Tea, and Juice included

\$19.95 for adults  
\$8.95 children under 10

Featuring Entertainment by  
**The High Flyers**

Call 783-7244 for Reservations  
30 Mill Road, Latham

Open All Year  
Mon. - Sun. 8-5



**STORY'S NURSERY**  
Greenhouses • Nursery  
Landscaping

4265 Rte. 67  
Freehold, NY  
(518)634-7754

*For Your Mother...  
A Special Gift From Story's*

- **20% OFF** Hats & Gloves
- **10% OFF** Roses
- **GERANIUMS** - 4 1/2" Pots  
Reg. \$3.49 - NOW \$2.90
- **IVY GERANIUM  
HANGING BASKETS** - 2 for \$30

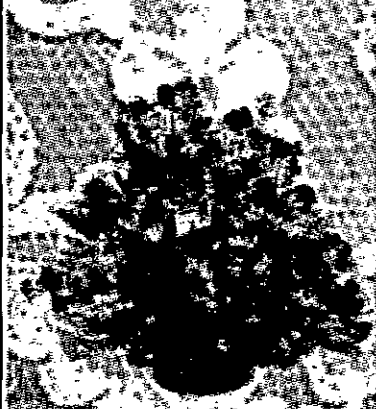


We have a nice selection of  
ready-to-go **CONTAINER GARDENS**  
and **LOTS & LOTS OF PLANTS!**

*Gift Certificates Always Make A Nice Gift!*

[www.storysnursery.com](http://www.storysnursery.com)

**Gifts for  
Mom**



*Give the gift of Beauty!*



Happy Mother's Day from the staff at  
**ines beauty salon**

make this  
Mother's Day  
memorable!

Pamper Mom this Mother's Day with a special Ines Beauty Salon Mom's package or Custom Gift Certificate! Either way, Mom will come home relaxed, refreshed, and happy!

333 Delaware Avenue in Delmar • 478-0174 • [www.inesbeautysalon.com](http://www.inesbeautysalon.com)

## Mother Day Specials at Douty Farms



HANGING BASKETS  
CEMETERY PIECES  
PERENNIALS  
GARDENING SUPPLIES



POTTERY  
CONCRETE LAWN ORNAMENTS  
CUT FLOWERS  
ROSE BUSHES

**DOUTY FARMS**

186 Wolf Road • Colonie  
Open 7 Days from 9AM  
**458-7862**

*This Mother's Day ...  
Shop at the Winner!*

PEOPLE'S CHOICE AWARD  
**Best Gift Shop**

You'll find gifts and gift baskets for Mother's Day  
to fit every budget. Plus a huge selection  
of cards, and collectables.

YANKEE CANDLES - NEW FRAGRANCES & STYLES  
AREA'S LARGEST SELECTION OF PLUSH • FASHION JEWELRY  
GOURMET CANDY • HOME DECOR • BOYDS COLLECTABLES  
WEDDING & ANNIVERSARY GIFTS • NEW PERSONALIZED GIFTS



**Kd**  
Kd  
Gift Baskets

TOWN SQUIRE PLAZA, GLENMONT  
FAIRVIEW PLAZA, HUDSON  
Open this Saturday 5/8/04 until 8 P.M.

*Mother's Day  
is May 9th*

**PRICE-GREENLEAF INC.**  
SEED, GARDEN STORE, AND NURSERY

### Lilac Bushes

**25% OFF** 3 Gal. Pots

Well branched double blue, single pink, purple  
single lilac, common purple and dwarf pink.

Sale Price: **\$23.99**

### Potted Rose Bushes

Well established, budding roses,  
60 climbing roses, 300 Hybrid Tea,  
Shrub, Floribunda and Grandiflora  
bushes to choose from. 3 Gal. Pots

**\$17.99 ea. or 2 For: \$29.99**



### Flowering Hanging Baskets

Impatiens, Begonia, Ivy Geraniums, Fuchsia,  
Straw Flower, Petunia, Verbena, Snowstorm  
and more in 8" and 10" baskets. ALSO: 12"  
and 16" Combination Coca Baskets and  
Impatiens in Al's Flower Pouch.



**Jonathan Green**  
FOR THE BEST LAWN IN TOWN

### Weed & Feed

Lawn Fertilizer

With weed killer, for  
dandelions and 250  
other weeds.

5,000 sq.ft. Sale: **\$11.99**  
15M SALE: \$28.99

~ FREE Use of Spreader ~



HOURS: Mon.-Fri 8:30-6:00,  
Sat. 8:30-5:00,  
Sun. 10:00-5:00

14 Booth Road, Delmar, NY • 439-9212 (Weekdays 'til 8 P.M. Starting May 10)

Next to Community Care, near CVS

# Mother's Day

is May 9th

Let us  
help you  
make your  
Mom's day  
extra  
special!



## George's Market and Nursery, LLC SPRING HAS ARRIVED AT GEORGE'S MARKET & NURSERY

Bedding Plants • Geraniums • Potted Perennials • Shrubs • Trees • Roses  
Vegetable Plants • Mulch • Top Soil • Other Items Too Numerous to List  
**SPECIAL • ALL HANGING BASKETS — \$14.95 & UP**

We Deliver Top Soil & Mulch Daily

**CHECK OUT OUR SPECIALS & LOW PRICES**

Open Daily 9-7 • Sat. & Sun. 9-6

**760 Troy-Schenectady Rd., Latham • 785-4210**



## ENGEL'S FARM AND MARKET

Colonie's Oldest Business since 1870

### Mother's Day Selections

- Bedding Plants • Hanging Baskets • Combination Pots
- Perennials • Artificial Cemetery Decorations
- Fruits & Vegetables • Home Made Pies and Baked Goods

### Oscar's Smokehouse Meat Products

Albany Shaker Rd.

(Opposite the Desmond Hotel)  
Exit 4 off I-87

**869-5653**

Open Daily 9-6 Mon.-Sat.; Sun. 9-4

## Yanni's Too Restaurant

Our 6th Season at the Coeyman's Landing Marina  
Riverfront Dining

**Mother's Day Grand Buffet • 12-6 pm**  
CALL FOR RESERVATIONS

### DAILY AND NIGHTLY SPECIALS

WED. - 12 wings \$2.99  
THURS. - Prime Rib \$10.95  
FRI. - Fried Fish \$9.95  
SAT NIGHT. - Grilled Crab Cake  
Sandwich w/ sweet potato fries \$9.95

WED. & SUN. - Dinner for 2  
with a bottle of wine. \$19.95

New  
Seasonal Menu  
Award Winning  
Chef

Now Booking Parties • Catering On And Off Premises

Wed. - Sat. 11 a.m. • Sun. 12 noon • **756-7033**

**Coming Soon - 1st Annual Clam Bake Memorial Day**

## There's no place better for Mother's Day than Grandma's!

Treat your mom on her special day to a good old fashioned home cooked meal at Grandma's! Bring your appetite but leave room for dessert because Grandma's makes the best pies in the area. Serving breakfast, lunch, dinner and over 45 different delicious pies... including six types of sugar-free pies!



Before or after your mom's special meal, be sure to visit our gift store next door for mom's perfect present! Gift wrapping is always free.

Gifts • Collectibles • Home Décor  
Christmas • Jewelry

Whatever the Reason...  
Whatever the Season

## Grandma's Country Restaurant

1273 Central Ave. • Colonie

**459-4585**

Open daily 7 a.m. to 11 p.m.

## Grandma's "Your Place For Gifts"

1275 Central Ave. • Colonie

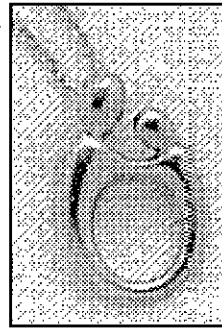
**459-1209**

Open Monday-Saturday 9-9, Sunday 10-5

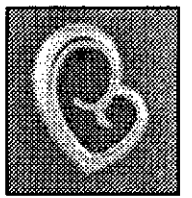
Visit our web site: <http://www.GrandmasCC.com>

## Ideas for Mother's Day...

We have them at



Jewelers



- Janel Russell pendants
- Camille Beckman Creams
- Candles
- and much more...

MAIN SQUARE SHOPPES  
318 Delaware Ave., Delmar • 439-9993

## CASA MIA

RESTAURANT & LOUNGE

Rt. 9W • Glenmont (Across From K-Mart) **463-4331**

**Specializing in Northern Italian Cuisine**

OPEN FOR LUNCH & DINNER

REGULAR MENU AVAILABLE PLUS DAILY SPECIALS

### Join us for MOTHER'S DAY DINNER

Sun., 12 Noon to 9 p.m.

Call for Reservations



Tues.-Thurs. 11am to 9pm,  
Fri. 11am to 10pm,  
Sat. 4pm-10pm, Sun. 4pm to 9pm  
Closed Mon.

## ~ Happy Mother's Day ~

The greatest gift we can give to our Children is to set a model of taking care of ourselves!... eat healthy food, sleep well, laugh often and don't forget - your Mammogram!!

## ~ Addie's Trinkets ~

A collection of jewelry pins sold to raise funds for Breast Cancer Support Organizations.

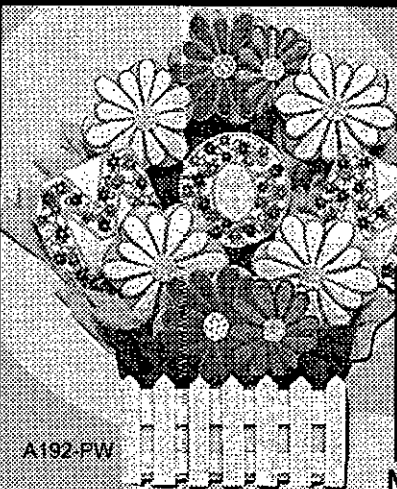
Available at:

Aurora's Willow Creek-Troy, Roberta's Gift Shop  
Glenmont, Persnickety's Gift Shoppes-Latham &  
Clifton Park, Grandma's Gift Shop-Albany, The  
Shoppes-Saratoga, The Village Collection Queensbury,  
Pilgrim Candle Co.-MA, Cafe Nora's-Latham,  
Samaritan Hospital-Troy, Something Olde,  
Something New-Slingerlands, Albany Institute  
of History and Art, Balance Massage Studio-  
Delmar, Noch Fiernan Farm, Duaneburg



## Make Mom's Day

with a  
**Delicious  
Bouquet!**



A192-PW

A209

A194

Mother's Day is May 9

Delivery & Shipping  
Available

**COOKIES by Design**

**Gifts That Taste As Good As They Look**

378 Delaware Ave., • Delmar • 439-6875



# Matters of Opinion

## Grants will help expand town senior programs

Editor, The Spotlight:

Thanks to generous grants from the Albany County Enhanced Senior Services Fund and the Community Foundation for the Capital Region's Community Health Care Fund, and several donations and bequests received during the past year, Bethlehem Senior Projects has replaced one of its three wheelchair-accessible vehicles and will soon implement several new programs with a focus on better nutrition, socialization and accessibility for the town's older residents.

Bethlehem Senior Projects is a community-based nonprofit corporation, which partners with Bethlehem's municipal senior services department.

Senior Projects president Charles Tobin III said the grants will provide wonderful opportunities for increased socialization and necessary transportation for older residents of the town.

Included in the plans for the new vehicle are new lunch and social program offerings, in-

creased transportation availability for congregate meal programs, seasonal weekly shopping at Delmar's farmers' markets and additional capabilities for wheelchair-bound seniors to grocery shop.

The Bethlehem Senior Transportation Service is one of many programs partnered between Bethlehem Senior Projects and the town.

Other shared programs include funding for the Bethlehem Food Pantry, informational displays and the town's monthly health-related screenings.

There are also wellness classes, programs co-sponsored with the Bethlehem library, information and referral services and the purchase of equipment benefitting the elderly.

For information about programs and services, call the town hall at 439-4955, ext. 168.

*Karen Pellettier*  
Bethlehem Senior Services director

## Park director says thanks for youth help

Editor, The Spotlight:

The Bethlehem Parks & Recreation Department would like to thank three groups that celebrated Earth Day and/or Arbor Day by completing projects to help beautify our parks.

A Bethlehem Cub Scout pack, led by Roseanne Garry, planted 25 new trees in Elm Avenue Park on Thursday, April 22. These trees will beautify our park for years to come.

The youth group at First Assembly of God Church spent Saturday, April 24, picking up trash and debris from North Bethlehem Park. Thanks to Gwen Mitchell for organizing this group.

Finally, Gayle Rundell of the Glenmont Job Corps Center organized 30 energetic youth to clean up Henry Hudson Park on April 29. They celebrated their accomplishment with a cookout following their work.

Many thanks to these youth for keeping the spirit of volunteerism and community pride alive in Bethlehem!

*Nan Lanahan*  
Town of Bethlehem Parks & Recreation Department administrator

## Public needs answers rather than war in Iraq

Editor, The Spotlight:

In his April 21 letter, Mr. Joseph Cardamone claims anti-war protestors have an "irrational agenda" for the United States' foreign policy. In my opinion, it is our president and his supporters who have the "irrational agenda."

In the letter, Mr. Cardamone states, "Iraq is as good a target in the war on terrorism as any." Apparently, he has bought completely into President Bush and his spin doctors' efforts to convince the people of the United States that Saddam Hussein's regime and the unbelievable tragedy on 9/11 are one and the same.

After Sept. 11, President Bush was able to convince some of our citizens (not all of us) that Saddam Hussein had weapons of mass destruction and was getting ready to attack us.

Using our fear and shock over the 9/11 tragedy, he led us into a war that, if anything, is creating a new hotbed for terrorist extremists.

In the letter, Mr. Cardamone states that terrorists have an "irrational hatred" of us. By killing innocent Iraqi women and children, are we not creating a new generation to hate us?

This war on Iraq has very little (maybe nothing) to do with terror. It is a war for oil. In my opinion, we could have better spent the money being used for this war on research into alternative energy sources. However, President Bush and his supporters in the oil business

would not benefit financially from that.

If we are so determined to fight terror, why aren't we spending our energy and resources trying to capture the man who supposedly organized the 9/11 attacks, Osama bin Laden? By the way, the Bush family and the bin Ladens have been doing business together for more than 25 years.

That is probably why on Sept. 12, 2001, when no air travel was allowed anywhere in the United States, 24 members of bin Laden's extended family were flown from the U.S. to Europe, with the assistance of our government. How about looking into the fact that 15 of the 19 people identified in connection with 9/11 were from Saudi Arabia? No, not Iraq.

There are so many questions, Mr. Cardamone. I think we need some answers — not a war.

*Kathleen Saso*  
Delmar

## Hug mom on her special day



PRIME CARE  
PHYSICIANS, P.C.



Paul E. Gaffuri, M.D.

*Paul E. Gaffuri, M.D.*  
*Kenneth J. Kroopnick, M.D.*  
Board Certified Pediatricians

Are Now Accepting New Patients

4 Normanskill Boulevard  
Delmar, New York 12054

Near Delaware Plaza

Call 478-9423 to schedule an appointment  
Biographical information can be found at:

[www.primecarepc.com](http://www.primecarepc.com)



PRIME CARE  
PHYSICIANS, P.C.



Kenneth J. Kroopnick, M.D.

## Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length.

All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609.

## ROBERT'S UPHOLSTERY

Bob Del Gallo: Decorator

Free In-Home Estimates  
Over 20 years experience

**346-0132**

Toll Free 1-866-290-0614

SAVE \$25  
OFF ON  
CHAIR

SAVE \$50  
OFF ON  
SOFA

SAVE \$100  
OFF SOFA &  
CHAIR

## BOB BELLIZZI'S GRAND SLAM 2004 Baseball Camps

Elm Avenue Town Park in Delmar  
SPONSORED BY THE MOHAWK BASEBALL CLUB

Bob Bellizzi — Camp Director

Ken Hodge — Director of Baseball Camp

Counselors are Mohawk Baseball Club members

Weekly Sessions Beginning

July 5<sup>th</sup> Through August 6<sup>th</sup>

Camps Hours 9 a.m. to 3 p.m.

**\$190 per session,**

same camper receives discount for additional sessions

FOR INFORMATION AND APPLICATION CALL 475-1005

YOU'RE INVITED TO

## Secrets to a Woman's Heart

presented by Northeast Health Cardiovascular Services  
and Alice Kim, MD and John Bennett, MD,  
Albany Associates in Cardiology, PC

Wednesday, May 19, 6 - 8:30 pm

Wolferts Roost

120 Van Rensselaer Blvd, Albany

Heart attack, stroke and other cardiovascular diseases claim the lives of more than half a million women in America each year — about a death a minute! Get to the heart of the matter and discover what you really need to know about keeping your heart healthy.

- A personal risk assessment and consultation
- Screenings
- Strategies to stop smoking
- Ways to reduce stress
- Complementary and traditional approaches to better health
- Nutrition and exercise

Door prizes/ Light buffet

To reserve your space, please call our HealthTalk reservation line at 271-3552. Fee \$5.



The Heart Program

Northeast Health

600 Northern Blvd., Albany • [www.NortheastHealth.com](http://www.NortheastHealth.com)





# Your Opinion Matters

## Honor motherhood by giving up dairy

Editor, The Spotlight:

This Sunday is Mother's Day, when we celebrate the cherished bond between mother and child. Unfortunately, dairy cows, recognized widely as the symbol of motherhood, are denied the opportunity to nurture their own babies.

The dairy industry impregnates cows artificially each year to boost milk production. The newborn calves are torn from their mothers and chained by the neck for life in tiny wood crates, covered with their excrement. They are denied natural food and water, bedding, movement, fresh air, sunshine, and mother's milk and love. They suffer from chronic anemia, diarrhea and respiratory disorders.

The product of this misery is just as sickening. The calves are kept alive with antibiotics that jeopardize consumers' defenses against deadly infectious diseases. They receive hazardous hormones to boost their growth.

Their flesh is laced with saturated fat and cholesterol, which have been linked conclusively with chronic

diseases that each year kill 1.3 million Americans.

The 70 percent drop in U.S. veal consumption shows consumers' revulsion at these abuses, and many institutions have stopped serving veal. The veal crate has been banned by the European Union. Yet the U.S. dairy and veal industries have resisted all efforts at similar reforms here.

This Sunday and every day thereafter, we should honor motherhood by dropping veal, milk and other dairy products from our diet.

Alex Genatt  
Delmar

### Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing.

All letters must include the writer's name, address and a daytime telephone number for verification.

## Candidate is thankful for support

Editor, The Spotlight:

I would like to thank everyone who supported my candidacy for a seat on the county Legislature.

While I wish I could have come out on the winning end, I met too many really wonderful people to think of this as a loss.

I am also very pleased that this race was run without the negative campaigning that can mar an election. Thanks to a spirited but fair campaign, a number of important issues were raised, including the growing tax burden on Bethlehem residents and the extent to which the county can play a role in improving our quality of life.

And I would like to offer my heartiest congratulations to Jack Cunningham and wish him well in his service to the people of Bethlehem.

I look forward to seeing around town the many friends I made during this campaign.

Jeff Perez  
Delmar

## Winning ways



Kimberly and Patrick Moore of Selkirk were honored by the National Society of the Daughters of the American Revolution recently. Patrick received the DAR Medal of Honor, the organization's highest honor.

## Delmar Carpet Care


### QUALITY CARPET CLEANING

- WALL TO WALL
- UPHOLSTERY
- ORIENTALS AND AREA RUGS

**439-0409**

Tim Barrett





## Cool Off with Hot Savings!

Before the weather starts heating up, cool off with a Dave Lennox Signature™ home comfort system—and cash in on big savings!

Lennox® home comfort systems are designed to deliver home comfort efficiently and economically—not only as individual products, but also as a total system solution. So if you're planning to install new home

heating and cooling products, you may also want to consider comfort controls and indoor air-quality products. Combining these products in one system is the easy way to cool off and cash in.



### D.A. Bennett LLC / Service Experts

341 Delaware Ave.  
Delmar, NY 12054

**(518) 439-9966**

Call us today to ask about these great deals!

**Up to a \$1000 Rebate\***

**Or Extended Warranty\***  
Up to 10 Years Parts and Labor

**Or Pre-Season Service\***  
\$15.00 Off a Precision Tune Up

With purchase of select Lennox home products. Offer expires May 31, 2004.



© 2004 Lennox Industries, Inc. \*See your participating Lennox dealer for details. Lennox dealers include independently owned and operated businesses. One offer available per qualified purchase. Specific Extended Warranty coverage options and certain exclusions are stated in the CompleteCare Plus™ Warranty Certificate and Customer Application. Service offer applies to new customers only.

**A better place™**  
**LENNOX**  
HOME COMFORT SYSTEMS

## We've created a masterpiece.

Looking for a splash of color in your life? Then picture yourself at an **Eddy Retirement Living** community.

For more than 18 years, we've been the region's leader in premier retirement living. And, our experience shows. We offer a distinctive, maintenance-free lifestyle ... gracious services and amenities ... and diverse social and cultural activities — all right here in the Capital Region —

- **Beechwood** in Troy
- **Beverwyck** in Slingerlands
- **Glen Eddy** in Niskayuna
- **The Glen at Hiland Meadows** in Queensbury

And, should your needs change, we also offer assistive living in our Terrace apartments.

For more information about any of our beautiful communities, please call us at **451-2103**.

Eddy Retirement Living.  
**It's a work of art.**



**Eddy Retirement Living Communities**

**Northeast Health**

[www.NortheastHealth.com/EddyRetirementLiving](http://www.NortheastHealth.com/EddyRetirementLiving)

Please tell me more about the following communities:

☐ Beechwood ☐ Beverwyck ☐ Glen Eddy ☐ The Glen at Hiland Meadows

Name(s) \_\_\_\_\_ Age(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

SPOTMAST

40 Autumn Drive • Slingerlands, NY 12159



# Sports

## Second-half spurt propels Lady Eagles to victory

By ROB JONAS

The Bethlehem girls lacrosse team ended Guilderland's hopes of an upset with a dominating second-half performance.

The Lady Eagles scored four goals in the first 4:04 of the second half and controlled the ball for much of the remaining time in a 16-6 Suburban Council victory over the Lady Dutch last Friday in Delmar.

"I just made a couple of (halftime) adjustments," Bethlehem coach John Battaglini said. "We weren't shooting the ball well (in the first half), and it seemed that when we missed, they'd get the rebound, go down field and score."

Guilderland was within one goal late in the first half when

Bethlehem (7-0 league, 8-0 overall) started taking over. Kelly Hughes rebounded her own missed shot and scored to put the Lady Eagles ahead 6-4. Then, Emma Strachman scored on a fast break 18 seconds later to give Bethlehem a three-goal cushion.

The Lady Dutch had a chance to open the second half with a goal, but Bethlehem's Emily Szelest stopped Kayla Best's breakaway shot. Less than two minutes later, Strachman scored on a tough-angle shot to give the Lady Eagles an 8-4 lead.

Strachman's goal opened the floodgates. Hughes scored off a pass from Katie Rowan 24 seconds later, and Halley Quillinan tallied twice in the next two minutes to give Bethlehem an 11-4 advantage.

After that surge, the Lady Eagles slowed things down with more deliberate passing and tacked on five goals before Best scored with 1:16 left to end Bethlehem's 11-0 run.

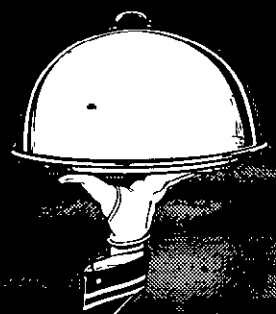
Quillinan had five goals and an assist, while Strachman contributed four goals and two assists for the Lady Eagles, who are currently the No. 1 ranked team in New York. Rowan chipped in three goals and three assists, and Hughes added a hat trick.

"She's been the x-factor lately," Battaglini said of Hughes. "She's been scoring more consistently lately. If she plays controlled, she's effective."

Best recorded a hat trick, and Kathryn Marcantonio added two goals for Guilderland, which lost its third league game.



Bethlehem's Katie Rowan moves around a Guilderland defender during last Friday's Suburban Council game. Rob Jonas



**元寶屋**  
**DUMPLING HOUSE**  
Chinese Restaurant

**S**pecializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.  
Eat in or Take Out. Open 7 days a week.  
458-7044 or 458-8366  
120 Everett Road, Albany • (Near Shaker Road)

**SEFCU's New Arbor Hill Branch**  
**Grand Opening Week**  
388 Clinton Ave. Albany, May 17 - 21, 2004

**Home Equity line of credit rates**  
as low as

**3.00**


**%APR\***

for the first year

Prime minus ¼% thereafter for the life of the loan

To apply:

- visit [www.sefcu.com](http://www.sefcu.com)
- call 518-452-8183
- visit any SEFCU branch



It's time to use your home equity with **SEFCU**

**Bank Where You Own The Place**

\*Annual Percentage Rate. Variable rates for home equity lines of credit begin at 3.00% for the first year; Prime minus ¼% thereafter. This rate applies to lines up to 80% Loan-to-Value (LTV) with a 25-year term. Other rates are dependent on LTV percentage. All loans subject to creditworthiness. Rate accurate as of April 29, 2004 and subject to change without notice.

**Robert Brass, MD**  
**Ophthalmology**

CAPITAL REGION HEALTH PARK  
711 Troy-Schenectady Rd. Suite 123  
Latham, NY 12110-2454  
(518) 782-7827 Fax (518) 782-7820



**CATARACT SURGERY**  
**CORNEA TRANSPLANT**  
**LASIK & PRK VISION CORRECTION**

DR. BRASS provides care for all types of eye conditions, such as dry eye, glaucoma, diabetes, macular degeneration, and crossed eyes. In addition he performs routine eye care for all ages. Complete Eye Care for Children & Adults.

Board Certified Eye Physician & Surgeon.  
Fellowship Trained Corneal Specialist  
"Most Major Insurance plans accepted"

**OUR FAMILY'S HARVEST**  
farm market *and* greenhouse

**SEASON OPENING**  
**Thursday, May 6**  
**10 - 6**

Hanging Baskets, Perennials and MORE!  
"Family Owned ~ Family Farmed"

*Hours: Mon.-Sat. 10-6, Closed Sundays*  
*Ph. #: 478-0416*

**Rte. 85 - New Scotland, next to Town Hall**

## Golden gymnast



Eliza Rose Barach of Delmar (center) won a gold medal in the uneven bars at the New York State Level 7 Gymnastics Championships. Barach finished third in the all-around with a score of 37.85.

## Distance runners win at Colonie Relays

Bethlehem's 4-by-1 mile boys relay team took first place at last Saturday's Colonie Relays.

The team of Pat Shaffer, Conor Murphy, Adam Hill and Matt Shaffer finished with a school-record time of 18:48.6. Shenendehowa placed second in a time of 8:51.5.

**Spring Cleaning for your Head**

**Open 10 - 6 M-F**

**MENS ROOM**  
Barber Shop

54 Columbia St. Albany 12207 • 449-1400 • www.mensroom.biz

## Orange Crush compete at AAU hoop tournament

Two 11-and-under girls basketball teams from the newly-formed Bethlehem Orange Crush program participated in the Empire Nighthawks Tournament last weekend.

The 11-and-under team coached by Glenn Richter won all of its games, beginning with a 36-28 victory over the Saratoga Sparks team coached by Kristopher Sprage. Tracy Koch had 14 points, and Emily Kirby added nine points in the win.

Bethlehem then defeated the Rotterdam Hoopsters 26-22 behind Rebecca Stanton's 12 points and the Minisink (Orange County) Green Wave 22-21. Stanton had six points, and three players added four points apiece for the Orange Crush.

Bethlehem completed its un-

defeated run with a 27-12 win against the Saratoga Sparks team coached by John Olsen. Stanton led the Orange Crush with 12 points.

The 11-and-under Bethlehem team coached by Gerry Ladouceur finished with a 1-3 record. After defeating the Saratoga Sparks (Olsen) 16-12 in their opener, the Orange Crush lost to Minisink 27-20, Rotterdam 25-20 and the Utica Lady Knicks 15-12.

Allison Teevan had the high game for Ladouceur's team with a six-point effort against Rotterdam. Stephanie Sica scored five points against Minisink and added four points against Rotterdam.

Both Orange Crush teams are competing at this weekend's Troy American Eagles Tournament.

*Show your love Mother's Day with a heart in a heart diamond pendant*

Diamonds • 14K, 18K & Platinum.  
Wedding Bands • Expert Repairs,  
Custom Designs, Plus everything you expect from a fine jeweler

**DAVID'S JEWELER'S**  
Unique

2080 Western Avenue  
The 20 Mall • Guilderland, NY 12084

— Gift Certificates Available —  
Serving Guilderland & the Capital Region since 1988 **452-0746**



**★ Thank You . . . ★  
for being a part of  
Feestelijk Bethlehem!**

### A Special Thanks To Our Sponsors

Albany County Stop DWI  
Albany Broadcasting Company  
Applebee Funeral Home ★  
Sons of the American Legion  
Nathaniel Adams Blanchard Post 1040  
Bethlehem Chamber of Commerce  
Bethlehem Family Practice  
Bethlehem Networks  
Bethlehem Opportunities Unlimited  
Bryant Asset Protection  
Burt Anthony Associates  
Buenau's Opticians  
Capital Cities Imported Cars Inc.  
Coldwell Banker Prime Properties  
Delmar Dental  
Delmar Health Hut  
Delmar InteriorDesigns  
Dunkin Donuts  
Durant Funeral Home  
Elk Sign Express  
Geurtze Builders  
Glenmont Car Wash  
Richard Green ★  
Farm Family Insurance Co.  
The Floral Garden  
Gochee's Garage

Haslam Tree Service  
Heldeberg Workshop  
Hudson River Bank and Trust  
Keystone Architectural Services  
Mail Boxes Etc.  
Main Square Shoppes  
McCarroll's, The Village Butcher ★  
Niagara Mohawk  
PAX 55  
Policy Research Associates  
Price Chopper  
Primomo and Herzog, DDS  
Prudential Manor Homes  
PSEG Power  
Realty USA  
RE/Max Premier  
Security Supply Corp.  
Sitewaves Internet Services  
Spotlight Newspapers  
Jane Bonavita State Farm Insurance  
Stewart's Shops  
Subway ★  
TV18/Bethlehem  
The Times Union Zoned Advertising  
Time Warner Cable  
Weichert Realtors ★

### Thanks to all our Venue Hosts

American Legion-  
Nathaniel Adams Blanchard Post 1040  
Bethlehem Middle School  
Bethlehem Town Hall  
Blue Sky Recording Studio  
Creative Art Time Studio  
Delmar Reformed Church  
Evergreen Bank  
First Methodist Church  
Hudson River Bank and Trust  
HSBC Bank  
Masonic Temple  
Turtle Pointe Gift Shop ★

*The committee for Feestelijk would also like to thank the community for supporting this event. Without the generous donations of many area businesses, this event would not be possible. Please make sure you patronize these local businesses.*



# HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF APRIL 26 TO MAY 1

**Thursday, April 29**

## BASEBALL

**Voorheesville 11, Schalmont 2**

Voorheesville highlight: Pat Selby 2-run home run, double, 2 runs scored.

**Lansingburgh 5, Ravena 3**

Ravena highlight: John Lynch 2 singles.

## SOFTBALL

**Bethlehem 18, Averill Park 1**

Bethlehem highlights: Andrea Stupp home run, triple, double, single; Kate Dombrowski 2 triples, double.

**Voorheesville 8, Ravena 1**

Voorheesville highlights: Cyrilla Suker pitched 2-hitter with 16 strikeouts; Alex Fish 2 singles.

Ravena highlight: Laura Persico double.



Ravena-Coeymans-Selkirk's Erik Maggs sprints toward the finish line at last Saturday's Colonie Relays. *Jim Franco*

Quinn Wilson 1-1, Andrew Kelleher 0-1. Bethlehem saves: Mike Manzione 12.

## GIRLS LACROSSE

**Bethlehem 16, Guilderland 6**

Bethlehem scoring: Halley Quillinan 5-1, Emma Strachman 4-2, Katie Rowan 3-3, Kelly Hughes 3-0, Theresa Ladouceur 1-0, Mackenzie Riegel 0-1. Bethlehem saves: Emily Szelest 10.

## SOFTBALL

**Bethlehem 4, Columbia 1**

Bethlehem highlight: Krista Wentworth 2-run double.

**Coloies 3, Voorheesville 2**

Voorheesville highlight: Cyrilla Suker pitched 4-hitter.

**Saturday, May 1**

## BASEBALL

**Bethlehem 6, Amsterdam 1**

Bethlehem highlights: Rick Rodges 3-run home run; Dan Felitte home run.

## BOYS TRACK

### Colonie Relays

Team results: Shen 115, Shaker 77, Saratoga 47, Albany 45, Colonie 38, Schenectady 33.5, Bethlehem 28, Averill Park 25, Guilderland 23, Burnt Hills 22, Lansingburgh 13.5, Niskayuna 13, Ravena 9, Albany Academy 4, Berne-Knox 3.

## GIRLS TRACK

### Colonie Relays

Team scores: Shaker 114, Colonie 91, Shen 76, Averill Park 46, Columbia 44, Berne-Knox-Westerlo 41, Burnt Hills 32, Albany 31, Holy Names 10, Ravena 5, Lansingburgh 3.

**Dr. Michael Bertram  
and Dr. Nagajara Patil**

are pleased to welcome a new associate to their practice

**Leah R. Berkery, M.D.**



Dr. Berkery specializes in Internal Medicine. She completed her medical education at Cornell University Medical College. After graduation, Dr. Berkery completed her Residency at Mount Sinai Medical Center in NYC. She is Board Certified in Internal Medicine from the American Board of Internal Medicine.

The practice is accepting new patients and welcoming current patients

**Most Insurances Accepted**

Our office is located at  
319 Manning Boulevard in Albany

For an appointment call  
**453-0881**

**COMMUNITY  
CARE**  
PHYSICIANS, P.C.

## Take The Guesswork Out Of Selling Your Home.



(518) 446-HOME (4663)

**& MOSMEN  
MANNING**

*Your Best Move!*

Your home could be worth more than you know! The market is hot and you may have made some serious money based on the appreciation of your home. Call us to cash in on your hard earned equity.

**"What You Should Know Before  
Selling Your Home."**

To get your free copy call Ro Mosmen or Ann Manning, or email us at Ro@RoMosmen.com

**RealtyUSA.com**

231 Delaware  
Avenue, Delmar

**Friday, April 30**

## BASEBALL

Columbia 7, Bethlehem 2

## BOYS LACROSSE

**Bethlehem 6,  
Colonie 5 (OT)**

Bethlehem scoring: Brendan Pratt 2-1, Ryan Eder 2-0, Nate Rauch 1-1,

LUDANI' inc.

# PRINTING and COMMERCIAL COPIES

# Grand Opening!!

*Distinctive Service • Free Pick Up & Delivery*

**Color Copies from 23.5¢**  
(When you order 425 or more)

**Black & White Copies from 2.7¢**  
(When you order 3500 or more)

**1000 #10 Regular Envelopes from 49.99**

Across  
from  
Hoffman's  
Playland.  
Next to  
Latham  
Beverage  
in the  
Newton  
Plaza.

**518-782-5411**

Fax: 518-782-5415

601 NEW LOUDON ROAD #4 • LATHAM, NEW YORK 12110

**Commercial  
Copies**

**Commercial  
Printing**

**Letterhead**

**Envelopes**

**Business Cards**

**Newsletters**

**Invitations**

**Booklets**

**Fliers**

**Brochures**

**NCR Forms**

**Instruction  
Manuals**

**Posters**



# Senior LIFESTYLES



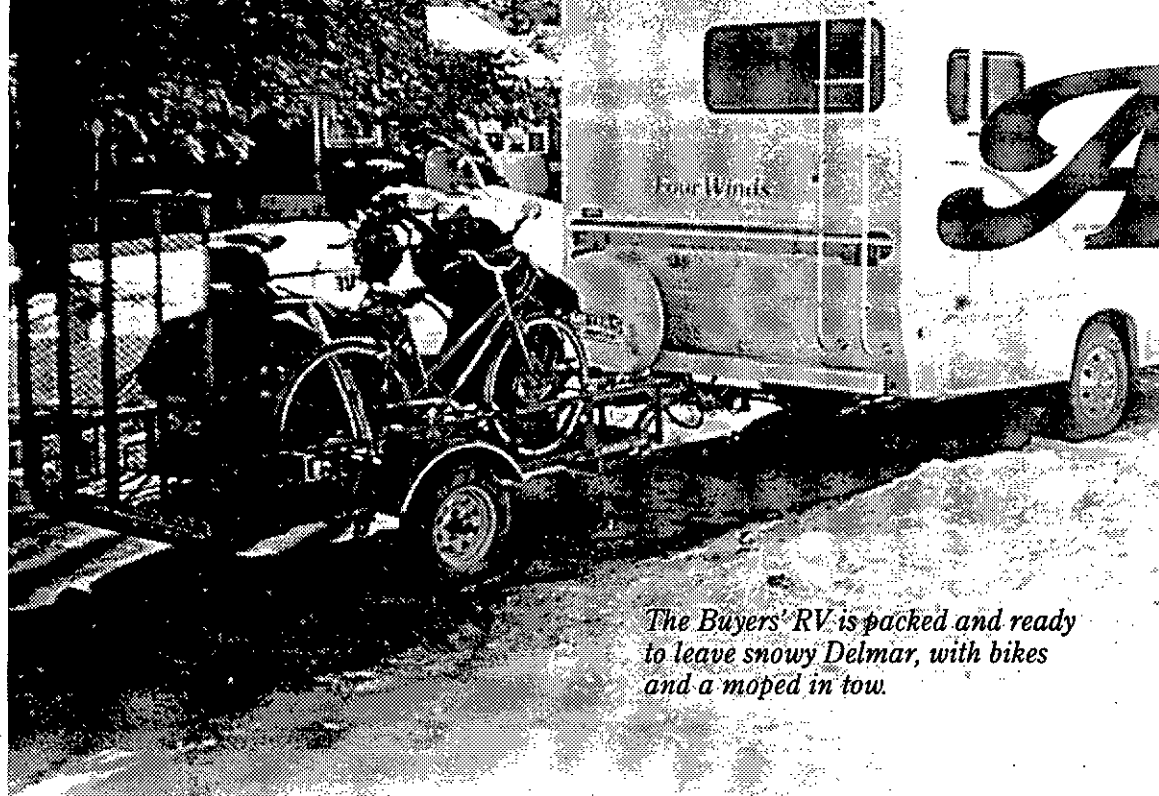
*Seniors take to the road* ... page 2

*Take precautions in the sun* ... pages 4

*Insuring your future* ... pages 6



# Seniors take to the road, meet challenges in a new RV



The Buyers' RV is packed and ready to leave snowy Delmar, with bikes and a moped in tow.

By Dick Buyer

As novice RV owners and "snowbirds," it was time to embark with other seniors en route south to escape the current brutal Northeast winter. Our destination was a KOA Kampground at Titusville on Florida's west coast.

However, several obstacles delayed our departure: nasty weather and my inability to secure a scooter to a trailer hitched to our new motor home. The temperature was below zero, snow was piled high on either side of our driveway and my fingers became numb as I struggled to secure scooter to trailer.

It was Tuesday, Jan. 20, sometime before noon, as we prepared to leave on our first trek south to the "Sunshine State." Aside from coping with the biting cold, I was frustrated by attempting to manage the tangle of straps. Fortunately, a motorcycle-owning neighbor drove by, saw my plight and under his direction, I completed the task.

Thanks to him, Operation Florida could now begin. My wife, Diane, would serve as navigator for the entire jaunt.

I was totally inexperienced at driving a 23-foot motor home, let alone one hauling a trailer. Initially somewhat apprehensive, a driver is on a steep learning curve. There are several important maneuvers to learn. You need to make wide turns, and constantly use the mirrors. On several occasions, my turning ability was lacking, causing a pair of the double rear tires to assault a curb.

Backing up with a trailer in tow was another challenge I encountered. If you turn the steering wheel clockwise, the trailer goes the opposite direction. Before this

practice became routine, I wasted time trying to direct the trailer out of small areas. Fortunately, on the route south, the need to back up was minimal.

When pulling a trailer and passing a slower vehicle, it's important to be sure your trailer is beyond the other vehicle before you re-enter the slower lane. I was often unsure whether the trailer was still attached because the mirror was unable to reflect anything directly behind the vehicle. On major highways, with the sun shining, I could see part of the trailer's shadow in the mirror, restoring my confidence that it still remained with us.

Our baptism driving the RV started on the Thruway after entering Exit 23. It was smooth sailing until we missed the exit (Palisades Parkway leading to the New Jersey Turnpike) to bypass New York City. Another error was failing to completely fill the 55-gallon gas tank in Delmar on the premise that the fuel was cheaper traveling south. An expensive mistake! Our assumption may have been true had we sufficient fuel to pursue options. However, as the fuel needle dipped toward empty, my anxiety level climbed. I exited at Route 295 and pulled into a gas station in elegant Westchester County. After filling the tank and paying for the gas, I imagined myself applying for welfare and food stamps.

The other blunder (missing the exit to New Jersey) began a whole series of additional nightmares: entering the Bronx with its heavy traffic, riding on narrow highways with concrete barriers only a few feet to my right, frequent gridlock as we approached

## OPTOMETRISTS

DR. A. MORIER  
DR. R. LOCCISANO  
DR. T. MORRISSEY

## CONSUMER OPTICAL

"WE BRING VALUE INTO SIGHT"

## OPTICIANS

MICHELE MIELE  
BILL KALWEIT  
LESLIE RUDMANN-BURMASTER

**10% off to Seniors everyday**

Eye Exams • Contact Lenses • Prescriptions Filled • Low Vision

1426 Altamont Avenue  
Rotterdam, New York 12303

(518) 355-0795 • 355-0956  
Fax (518) 355-1208



Adults ages 55 or older  
Are you looking for the volunteer  
or employment opportunity  
that is right for YOU?

Albany County

## Senior Job & Volunteer Fair

Join us at Crossgates Mall  
Wednesday, May 12th, 2004  
10:00 am - 3:00 pm

(Check in will be inside the Mall near the Bugaboo Creek Restaurant Entrance)

### Learn about:

- Refreshing your business, professional & technical skills.
- Employment opportunities.
- Volunteer opportunities.
- Local services for skills training.
- New York State and Albany County programs & services.
- Putting your life experiences to great use.
- How to get your resume seen by potential employers.
- Expert advice from caring & discreet professionals.
- Putting your resume out on a CD created by professionals at Workforce New York.
- Capital District organizations that want to match their employment and volunteer options with your needs.

For more information please call the Guilderland Chamber of Commerce at 456-6611.

Sponsored by



**Guilderland**  
Chamber of Commerce  
"In Business for Business"

Spotlight Newspapers  
The Capital District's Quality Weeklies

Capital Region  
**Workforce**  
New York  
Put us to work for you



**AARP**



## St. Sophia and Holy Wisdom Senior Citizen Apartments

426 Whitehall Road, Albany

All the convenience of city life with the peaceful tranquility of a lovely suburban setting.

- |  |   |
|--|---|
| <input type="checkbox"/> Weekly buses to markets and malls | <input type="checkbox"/> Aerobics next door |
| <input type="checkbox"/> On CDTA bus route                 | <input type="checkbox"/> Bingo next door    |
| <input type="checkbox"/> 24 hour security                  | <input type="checkbox"/> Mobile Post Office |
|  | <input type="checkbox"/> All One Bedroom    |

If qualified, pay 30% of your gross annual income which cannot exceed:  
\$21,900 for one person - \$25,050 for two people

Equal Housing Opportunity

**459-4910**



the entrance to the George Washington Bridge and occasionally needing to change lanes due to merging and exiting.

Conjure this scenario: Edgy, throat dry, you are driving on a congested two-lane highway, sandwiched between monster tractor-trailers behind and in front, frequent stops and then slowly accelerating as assorted vehicles whiz by. My stress mingled with feelings of awe as we viewed the Big Apple's spectacular skyline. After finally reaching the Jersey Turnpike, the drive to suburban Baltimore was uneventful, and we stayed at a motel for reasons of convenience. On the following day, we visited a friend at a nursing home in Fairfax, Va.

Subsequently, our stops included KOA camps in Rocky Mount, N.C., South Point, S.C., and we arrived at Titusville, our home for the next six weeks. Thanks to help from other friendly campers, we made the correct connections for sewage, electric and water. Now settled, our agenda is rejoicing in the weather and behaving like tourists.

As retirees, we seniors have the rare opportunity (if health and resources permit) to pursue new experiences. Driving a motor home has been challenging and fraught with mistakes, but it will serve as a launching pad for future adventures.

For an amateur "snowbird," Florida is a blend of new and interesting sights and people. For six weeks, the memories of the Capital District's brutal temperatures were temporarily forgotten as we rejoiced in the 60-degree weather.

After our three-day drive to the Sunshine State, we settled in at a small KOA camp in Titusville, a one-hour drive from Disney World in Orlando.

In a sense, the camp was an enclave, primarily comprised of seniors keeping house in a variety of dwellings ranging from motor homes, fifth wheels (RVs that are towed), and permanently fixed RVs surrounded by flowers and tiny picket fences. The camp contained a substantial number of New Yorkers

(some for brief stays; others for a one-night stop-over while en route elsewhere) who, like us, were enthusiastic about their decision to escape winter's savage weather in the northern part of the country.

Frequently on our travels, we meet fascinating individuals who add a wonderful bonus to the total experience. Florida was no exception. We became friendly with our neighbor, a former astronaut. Every Monday, he would fly to Houston to work the entire week instructing and training new candidates in the techniques of space flight, returning for the weekend. On several occasions, this particular neighbor departed from his small trailer wearing his flight suit decorated front and back with patches and pins.

In response to the adornments, I uttered a loud, "Wow!," questioning him on the significance of particular piece. During his pre-instructing years with NASA, he served as a shuttle crew member three times and traveled to the space station.

On one occasion, I posed a question that triggered a lengthy, complicated scientific response, beyond my ability to understand. It sounded impressive so I merely nodded, feigning comprehension.

Relying on a scooter for transportation was a boon, enabling us to venture beyond the camp without disconnecting the RV's life supports.

With Diane behind me as passenger, both resembling extraterrestrials with our helmets, we made many forays to shop, visit friends and check out the attractions. I cite one in particular which is a "must see" for visitors — the Merritt Island Wildlife Refuge Center. There, we boarded a van for a free three-hour tour on narrow dirt roads where we observed armadillos, alligators and 16 different species of birds. An official government brochure claims that 316 species of fowl have been observed either migrating or wintering there. Ignorant in general about



By bringing a scooter with them to Florida, Dick and Diane Buyer were able to travel to areas surrounding the KOA campsite in Titusville.

birds, it was an educational treat to see them feeding, roosting and flying.

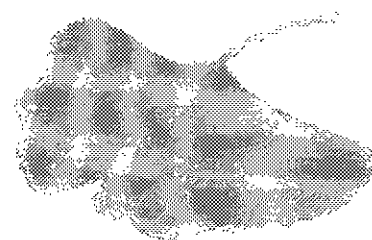
Our encounters with fellow RVers and Floridians were indeed positive, which I

partially attribute to the warmer temperatures which tend to lift one's spirit. For us, a stay in Florida was a blessing and one which we hope to repeat.

## Senior LIFESTYLES

### Partners in Healing

nurturing the healer within



- prevention
- optimal wellness
- nutritional guidance
- chronic health issues
- graceful aging

**Ann Carey Tobin, M.D.**

Integrative medicine consultant

Fellowship trained in integrative medicine & women's health

204 Delaware Avenue, Delmar, New York 12054

ph: 518.506.6303 / email: atobin@pol.net

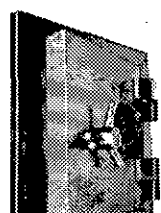
<http://partnersinhealing.byregion.net>

### STRONG CD RATE.

WITH AN EVEN STRONGER GUARANTEE.

Get a guaranteed yield with a Certificate of Deposit from State Farm Bank®. It's a secure place to grow your money. Give one of us a call today. And talk with someone you know you can count on. Every time.

WE LIVE WHERE YOU LIVE.™



**3.80%**  
APY\*  
5-YEAR CD

For information, call the State Farm agent near you:



**Jane Bonavita**  
210 Delaware Avenue  
Delmar, NY  
518-439-6222



**Jane Hans**  
471 Albany Shaker Road  
Loudonville, NY  
518-459-1313



**Maryann Fazzone**  
619 New Loudon Road  
Latham, NY  
518-783-7897



**Elaine VanDeCarr**  
848 Kenwood Avenue  
Slingerlands, NY  
518-439-1292



**Bank.™**



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

\*Annual Percentage Yield as of 12/24/03 on a 5-year CD, rates subject to change without notice. Minimum balance to open an account and obtain the stated APY is \$500. A penalty may be imposed for a withdrawal prior to maturity. Certificates automatically renew at maturity at the then current rate for the same term. Insured by the FDIC up to the maximum allowable by law. Some products and services not available in all areas.

STATE FARM BANK • HOME OFFICE: BLOOMINGTON, ILLINOIS • [statefarm.com](http://statefarm.com)

04/03

### ADVANCED HEARING AID CENTERS



**TONI TIBERI,**  
**BC-HIS\***

BA Speech & Hearing  
Science

### QUALITY HEARING AIDS

*Our good, better, best fitting approach allows us to fit quality hearing aids with a complete warranty to your budget.*

Now at 1540 Central Ave., Albany

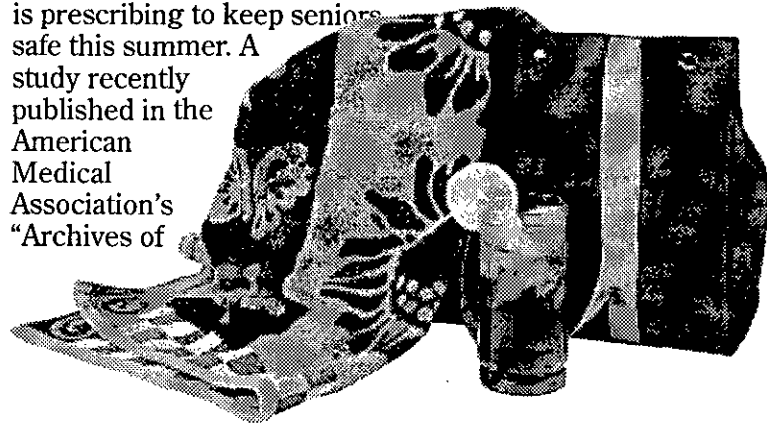
\* Board certified by the National Board for Certification in Hearing Instrument Sciences.

**518-869-1544**



# Have fun in the sun, but use good judgment

**A** daily dose of sunscreen, combined with other protection such as a hat and a shirt, are just what the doctor is prescribing to keep seniors safe this summer. A study recently published in the American Medical Association's "Archives of



Dermatology" (Vol. 139, No. 4) found that applying sunscreen every day could reduce the formation of actinic keratoses, a potential precursor to skin cancer,

particularly in older Americans.

Seniors, who want to spend some of their summer and early fall days out and about in the sun, can benefit from following these recommendations, according to one of the nation's most respected dermatologists, 81-year-old Dr. Jerome Litt, author and frequent television talk show guest.

"I tell people to slip, slap and slop: Slip on a shirt, slap on a hat and slop on some sunscreen," Litt said. "Commercial sunscreens, with a sun-protection factor (SPF)

of at least 15, filter out harmful and cancer-producing rays of the sun."

That's good news for this area's active seniors.

"So many of the elderly love to be outdoors, walking, gardening, golfing and fishing," said Susan Walter, owner of the Home Instead Senior Care office in Albany.

"Our caregivers are with elderly clients day in and day out. By educating our clients and their families about the importance of protecting themselves from the sun, we help ensure that seniors can continue to do what they've always loved to do outside," said Walter, whose office provides non-medical home care and companionship to this area's seniors.

Growing evidence through the years has linked the sun to dangers such as skin cancer, particularly for the elderly. According to the American Cancer Society, one risk factor for skin cancer — actinic keratoses (AKs) — occurs most often in those who are middle-aged or older with light skin who have been exposed to too much sun. Small, scaly patches on the face, ears, backs of the hands and arms characterize AKs.

The April 2003 "Archives of Dermatology" study found

that survey participants who used sunscreen daily — even when they weren't planning to be outside for extended periods — had developed 24 percent fewer AKs than those people who used sunscreen at their own discretion.

"This survey implies that even a quick trip, in and out of a vehicle, to places like the senior center or grocery

store can be dangerous," Walter said.

The results should offer sound

advice for the

elderly, particularly those who are on medications.

"Many people who take certain medications develop itchy rashes when exposed to the sun," Litt said. "These are known as photosensitive reactions and are common after taking sulfa drugs, such as many high-blood pressure and oral antibiotic medications, in particular."

Seniors taking these medications should be particularly diligent about use of sunscreen, he said.

But medications aren't the only issues. Characteristics of aging skin make it more susceptible to the sun.

In his book, *Your Skin from A to Z* (Barricade Books, 2002), Litt explains the changes that aging causes in the skin's epidermis, which often lead to problems in the sun. For instance, an overall thinning of the epidermis because of reduced hormone levels results in the thin, shiny appearances of aged skin that is exposed to the sun. Also, aging brings about a de-

## Senior LIFESTYLES

### Stasior & Stasior Eye Care Specialists

518-220-1400

Orkan George Stasior, M.D.  
George O. Stasior, M.D.  
Stuart Lazarus, O.D.  
Alice Bade, O.D.  
Tara LaFave, Licensed Optician  
And a caring & skilled support staff



If quality matters, look to the experts...

Complete Family Eye Care  
Cosmetic Eyelid Surgery & Botox  
Latham Optical Shop — Designer Eyewear & Custom Contact Lenses

Stasior & Stasior Eye Care Specialists  
8 Wade Road, Latham NY  
518-220-1400  
[www.StasiorEye.com](http://www.StasiorEye.com)

Ophthalmologists, Optometrists & Opticians —  
Working together to help you see better!

**Avila**

**The Excitement is Building!**

Construction is moving fast at Avila!... a refreshingly different independent living retirement community off Washington Ave. Ext. in Albany. Avila proudly offers spacious cottages, apartments, a year-round Aquatic Center, and an impressive array of activities in our unique Adirondack-inspired Town Center. Share the excitement of a stress free lifestyle as rich as your imagination at Avila.

**Furnished Model Cottage Now Open**

Hurry for details or a model tour, call 452-4250 (Mon. - Fri. 9 a.m. - 5 p.m.)

Hurry, send me my Free Information Brochure.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Mail to: Avila, 25 Columbia Circle Drive, Albany, NY 12203

EB05

The complete terms are in an offering plan available from sponsor.

**Avila**  
Freedom and Fulfillment.

*If you would like to  
advertise in our monthly  
publication created for  
older readers,  
call Denise at*

**439-4949**

capital district  
**senior spotlight**

the resource for seniors

**Deadlines are  
the 10th of the month  
preceding publication**



crease in the number of pigment cells in both exposed and non-exposed areas of the skin.

"This results in the inability to tan as deeply or as evenly as in earlier years," Litt said.

"The statistics about skin cancer paint a sobering picture," Walter said. "According to the American Cancer Society, more than one million Americans will discover skin cancers this year. Another 54,200 will get melanoma, the most deadly skin cancer. Thanks to advanced research and awareness, seniors can continue to play an active role outdoors, even on the brightest, sunniest days."

### Protect seniors from the heat and the sun

If you're a senior or family caregiver to an elderly individual, the following are tips — from the Environmental Protection Agency and Home Instead Senior Care — to help avoid skin problems and dehydration from the sun:

- Whenever possible, seek shade.
- Minimize sun exposure at Standard Time (10 a.m. to 4 p.m.)
- Use a broad-spectrum sunscreen with SPF 15 or higher on exposed areas.
- Re-apply sunscreen every two hours, especially

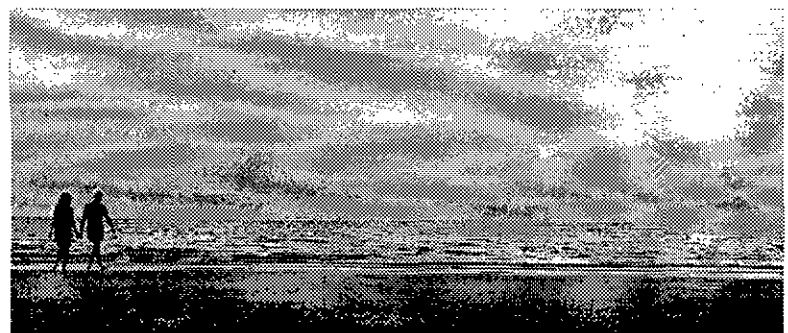
after swimming or perspiring.

- Wear a wide-brimmed hat and clothing that covers your body.
- Wear lightweight, light-colored clothing.
- Wear UV-protective sunglasses.
- Drink plenty of fluids.
- Check the UV index daily.

The Environmental Protection Agency (EPA) and National Weather Service (NWS) provide a UV Index — a daily forecast of the expected intensity of ultraviolet (UV) radiation from the sun. Overexposure to the sun's ultraviolet radiation can cause immediate damage, such as sunburn, and long-term problems, such as skin cancer and cataracts. You can log in your ZIP code and get the current UV rating for your area, along with an explanation of what it means. For information, log on to [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html).

Check out the American Academy of Dermatology Web site at [www.aad.org](http://www.aad.org) for information about skin cancer screening, or visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org) (or call 1-800-227-2345) to learn more about skin cancer.

To learn about Home Instead Senior Care, visit [www.homeinstead.com](http://www.homeinstead.com).



**It's Time to Enjoy Life... "Walden Fields"**  
 Luxurious Twin Town Homes from the \$220's  
 New Community on Elsmere Ave in Delmar — 5 plans to choose from. Open floor plans with 1st floor Master Suites, full basements, attached garages, and extensive landscaping! And Best of all... Maintenance Free Living!

**NOW SELLING!!** [www.michaelsgroup.com](http://www.michaelsgroup.com)

Call 439-2020 Daily 12 noon to 4:30 for appointment, except Tuesdays. The site is located on Elsmere Ave between Feura Bush Rd and Route 32 in Delmar. Call for further directions.

**THE MICHAELS GROUP** For Over 50 Years  
 Building Communities for Generations

### COMPLETE MEDICAL & SURGICAL EYE CARE MABEL M.P. CHENG, M.D., P.L.L.C.



1072 Troy-Schenectady Road, Suite 305  
 Latham, New York 12110  
 (518) 782-7777  
[www.mabelchengmd.com](http://www.mabelchengmd.com)

**Welcoming New & Existing Patients**

Board Certified Specializing In:

*Accepting All Major Insurances*

- small incision cataract surgery • glaucoma management
- botox injection • adult and pediatric eye exams
- diabetic retinopathy • macular degeneration • laser surgery: including glaucoma and refractive (Lasik & PRK)
- Heidelberg retinal tomography • contact lenses
- 24 hour coverage for emergencies



### Center Health Care

#### Out Patient Therapy Services

Our fully accessible therapeutic **POOL** is **HEATED** to a soothing **94 degrees**.

**Individual & Group Therapy Available**  
**Occupational, Physical & Speech Therapy**

**Call 437-5528**

to schedule an appointment

314 South Manning Boulevard, Albany, NY 12208

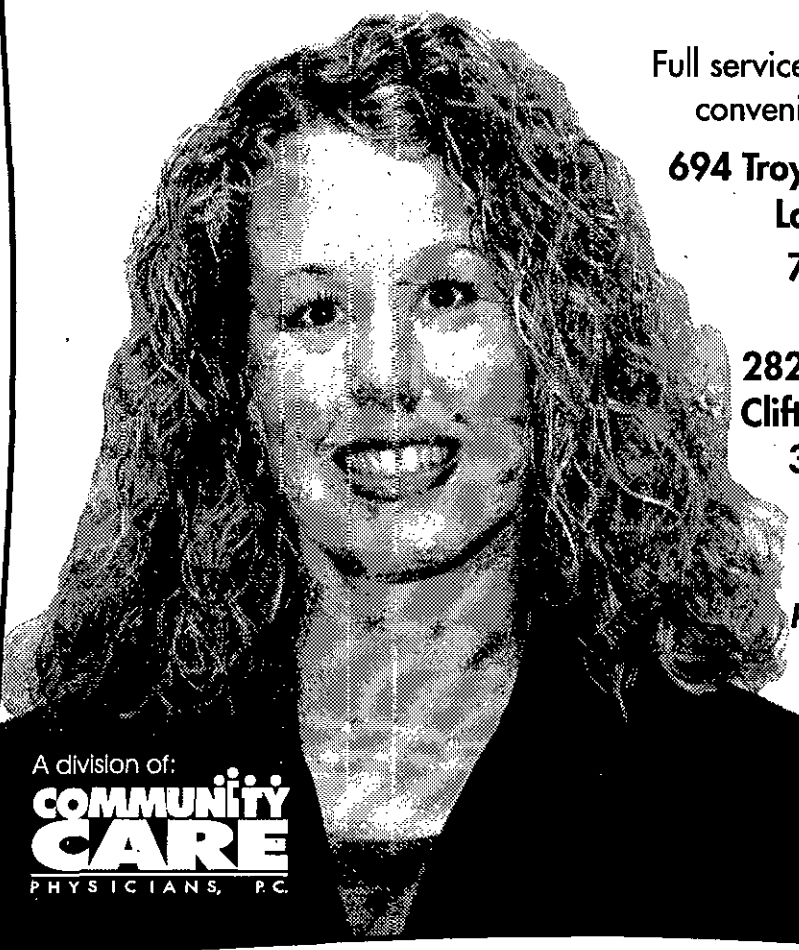
[www.centercares.org](http://www.centercares.org)

Most insurances accepted including Medicaid & Medicare  
 Open 6 days a week. Morning & Evening Hours Available

## LATHAM Medical Group

Proudly Welcomes ...

**Katherine Stam, DO**



Full service Family Physicians  
 conveniently located at:

**694 Troy-Schenectady Rd  
 Latham, NY  
 785-5881**

&

**282 Grooms Rd  
 Clifton Park, NY  
 373-0038**

*New and current  
 patients of Dr. Stam  
 are welcome.*

A division of:  
**COMMUNITY CARE**  
 PHYSICIANS, P.C.

Featuring  
 fully integrated  
 Electronic  
 Medical Records



# Take steps to insure a healthy retirement

By Carolina Minetto Lazzari

**I**magine that you've set aside a handsome nest egg for retirement. Now imagine it gone, the result of chronic illness or disability that requires round-the-clock care. According to the Society of Actuaries, nearly half of all people

reaching age 65 in the United States will spend some time in a nursing home. And, with Americans over 65 expected to account for more than 13 percent of the population by 2010, elder care could replace childcare as the No. 1 dependent care issue.

#### On your own

If you're poor. Or make yourself poor, Medicaid will

provide for you. And, if you're sufficiently wealthy, you can simply pay for whatever care you need, although many wealthy individuals prefer to obtain insurance protection, reasoning that what with the tax advantages afforded long-term care premiums, it pays to budget the costs of care for pennies on the dollar.

However, most Americans are caught somewhere in the middle. Recent legislation has made it more difficult to transfer assets to other family members of trusts in order to qualify for Medicaid. And, with care in the Capital Region averaging \$8,000 to \$9,000 a month, you could wipe out your retirement savings in just a few short years if you have to pay for everything out of your own pocket, which — ironically — would leave you dependent on public assistance.

#### Playing the insurance card

That's why most financial professionals recommend long-term care insurance for individuals who are nearing retirement and who have accumulated substantial retirement savings.

Long-term care insurance is an insurance policy designed to cover a lengthy stay in a nursing home or to provide home health care service if you don't need the level of medical attention a hospital environment provides. Because premiums are based on age, health and the type of coverage you choose, it's a good idea to purchase long-term care insurance while you're in your 50s or early 60s. But don't wait too long. Premiums rise considerably after age 62, and health problems could make you ineligible.

#### What to look for

Purchasing long-term care insurance can be daunting. The terminology can be

tricky, and the choices can be confusing. You need to weigh key variables as well as optional features in terms of your own needs, your general health and your financial resources.

For New York state residents, the first decision is between a New York State Partnership policy, which is guaranteed to protect financial assets, without your having to resort to transferring them, and a standard long-term care policy. This decision is predicated on your projected retirement income level and sources, whether you anticipate being a permanent resident in New York or relocating, and your own personal feelings about Medicaid, which some regard as another form of public assistance, or welfare.

Once this decision is made, you can focus on choosing:

- A daily benefit amount.

Typically between \$150 and \$250 per day. In the Capital Region, costs for a semi-private room average \$447

daily, whereas in many retirement destination states, costs average around \$150 daily.

- A benefit period. Typically expressed in number of years, ranging from two to lifetime. According to the Long-Term Care Insurance National Advisory Council, the average nursing home stay is two and a half years to three years.

- A deductible. The number of days the policy holder has to pay for themselves, typically 20 to 50, before the insurance kicks in. This is akin to the deductible in your homeowner's policy.

- Inflation protection. This



## Your Link to Independent Living



St. Peter's Home Care offers an array of services to help seniors remain independent in their own homes. We offer:

- Skilled Nursing Services
- IV Therapy
- Advanced Wound Care
- Post-Cardiac Care
- Palliative Care
- Home Health Aides
- Lifeline
- Mobile Meals

For more information, call (518) 525-6000.



**St. Peter's Home Care**

A Member of St. Peter's Health Care Services

The science of medicine.  
The compassion to heal.

Medicare, Medicaid, third party and private payment are accepted.



### PRESBYOPIA HAPPENS.

We have glasses for people like you. They're called Varilux progressive lenses and they're the biggest thing to hit boomers with over-forty eyesight. Now you can see near, far and everything in between with one pair of glasses, not three. And without the annoying lines that usually accompany traditional bifocal and trifocal lenses. If that's not reason enough to ask for Varilux when you come in, resorting to multiple glasses certainly is.

**VARILUX**  
Revolutionary lenses

**DINAPOLI**  
OPTICIANS Since 1940

See the Difference!  
www.dinapoliopt.com

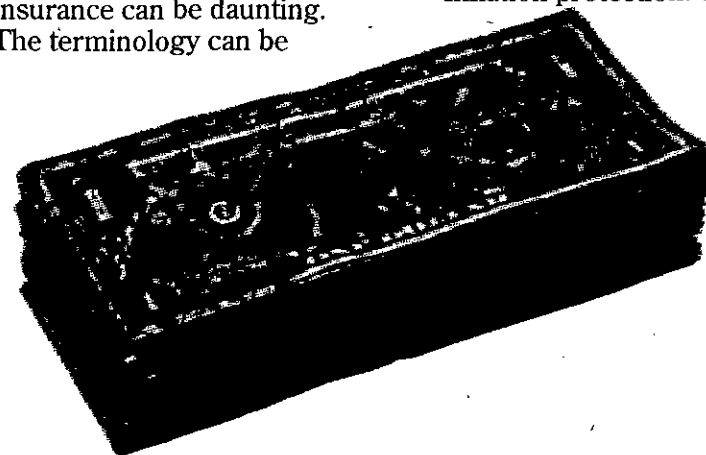
Delmar  
266 Delaware Ave.  
439-6309

Stuyvesant Plaza  
Western Ave.  
489-8476

Latham  
595 New Loudon Rd.  
783-0022

Clifton Park  
Village Plaza  
373-0003

© 2003 Essilor of America, Inc. Essilor and Varilux are registered trademark of Essilor International, S.A.



**DURANT**  
Funeral Home  
INCORPORATED

- Full service modern facility
- Privately owned
- Prearranged trusts
- Will accept planning prearrangements transferred from any other funeral homes
- Payment plans
- Full handicap accessibility
- Burial, cremation, all services & arrangements
- Funeral counseling

**Michael A. Durant, Owner/Manager**  
17 Languish Place, Glenmont  
6 minutes from the Four Corners



**455-9155**

allows your daily benefit level to keep pace with rising costs.

- Home health care benefits. Although this option will increase your premium, home health care is often the best choice for couples that want to ensure that they can remain together even though one may no longer be physically strong enough to care for the other.

- A tax-qualified policy. This means your premiums will be tax-deductible and any benefits you receive down the road will be income-tax free. Tax-qualified policies must conform to federal guidelines that impose rigid definitions of what's covered and what's not, but the tax protection is worth it.

#### Where to start

Regardless of whether you expect a little or a lot from your policy, be sure to look at several companies' policies to determine the policy, benefit levels and optional features that best meet your individual needs. Choose a company with a solid reputation. You can check a company's rating with A.M. Best, a national insurance

*With an aging population, the costs associated with long-term health care have become a big issue. A long-term care insurance policy might be a viable option for many individuals.*

rating service at [www.ambest.com](http://www.ambest.com).

For information, call 346-2726 or e-mail [carolina.lazzari@verizon.net](mailto:carolina.lazzari@verizon.net).

*Carolina Lazzari, the writer of this article, is a certified financial planner with Commonwealth Financial Network in Schenectady.*

There comes a time . . .  
we all need a little help  
for ourselves and our loved ones.  
Knowing where to turn can  
make all the difference.

KingsWay can help  
in finding happiness  
and peace of mind.

For a day. A month. A year.

Here when you need us.

Assisted Living at its Finest



**KingsWay Community**  
(518) 393-8800

- ◆ Senior Apartments
- ◆ Home Care
- ◆ Adult Day Services
- ◆ Assisted Living
- ◆ Skilled Nursing/Rehabilitation
- ◆ Respite Services
- ◆ Child Day Care

## Senior Services provides a day of health and fitness for the elderly

**M**ay brings the celebration of 2004 National Senior Health and Fitness Day. This day is observed annually by more than 1,500 organizations throughout the country.

As part of the celebration, Senior Services of Albany will host a complete day of health-related events on Wednesday, May 26, at the Louise Corning Center at 25 Delaware Ave. in Albany. Come early and take advantage of the entire day's events, starting with a healthy continental breakfast and ending with a formal dinner dance.

You can address your specific health concerns throughout the day by visiting the many providers that will be offering exhibits, information and free screenings.

This year's Senior Health and Fitness Day will

highlight the theme: Activity — A Choice You Can Live With. Presentations will include "Staying Active with Diabetes," "Memory Loss and the People Who Care,"

reception followed by dinner and dancing will top off the evening.

Screenings will be available in the following areas:

podiatry, vision, blood pressure, mammography and hearing. Medication management, balance, health risk assessments and a cooking demonstration will be among the interactive sessions offered.

Exhibitors include Memorial Hospital's Cardiac Program and Diabetes Center, Whitney M. Young Jr. Health Center,

Northeastern Association of the Blind, Cornell Cooperative Extension, Albany County Department of Health and Eckerd Pharmacy.

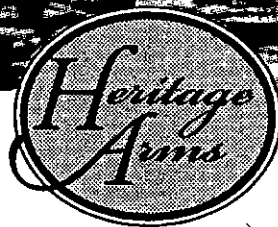
Registration is required for all meals and screenings. Call 465-3325 for information.

The program is funded by a grant from Albany Rotary.



Screenings will be available at Senior Health and Fitness Day at the Louise Corning Center in Albany on Wednesday, May 26. Here, a woman has her pulse and blood pressure checked.

"Positive Days and Your Self-Healing Potential," "Women Take Pride in Managing Heart Disease," "How Safe is Your Home?" "Alcohol and the Aging Process," "Cooking for One to Stay Active," and "Lifetime Fitness." Lunch will include a sandwich platter with a choice of tuna salad, roast beef or turkey. A health



*"Where luxury and independence meet affordability"*

If you, or someone you know, is looking for an enjoyable, leisurely care-free home you owe it to yourself to visit

**Heritage Arms Retirement Apartments in the residential town of Glenville.**

*1 and 2 bedroom apartments now available, starting at \$795 per month, based on availability, which includes:*

- FREE utilities except telephone & cable TV
- FREE use of laundry facilities on each floor
- FREE annual carpet cleaning
- FREE snow removal including from your vehicle
- 2nd and 3rd floor apartments include balconies that overlook a 15,000 Sq. Ft. climate controlled and beautifully appointed, resort-like atrium
- Round-the-clock maintenance service
- Door-side waste removal
- State-of-the-art fire alarm, emergency and intercom systems
- Emergency pull stations — Bed and Bath
- Glass elevator
- Tenants can enjoy the use of 3 entertainment rooms, dining room & library for themselves or for entertaining family or guests
- Outdoor park, pond and trails for walking and biking along scenic Mohawk River
- A mini-convenience store is stocked with item of our tenants request

**2 Tryon Ave. off Sunnyside Rd.**

**(near Freemans Bridge) Scotia, NY 12302**

**Phone: (518) 372-5987 • Fax (518) 377-8648**



# Mothers and daughters: Repairing relationships

**F**or many little girls, Mother's Day was a time to pick flowers, make a handmade card, and hand-deliver them with hugs and kisses. But as these girls mature into independent women, sweet, unconditional feelings of love can change, possibly leading to bitter-sweet relationships between a mother and a daughter.

Even celebrities such as Jennifer Aniston, Drew Barrymore, and Meg Ryan have had well-publicized, toxic relationships with their mothers for a variety of reasons beyond their fame. And when Mother's Day arrives each year, how do estranged mothers and daughters handle that day? Is it too late for them to heal a broken relationship as adults?

"Past literature shows that the mother-daughter relationship is considered the most significant of all intergener-

ational relationships," says Dr. Mudita Rastogi, associate professor of psychology at Argosy University/Chicago and a licensed marriage and family therapist.

"Estrangement between a mother and a daughter is a combination of individual, familial, and societal factors," says Dr. Rastogi. "And the reasons why mothers and daughters become estranged can be varied and complex."

For example, the mother's generation may have included social aspects such as:

economic depression, nuclear families, early marriage, and basic educa-

tion. However, as society changes and evolves, the daughter may grow up in a completely different culture — in a robust economy, varied family structures, delayed marriage, immediate focus on a career, and higher education.

According to research conducted by Dr. Rastogi,

involving more than 150 women ages 25 to 35, significant variations exist between ethnic groups in their mother-daughter relationship. Euro-American women want to do fun activities with their mothers, but also want to maintain certain boundaries. Asian-Indian and African-American women generally turn to their mothers for support, wisdom and advice. Mexican-American women want to be dutiful daughters and help their mothers.

"Even though these ethnic groups varied somewhat in terms of relationships, all of the women in the study wished for the same level of connectedness with their mothers," says Dr. Rastogi. "Almost all of the women reported that they wanted respect and trust in their relationship with their mothers."

According to Dr. Karen Eriksen, department head of counseling psychology at Argosy University/Orange County, some societal conditions lay the groundwork for the development of mother-daughter conflict. For instance, society expects women to be good mothers; if they fail, they are considered "bad women."

"Mothers, rather than fathers, are held responsible for good parenting," says Dr. Eriksen. "In some instances, women haven't been well-prepared for these parenting responsibilities."

Other pressures emerge for single mothers left alone to raise their daughters. Mother-daughter relationships may suffer when the single mothers begin seriously dating and try to find a way for a new partner to enter the family system. The daughter may experience a sense of betrayal, and may worry that she is losing her mother to someone else.



"Resolution of these struggles requires the efforts of both mothers and daughters," says Dr. Eriksen.

"Daughters always need their mothers to be parents. They need their mothers to take some of the steps in mending the relationship."

"Mothers, on the other hand, need great understanding and forgiveness from their daughters given the inequities in some of society's expectations."

Both mothers and daughters could use Mother's Day as an opportunity to embark on a journey toward a more fulfilling relationship, realizing that as they navigate toward this goal, they may veer off course.

As complex as mother-daughter relationships can be, working on existing problems is not out of reach. Below are more tips that mothers and daughters can use to start the healing process and improve their relationship:

- For minor conflicts, daughters should try to

understand the life circumstances, challenges and choices that were made available to their mothers.

- Start mother-daughter traditions — it's never too late to begin new ones — and make a promise to keep the traditions alive every year (why not every Mother's Day). Traditions can include simple activities such as long walks, dinner at a favorite restaurant, or updating family photo albums.

- Join a women's group or look into family therapy together to help resolve serious long-standing problems.

- Realize that all relationships have downsides. Mother and daughter should focus on the positive aspects of their relationship and invest time and energy in it.

- Mothers and daughters should recognize that all choices can come with negative and positive results. Regardless of social or ethnic backgrounds, pay attention to the intentions behind the choices.

*We are pleased to announce  
our new location*

**282 Grooms Road  
Clifton Park  
383-2346**



CAPITAL REGION  
CARDIOLOGY  
ASSOCIATES, P.C.

BOARD CERTIFIED IN  
CARDIOVASCULAR  
DISEASE

**IGAL ZURAVICKY, M.D., F.A.C.C.  
MICHAEL P. BERNSTEIN, M.D., F.A.C.C**

*Invasive & Non-Invasive Cardiology*

*Including Cardiac Stress Testing, Cardiac Catheterization,  
Angioplasty, Cardiac Pacing, Nuclear Cardiology,  
Echocardiography and Vascular Testing*

**WE ACCEPT MOST INSURANCE PLANS  
INCLUDING MEDICARE AND HMO'S**

**438-6236**  
854 Madison Avenue,  
Albany

**785-0734**  
694 Troy-Schenectady Road,  
Latham

**383-2346**  
282 Grooms Road,  
Clifton Park  
[www.capregcardio.com](http://www.capregcardio.com)

**Gracious assisted living in  
The Massry Residence -  
part family,  
part old neighborhood,  
part resort.**

- ✦ area's most spacious assisted living apartments
- ✦ personal care and assistance
- ✦ 24 hour wireless emergency response system
- ✦ free transportation to scheduled medical appointments
- ✦ 3 delicious meals daily
- ✦ at Daughters of Sarah Senior Community



**The Massry Residence**  
at Daughters of Sarah  
practicing assisted living  
Founded on Jewish values and traditions

[www.massryresidence.org](http://www.massryresidence.org)

Daughters of Sarah Senior Community is a beneficiary agency of  
The United Jewish Federation of Northeastern NY

**182 Washington Ave. Ext.  
Albany, NY 12203  
518-689-0453**



# Older Americans enjoy more lifestyle options

**B**eing able to live independently. It's one of the keys to living a long and healthy life. With Americans living longer and a generation of aging baby boomers to come, there are now more options than ever in senior housing.

For many, that means hanging up the worries and burdens of home ownership and property maintenance to enjoy a more carefree lifestyle in their retirement years.

## Independent living

While many older adults have traditionally lived in senior communities in southern states like Florida, retirement living communities have only begun to spring up here in the Northeast in recent decades. Retirement living not only offers another independent living option for seniors, but a whole new lifestyle that frees them to truly enjoy their golden years.

Studies show that one of the most significant factors in determining quality of life, especially as we age, is

environment. This includes concerns about safety, finances, services, transportation and socialization. Research shows that all of these things can have a great impact on our health. Furthermore, seniors who live with a partner or family or have a strong social network are much more likely to be positive in their approach to life than those who live alone and isolated.

Independent retirement living offers a comfortable, safe and secure environment where seniors can put worries behind them — no more mowing the lawn, shoveling snow, or fixing leaky faucets. Retirement living leaves seniors more time to pursue their interests and enjoy the things that they really want to do, such as travel or other activities.

The Eddy not-for-profit network of services, with more than 18 years of experience in premier retirement

living communities, sponsors five retirement community campuses — Beverwyck in Slingerlands; Glen Eddy in Niskayuna; Beechwood in Troy; The Glen at Hiland Meadows (joint venture with The Glens Falls Home) in Queensbury; and Hawthorne Ridge (in development) in East Greenbush.

## Assistive living

As the needs of independent seniors change, there is another housing option for older adults called

assistive living. One of the fastest growing types of senior housing in the country, assistive living provides assistance with the activities of daily living, such as dressing, cleaning and bathing, which can become more difficult as we age. Assistive living provides a more appropriate level of care and bridges the gap between older adults who are still independent and those who require 24-hour skilled nursing home care.

Most assistive living residences offer meals, customized wellness programs, care through a licensed nursing staff, medication management and regular health and wellness assessments. Services include 24-hour security, an emergency call system, scheduled transportation, housekeeping and laundry. There is also a wide range of social, cultural, educational and recreational activities to help seniors stay active and

engaged, both physically and mentally.

To care for seniors as their health needs change, The Eddy also offers The Terrace assistive living residences, located on the same campus as its independent retirement communities — The Terrace at Beverwyck, The Terrace at Glen Eddy and The Terrace at The Glen. The Eddy recently opened The Terrace at Eddy Memorial, which is

located on the same campus as its Beechwood retirement community in Troy. Assistive living apartments are also planned at Hawthorne Ridge, the East Greenbush campus currently in development.

For information about independent retirement living or assistive living options in the greater Capital Region, call Donna Baker, Eddy Retirement Living, at 451-2103.

## Senior LIFESTYLES



Located on 80 tranquil acres in Slingerlands, life at Beverwyck offers the comforts and privacy of home — without the responsibilities of home ownership. Comfortable apartments provide relaxed living and the campus is surrounded by wooded areas that provide trails for walking and enjoying nature — just minutes from shopping and entertainment.

**ROSE DENTAL TODAY  
MEANS WINNING SMILES TOMORROW!**

**RoseDental**  
ASSOCIATES

General Dentistry — Oral Surgery — Periodontics — Endodontics  
Dental Implants — Cosmetic Dentistry and Orthodontics

**456-7673**

5 Pine West Plaza, Washington Ave. Ext. • Albany, N.Y. 12205

1 Mile West of Crossgates Mall

**Medicaid Accepted**

We participate with Aetna, BC/BS Federal Employees, BS of N.E.N.Y., Cigna, Delta, GHI Preferred and Guardian PPOs. We accept most dental insurance and offer payment plans.

**Glaucoma Consultants**  
*of the Capital Region*

Martin B. Kaback, M.D.  
Ralph M. Sanchez, M.P.H., M.D.

and

Steven T. Simmons, M.D.

**We specialize in the management  
of Glaucoma & Cataracts  
& offer in-office laser treatment**

- Also offering complete eye examinations
- Accepting most insurances

*Located at:*

The Slingerlands Medical Arts Building  
1240 New Scotland Road, Suite 201  
Slingerlands, NY 12159-9222

Other offices conveniently located in:  
Glens Falls, Saratoga & East Greenbush

**For an appointment, call 475-7300**

# Seniors can cultivate a gardener's green thumb

**E**nglish garden designer Gertrude Jekyll wrote, "The love of gardening is a seed once sown never dies."

That first delicious spring day is a temptress, luring all avid gardeners out of their winter doldrums and calling them out to play. It's the smell of fresh soil and those little green sprouts popping up everywhere that makes gardeners come back for more each spring.

With eyes bright, a spring to their step and trowel in hand, they head out for a weekend of joy in the dirt. By Monday morning the stiffness sets

in, aches and pains in long forgotten muscles remind them that they are not as fit as they used to be.

As the baby boomer generation grows into their middle years, they have the recreational time, income and desire to embrace gardening as one of the fastest growing hobbies in North America. At the same time, they are starting to experience arthritis, carpal tunnel, backaches and other infirmities that come with aging.

Horticulturalist, Karen York, author of *The Holistic Garden, Creating Spaces for Health and Healing*, recognizes the emotional and healing aspects of gardening, as an escape from day-to-day stress, coping with depression, dealing with grief.

She also cites the physical benefits, "Even relatively light work such as weeding, trimming or raking burns about 300 calories an hour. Digging, hauling mulch and heavier work not only burns calories but also improves muscle tone and bone

strength."

Garden Forever is a Web site that focuses on the joys and therapeutic advantages of gardening and encourages the fulfillment of the desire to garden forever. The aim is to garden smarter so people can garden longer.

Garden tool manufacturers are finally starting to recognize the needs of middle aged gardening enthusiasts. Materials such as fiberglass added to nylon, create tools that are extremely strong but also deceptively light, making them particularly useful to those with limited arm and hand strength. Kneepads with gel inside make a soft cushion

around knees that are wearing down over the years.

Beverly Mitchell, owner of Gardenscape Tools, and a card carrying member of the baby boomer generation, found some of the tasks involved in gardening, including kneeling, bending and lifting were getting more and more difficult to do. In the late '90s she started looking for ergonomic tools at the horticulture trade shows she attends each year to source out new products. The retailer now offers an extensive line of gardening products called "enabling tools."

Companies approach Gardenscape Tools with new inventions that help make gardening easier. Recently the Louisville Slugger company sent a sample pair of new gardening gloves. Designed by a renowned hand surgeon, the gloves have anatomic relief pads to help reduce vibration, calluses, blisters, and hand fatigue.

Mitchell, who had injured her wrist in the spring, wore the gloves all last summer in her own garden and loved the comfort, support and fit. She decided to put the Bionic Garden Gloves on the cover of Gardenscape's 2004 catalogue.

Horticulturalists, therapists, manufacturers, and retailers are working together to produce information, resources and tools to allow gardeners to continue doing what they love to do — garden. If you have limited strength,

trouble getting around the garden or need to pace yourself, try some of these tips to make the work easier.

- **Plants** — Choose plants carefully to eliminate work. Use easy-to-care-for perennials that don't need constant division or watering; shrubs for borders rather than hedges that need shaping and trimming; vines that grow up and eliminate the need to garden on the ground; ground cover perennials to replace high maintenance lawns.

- **Planters** — Garden in raised beds and containers that require less bending and kneeling and can be maintained from a sitting or standing position. Hanging baskets require little weeding and maintenance but use a pulley system to make the daily watering easier.

- **Exercise** — Stretch before you start and don't overdo any particular activity. Try to do a variety of tasks each time rather than a whole day of one activity that is particularly hard on underused muscles.

- **Tools** — Look for lightweight tools that have ergonomic grips to ease hand and arm fatigue. If knees and back are problems, choose a tool with a telescoping handle so that the tool does the reaching for you. Try pruners with rotating handles that reduce stress and strain on the hand and provide more cutting power with less effort.

- **Protective devices** — Use braces for wrists and back and pads for sore knees. Protect hands by wearing gloves and adding foam padding to the handles of tools.

- **Plan ahead** — Put tools, labels, seeds, etc. in a bucket to avoid running back and forth to the tool shed. Have a hose bid installed half way down the garden so you don't have to carry the hose out each time. Place benches and resting spots strategically throughout the garden. They allow you the time to pause, rest and enjoy the rewards of your work.

- **Use nature** — Provide

lots of organic matter to the soil and the worms will do the digging. Provide bird feeders and grow plants that encourage birds into the garden to control pests. Mulch as often as possible to keep plants healthy and weeds away.

- **Get help** — Hire a student to do the heavy digging and lifting. It will save you for the less physical jobs, will help out a young person and maybe even start that seed of gardening flourishing in the next generation.

For information, visit Garden Forever at [www.gardenforever.com](http://www.gardenforever.com).



Senior  
LIFESTYLES

## 'GentleWaves' technology yields younger looking skin

Drs. Orkan George Stasior and George O. Stasior, the area's leading eye surgeons, have acquired the latest technology for facial rejuvenation, an LED (Light Emitting Diode) system called GentleWaves.

LED technology was originally developed by scientists at NASA to accelerate wound healing, and has been developed by GentleWaves to use an frequency that penetrates to the dermis to stimulate the mitochondria in the fibroblast cells where collagen and elastin are produced.

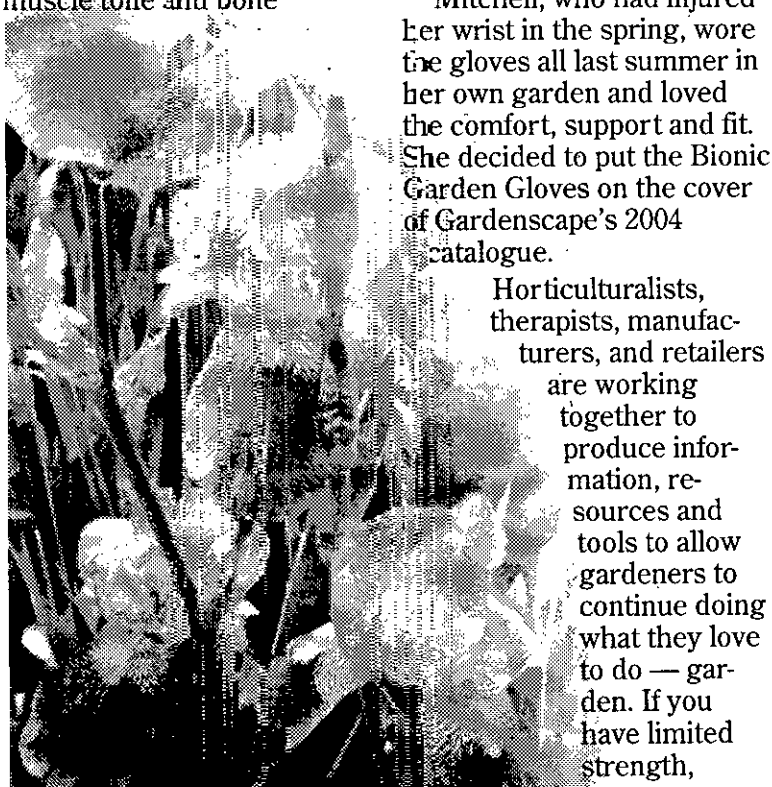
Similar to the LED light that is in car dashboards, outdoor television screens and traffic lights, the very low frequency light (similar to a 20 watt bulb) is perfect for increasing energy inside of the body's cells. Unlike laser and other treatments, this procedure is quick, completely painless, non-surgical, creates no redness or side-effects yet, over a few months, biologically creates the effect of younger skin.

Currently there are less than 90 GentleWaves LED systems in the country, limited to select medical offices.

Further technology by the company is aimed at an FDA approved blue light panel for acne reduction, and a red light panel for hair rejuvenation and additional technology is being studied to combat macular regeneration.

The Drs. Stasior feature the only GentleWaves LED system available in the entire Capital Region.

For information, call Stasior & Stasior at 220-1400. Their office is at 8 Wade Road in Latham.





# Providing care for an aging parent

**T**he toughest question any child will ever face is how to best care for their aging parents. Many adult children believe that their love will see them through. But what do you do when love is not enough?

Often, care decisions must be made quickly, usually after a life-threatening experience. But caregivers also find themselves stressed out and in the position of having to make decisions after months and years of at-home care when they accept that, finally, they need help.

"For most elders receiving care, the primary caregiver is a spouse, with the nearest daughter being the second most likely primary caregiver," says Lynne Horne-Moyer, an associate professor in the Georgia School of Professional Psychology at Argosy University/Atlanta. "Elders with only sons are typically cared for by daughters-in-law."

Also, many women have responsibilities of caring for children and elderly relatives at the same time, which can be doubly stressful adds Horne-Moyer.

And, while there is usually a primary caregiver, the entire family is often involved in making decisions and providing care of all kinds including:

- Overseeing finances
- Providing socialization opportunities and moral support
- Providing transportation
- Coordinating medical care
- Providing housekeeping or home maintenance
- Providing activities of daily living.

When do children know it's time to make the leap to a nursing home or an assisted

care facility?

Horne-Moyer, a clinical psychologist, says, "In many families this decision is an agonizing one. Most caregivers try to keep their elderly parents at home until safety issues are glaring right back at them."

She underscores the importance of family involvement and offers these tips for making the move:

- Investigate potential facilities as much as possible, and work with staff to make sure the elder's treatment matches their needs.

- Frequent visits are helpful, even if the elder appears not to respond to or recognize family members. The feeling of familiarity is related to well being.

- Family members can often be rewarded by an occasional "good day" when there is more recognition from the parent.

- Try to be matter-of-fact about the change and deal with guilt with others.

- Home visits may or may not be appropriate, depending on the ability to adjust to leaving and returning to the care facility.

- Address adjustment difficulties with staff, who may be able to provide a friendly visitor, additional activities, physical therapy, or other individualized services, depending on a particular elder's needs.

"In Alzheimer's disease, care giving is most difficult when the parent wanders, is physically combative or when personality changes emerge," says Horne-Moyer.

In early stages of Alzheimer's family members need to monitor for self care, such as remembering to bathe, eat and take medicine.

Caregiving in Alzheimer's is emotionally and physically

draining for the primary caregiver. Feelings of guilt over not providing enough care, feelings of having lost the relationship, and fears over safety are common. Family conflicts can be expected.

How can adult children cope?

- Self-care is key. Horne-Moyer stresses to her clients that they have to preserve their own health and well-being.

- She encourages the use of formal and informal supports, including adult daycare, home health agencies, and family and friends.

- Stress management techniques can be helpful.

- Treating depression and anxiety in both the elder and the caregiver is extremely important.

- Support groups, both formal and informal, are helpful.

- Many self-help books exist Horne-Moyer suggests *The 36-Hour Day*.

- Horne-Moyer says it is far too common that caregivers are neglectful of themselves. If you feel exhausted, chances are you are neglecting you.

- She encourages a caregiver to give elderly parents the time they need, but recognize that

it's perfectly acceptable to allow others in your life to take the wheel when you need to take time out for you. It will not feel as unfair or as tiring knowing that you have the chance for a bit of rejuvenation.

That is how to avoid burnout and save yourself from your caregiver self. The burdens we place on ourselves are the ones that are the most difficult to bear.

Ask yourself if you've demanded too much from yourself? Would you impose the same burdens on a friend? Remember, you are your own best friend.

## Senior LIFESTYLES



**THE BELTRONE LIVING CENTER**  
Owned and operated by  
Colonie Senior Service Centers, Inc.

- Spacious & Comfortable
- Wonderful Location
- Beautiful Setting
- Restaurant Style Dining
- Country Store & Beauty/Barber Salon
- 24-Hour Security
- Entertainment & Activities
- Health & Wellness Activities

Have *you* toured yet?!

We at the Beltrone Living Center would like to formally invite you for a tour of our beautiful community!



Open Mon - Fri 8:00 to 4:30  
Six Winners Circle, Colonie

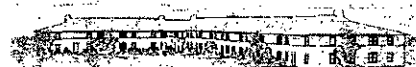
Call us at  
**459-2711**  
for more information

Beautiful, Spacious Apartment Homes  
for Adults 55+

Professionally Managed by United Realty Management Corp., AMO#

## SHEEHY MANOR

An exceptional senior housing community created by the Sheehy Manor Limited Partnership  
Sheehy Manor, LLP is operated by  
Colonie Senior Service Centers, Inc.



~ 8 Carondelet Drive, Watervliet, NY 12189 ~  
(518) 782-2350

## Lakeview Restaurant & Catering: Where serving seniors is part of who we are!

"Everything was wonderful...thanks for the great memories!" ~ a Lakeview Customer

With new packages geared specifically toward seniors and their families, we have what it takes to make your next special event a memorable one! Our attentive staff is happy to fine-tune our selections to meet your individual needs. Stop by or give us a call today to find out how Lakeview can help you plan a party you'll be sure to never forget. We look forward to seeing you soon! ~ Amber K. Spring, Banquet Director

Six Winners Circle • Colonie, NY 12205 • (518) 459-7152

Owned and operated by Colonie Senior Service Centers, Inc.

## "Be A Savvy Senior"



Herky is a *housesold* name!

**Gloria M. Herkowitz, GRI**

Coldwell Banker Prime Properties  
214 Delaware Ave., Delmar

voice mail 640-4614

e-mail: herky@nycap.rr.com

www.coldwellbankerprime.com



PRIME PROPERTIES, INC.

## S.G. Kamath, M.D.

Ophthalmology  
BOARD CERTIFIED

Routine Eye Exams • Motor Vehicle Eye Tests  
Emergency Eye Care • Glaucoma and Diabetic Eye Care  
Botox & Eye Plastic Surgery

New Patients Welcome

Participating Provider in Most Major Health Insurances

**(518) 439-1383**

1345 New Scotland Rd. • Slingerlands, NY 12159

(Price Chopper Plaza)

WWW.EYEHELPU2C.COM



# Managing heart failure — You can take control

**T**he number of people in the United States with heart failure is expected to double during the next few decades. More than half a million people will be diagnosed this year alone. That's in addition to the 4.8 million who already have the disease.

However, there is good news. New treatments can be very effective in slowing and stopping the progression of the disease and in some cases can even reverse the process. The key is early diagnosis and treatment.

If allowed to progress without treatment, heart failure has a great impact on quality of life and can shorten life expectancy. In the United States, it is the single most frequent cause of hospitalization for people over age 65, and more people die from heart failure than from all forms of cancer combined. In its advanced stages, it limits a

person's ability to do even simple everyday tasks.

Heart failure also places an enormous economic burden on the healthcare system. In 2004, an estimated \$28.8 billion will be spent on treating heart failure.

Although the word heart failure has an ominous ring, it does not mean that the heart has stopped or is about

to stop suddenly. Heart failure means that the heart is not pumping blood as well as it should

through its chambers to the rest of the body.

Heart failure is a common condition that usually develops slowly as the heart muscle weakens and needs to work harder to keep blood flowing through the body. This can be caused by a heart attack, long-term high blood pressure, a heart valve abnormality, a viral infection of the heart or a genetic condition that runs in families.

Sometimes the exact cause of heart failure is not known. Although it tends to develop

later in life heart failure can also occur in younger people.

Heart failure is sometimes referred to as congestive heart failure. Congestive heart failure happens when fluid seeps into the lungs because the heart's pumping action weakens and blood backs up into the blood vessels around the heart. As a result, the body holds more water and salt which in turn causes edema (ankle or abdomen swelling) and difficulty breathing.

But as is often the case in medicine, early recognition and treatment of heart failure is the key to prevent progression. Even though a person with heart failure may not feel bad, they should still see a doctor regularly and get treatment.

People with risk factors such as high blood pressure, blockages in their coronary arteries, damaged heart valves, family history or diabetes should ask their doctor about their risk of developing heart failure.

No matter the initial cause, the effect tends to be the same. The weakened heart must work harder to keep up with the demands of the body and

this is why people with heart failure often complain of feeling tired and why they develop symptoms of congestion.

Other symptoms of heart failure include:

- Shortness of breath which can happen even during mild activity
- Swelling in the feet and legs from fluid retention (results in weight gain)
- Cough with frothy sputum

• Difficulty breathing when lying down which may waken you from sleep at night.

Although heart failure can be a serious and progressive disease, individuals with heart failure can live active and fulfilling lives with intervention and treatment. Once diagnosed, it's important to work with a doctor to develop a treatment plan and to follow it.

Better understanding of the disease has led to development of new treatments and management strategies — from medication to surgery.

In addition to taking medicines exactly as directed, persons with heart failure should:

- Weigh themselves every day

- Follow a low-sodium (salt) diet

- Get regular physical activity

- Quit smoking
- Avoid alcohol or drink sparingly
- Control body weight
- Monitor symptoms and learn when to consult a doctor or nurse.

The Heart Failure Society of America has taken the lead in developing a series of modules on heart failure. Patients and others can learn more about following low-sodium diets, exercise, managing their emotional stress and how to evaluate claims about new treatments and cures.

All educational materials developed by the Heart Failure Society of America can be found on the HFSA Web site: [www.abouthf.org](http://www.abouthf.org). Copies can be downloaded, or a complimentary hard copy can be ordered.

The Heart Failure Society is a nonprofit organization of health care professionals and researchers who are dedicated to enhancing quality and duration of life for patients with heart failure and preventing the condition in those at risk.

## Senior LIFESTYLES

### Fontbonne Manor Senior Apts

A DePaul Housing Management Community

**Open House**

★ Saturday, May 8th ★  
★ 11:00 am - 2:00 pm ★

Visit our community, see some apartments,  
Meet the staff, learn what 25 years of  
Providing quality senior housing can  
Offer you or your loved ones.  
And enjoy some refreshments too.

10 Carondelet Drive, Watervliet - in the Town  
of Colonie, just off Delatour Road  
Call 782-2780 for details.

- Rents based on 30% of adjusted income
- Small pets welcome
- Emergency pull-cords
- Intercom entrance
- Social activities
- Bus to shopping
- On-site manager
- Many features especially designed for Seniors



If your dogs are barking, bring them to their own doctor — Delmar's Podiatrist, Dr. Joseph Manzi, specializing in all aspects of podiatric medicine and foot surgery. Healthy feet will take a load off your mind.

## Feet on your mind?

261 Delaware Ave.  
Delmar • 439-0423

Medicare-covered Diabetic Shoes.  
Medicare and most insurances accepted.



**Bethlehem Foot Care**  
We're just two feet away

## NORTHEAST HOMECARE INC.

COUNTRY SQUARE • RT. 32 • GREENVILLE  
**1-800-446-4668**

- HOME MEDICAL EQUIPMENT •
- RESPIRATORY THERAPY •
- MEDICAL OXYGEN •

WE ACCEPT ASSIGNMENT ON  
MEDICARE • MEDICAID • NO-FAULT •  
WORKER'S COMP. & MOST INSURANCE  
COMPANIES. CALL FOR DETAILS

### COMPLETE LINE OF HOME HEALTH PRODUCTS.

- Ostomy supplies
- Surgical supplies
- Incontinent products
- Hospital beds
- Wheelchairs
- Walkers, canes
- Medical oxygen
- Bathroom safety
- Enteral feeding
- Pain management
- Wound management
- Orthopedic and sports management
- Respiratory equipment

**SALES • RENTALS • FREE DELIVERY**  
OWNED & OPERATED BY THE QUACKENBUSH FAMILY

# Students stage 'Annie' Sky Camp continues at library

Voorheesville Middle School will present the play "Annie" on Saturday, May 15, at 7:30 p.m. and Sunday, May 16, at 2:15 p.m. in the Performing Arts Center at the high school.

Tickets will be sold at the door.

## Food co-op orders due May 10

The New Scotland Extra Helpings food co-op will accept food orders until Monday, May 10, at 1 p.m. for the Thursday, May 27 delivery day. Forms and menus can be picked up at New Scotland town hall on Route 85 or at St. Matthew's Church on Mountainview Road.

## Spring Gala slated

Voorheesville Community & School Foundation invites everyone to a Spring Gala dinner dance on Saturday, May 22, from 6 p.m. until midnight at Albany Country Club. This event will recognize elementary school Principal Ed Diegel's 18 years of service to the school district.

Tickets are \$100 each (the tax deductible portion of ticket is \$30). Proceeds will support a new visitors center and art gallery at the elementary school and the foundation's endowment fund.

For information, call Nancy Peggy McKenna at 765-3452. Call soon as tickets are going fast.

## PTA to host retirement barbeque

The Voorheesville PTA is planning a barbeque to celebrate Diegel's retirement. The barbeque will be held on Friday, June 18, from 4 to 7 p.m. at the elementary school.

For information or to sign up to help, call Heather MacMaster at 861-5692.

## NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



## High school offers family swim

A family swim time is offered Wednesdays from 7 to 9 p.m. and Sundays from 2 to 4 p.m. at the high school pool. Admission is \$1 for students and \$2 for adults. For information, call the school at 765-3314.

## School board to meet

The next school board meeting is set for Monday, May 10, at 7:30 p.m. in the commons area at the high school.

## Five Rivers to host Woodcock walk

Five Rivers Environmental Education Center will offer a walk in search of the elusive American woodcock on Friday, May 7, at 7 p.m. The program is free. For information, call 475-0291.

Paper airplanes will be winging through the air at another Sky Camp program at 7 p.m. on May 6.

Kids in grades two through five are invited to stop in and build paper airplanes with the assistance of sixth-graders from the Voorheesville middle school.

The Library Friends need help with the annual May book sale, beginning May 16 and at the sale on the next weekend.

Bakers are also needed for the Saturday bake sale.

Call the library to volunteer and mark your calendar for May 21 to 23 to shop for the best book bargains of the year.

Author Elizabeth Cohen will be here for two days on May 14 and 15. Local photographer Craig Shufelt will be displaying his work in the hall gallery.

We also have a very special display in our showcase, of samples from the World War II correspondence between a local woman named Lil Smith and enlisted men from the area who were serving overseas.

If you have not received your

**Voorheesville**  
**Public Library**



*The Family on Beartown Road* by Elizabeth Cohen.

Regular story times will be on Tuesday, Wednesday and Friday at 10:15 a.m. through May 28. There will no programs or story times during the week of May 17. For information, call the library or go to revised Web site at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

Barbara Vink

**High Field Open MRI • LightSpeed CT • Mammography**

It's your choice! Ask your doctor to send you to  
**Schenectady Radiologists'**

**BALLTOWN IMAGING CENTER**  
2546 Balltown Rd., Niskayuna • 372-1344 • [BalltownImaging.com](http://BalltownImaging.com)

Introducing our new GE LightSpeed CT Scanner!  
Creates high quality images in 20 seconds instead of 20 minutes!

High Definition Ultrasound • Bone Density QCT • X-Ray

Same Day Appointments & Results

M.D. On Site All Day



## Saint Gregory's Summer Camp

Loudonville, NY

June 28 - August 6

9:00 a.m. - 3:30 p.m.

For boys and girls ages 3-12

Before/After Care available

**Activities Includes:**

swimming, magic, rocketry,

dance, yoga, robotics,

cooking, photography & more!

Call for brochure 782-1363 or visit our website: [www.saintgregorysschool.org](http://www.saintgregorysschool.org)



**Jacques**

**Tuxedos & Tailoring Inc.**



Ladies & Men Alterations

Sals & Rentals of Formal Wear & Dress Wear

All Types of Alterations (difficult alterations are my specialty)

800 Leudon Road - Route 9  
Latham, NY 12110

(518) 785-7058

COME & VISIT US AT OUR NEW LOCATION

Latham Circle Mall (Next to Burlington Coat)

## Introducing FREE Business Checking

Carol switched to Evergreen Bank FREE Business Checking, with no monthly maintenance fees, no minimum balance requirement and 100 free transactions per statement cycle.\*

Stop paying fees. Stop by your local branch or call 800 211-1979 x601.

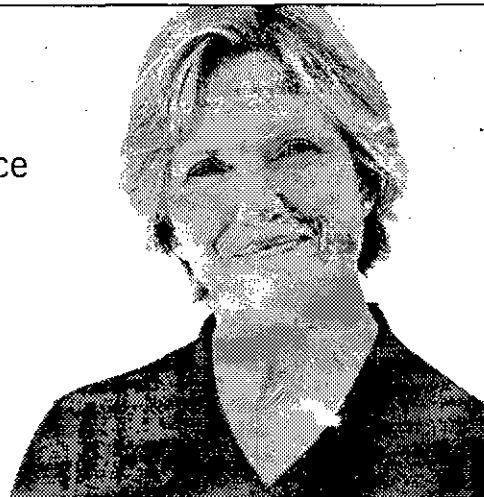
**Evergreen Bank**

It's nice knowing\*

A division of Banknorth, N.A.



Banknorth,  
parent company of Evergreen Bank,  
named Best Managed Bank



Initial deposit of \$25 to open account.  
\*100 free items paid or deposited per statement cycle. Additional items are \$.50 each.

It's nice knowing\* is the registered service mark of Banknorth Group, Inc.

Member FDIC.

[EvergreenNY.com](http://EvergreenNY.com)

Because  
you've thought  
about it long  
enough.

Breast Augmentation and Lifts. Liposuction.

Tummy Tucks. Spider Vein and Laser Hair Removal.

Call for your private consultation.

**FREE FACIAL REJUVENATION SEMINAR**

Thurs., May 13 at 7pm • Register online, by phone or just stop by.



**THE PLASTIC SURGERY GROUP**

Confidence is Beautiful™

1365 Washington Avenue, Albany

[www.theplasticsurgerygroup.net](http://www.theplasticsurgerygroup.net)

438-0505

Up to 100% Financing

Gerald Colman, MD E. Scott Macomber, MD Steven Lynch, MD John Noonan, MD William DeLuca, Jr., MD Douglas Hargrave, MD Jeffrey Rockmore, MD



## Library offers summer program

Middle school students can volunteer for summer service at Bethlehem Public Library. Applications will be available beginning Monday, May 17, in the youth services area of the library and at the middle school.

Training workshops will be held Thursday, June 24, from 7 to 9 p.m. and Friday, June 25, from 2 to 4 p.m. Volunteers must complete one of the workshops and commit at least six hours of service between July 6 and Aug. 12.

Volunteers aid youth services staff while in the summer reading program is in session. Call 439-9314 to register.

Middle schoolers interested in

reading to preschoolers can also sign up for one of two storyreader training sessions scheduled for Tuesday, July 13, at 7 p.m. and Wednesday, July 14, at 2 p.m. Call 439-9314 for information.

## American Legion slates breakfast

The Voorheesville American Legion Post will be hosting an all-you-can-eat breakfast buffet on Sunday, May 9, from 8 a.m. to noon. The menu will include eggs, French toast, home fries, bacon, sausage, juice and coffee. The cost for adults is \$5, \$3 for children and free for children under 5.



**ARTS CENTER**  
OF THE CAPITAL REGION

Offering artful camps for kids and teens, all summer long.

(518) 273-0552 [www.artscenteronline.org](http://www.artscenteronline.org)

## Spring fling



Bethlehem Garden Club members help beautify the town by planting daffodils at the corner of Kenwood and Cherry avenues. From left, kneeling, are Marty Teumin, Evonne Lukis, Virginia Acquario, Jo-An Hyde and Connie Wilbur; and standing, from left, are Merri Meislahn, Ruth Voorhees, Ellie Prakken and Phyllis Fletcher.

### Banknorth Mortgage Group

*It's nice knowing\**

Evergreen Bank  
343 Delaware Avenue  
Delmar, NY 12054  
518-439-4426

Text pager: 1-866-804-0564  
[www.BanknorthMortgage.com/BPowell](http://www.BanknorthMortgage.com/BPowell)  
[bpowell@banknorth.com](mailto:bpowell@banknorth.com)

It's nice knowing\* is the registered service mark of Banknorth Group, Inc.  
A division of Banknorth, N.A. Equal Housing Lender. 12



**Bill Powell**  
Assistant Vice President  
Mortgage Loan Officer

## Blood drive scheduled

The Academy of the Holy Names will sponsor its seventh annual blood drive on Friday, May 7, from noon to 5 p.m. at the Upper School Gym, 1075 New Scotland Road, Albany.

The Service Club and Junior Ladies of Charity sponsor the event.

For information, call 438-7895.

## The 4-Step Culligan Formula

Equals 100% customer satisfaction!



\$25 Installation  
\$25 A Month  
25 Months  
25lbs of Salt FREE =

**100% SATISFACTION**

**Don't wait.** With the 4-Step Culligan Formula, you can end water problems for good. Put a Culligan Water System to work and save like never before.

**465-3884**

**Culligan®**

**\*FREE WATER TEST**



With qualified credit when you rent a Culligan Water Conditioner or Reverse Osmosis Drinking Water System from your participating Culligan dealer

offer ends 5/12/04

## Youth Network

A BETHLEHEM NETWORKS PROJECT

### Graduation Celebration update Prize Patrol needs donations

For the past 12 years, parents of seniors have thrown a drug and alcohol-free all-night farewell party following graduation. This night of food, music, dancing, games and prizes offers graduating seniors the opportunity to celebrate safely with their friends.

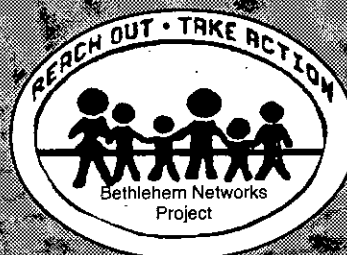
The parent-sponsored event relies solely on generous donations of time, money, prizes, goods and services by members of the community.

Each graduate who attends has a chance to win door prizes. The prize drawings are held every half-hour, culminating in a grand prize drawing at the party's end. The prizes serve as an added incentive for our grads to come and stay at the safe and supervised party. Last year, more than 100 prizes were donated and almost 95 percent of the graduating class attended.

This year, the prize patrol is asking anyone who is willing to donate a door prize to drop it off at Burt Anthony Insurance offices at 750 Delaware Ave. or at the Bethlehem Networks office in Main Square (second floor, next to the Chamber of Commerce) between 9 a.m. and 5 p.m. For pickup, call 439-7740 and leave a message.

Some prize ideas include phone cards, alarm clocks, desk lamps, cordless phones, TVs, computer printers, desk chairs, MP3 players, small refrigerators, microwaves, movies tickets, cameras and gift certificates and gift cards.

If you are willing to donate, but prefer to give a monetary donation, a check may be sent to Sheree Pittz, 97 Wright Lane, Delmar 12054.



Column sponsored by

**GE Plastics**

and

**SELKIRK COGEN**

*Corporate neighbors committed to serving the community*



# Pine Bush Commission to host Lupine Festival

The Albany Pine Bush Preserve Commission has announced its first Lupine Festival, an outdoor event to be held on Saturday, May 22, from 10 a.m. to 4 p.m. at the site of the future Discovery Center sponsored by TrustCo at 195 New Karner Road in Colonie.

The festival will feature interactive programs on the Pine Bush, including live local wildlife programs, guided hikes in the preserve to view wild blue lupine in bloom, a native plant and art sale and volunteer projects that help restore habitat for the endangered Karner blue butterfly.

Wild blue lupine is a native wildflower that blooms in May and June, and is the only food source for the caterpillar of the Karner blue butterfly.

Lupine Festival activities include:

Albany Pine Bush Preserve Commission members will each have an information table to promote the environment and outdoor recreational opportunities.

Beth Bidwell from the Wildlife Institute will be presenting live local wildlife programs from noon to 4 p.m.

These programs will feature birds of prey, snakes and turtles that are found in the Pine Bush area.

Pine Bush staff will be at information stations and a kids craft table to answer questions and present programs on topics such as prescribed fire, habitat restoration and the future Discovery Center.

Pine Bush staff, commission partners and volunteers will be leading hourly hikes into the preserve to observe wild blue lupine in bloom and other Pine Bush species.

Pine Bush staff and volunteers will lead two conservation work projects at 10 a.m. and 1 p.m. Weed Warriors are needed to help with invasive species management in the Pine Bush.

Local nurseries will be selling native Pine Bush plants as part of the Glacial Lake Albany Native Plant Project.

Select artists and vendors will attend and sell Pine Bush specific products/artwork.

Elegant Touch Catering will be available to sell food/snacks/drinks.

Special guest presenters will give talks/walks about Pine Bush specific topics. They include a spring migration bird walk with the Hudson Mohawk Bird Club

at 8 a.m.; a wildflower walk with Frank Knight at 10 a.m.; a talk on carnivore research with Dan Bogan at 11 a.m.; an interactive children's music program with Starberry the Pine Bush Elf at noon; a frog slog with Kim Corwin at 1 p.m.; and the Lupine Lady, Carol Ann Margolis, all day.

This is an opportunity for first-time visitors and longtime friends of the Pine Bush to see the site of the future Pine Bush "Discovery Center sponsored by TrustCo." The plan is quickly becoming a reality. The much-needed interpretive education center will allow the commission to meet the needs of a growing number of

preserve visitors and expand the accessibility of the Pine Bush Preserve as a resource for schools and individuals in upstate New York.

In a landmark decision in November 2001, the state of New York, under the leadership of Gov. George Pataki, acquired the existing State Employees Federal Credit Union (SEFCU), a facility at 195 New Karner Road, a central location in the Albany Pine Bush, for conversion to the Discovery Center. Plans are under way to retrofit this existing structure into a best-in-class interpretive education center for residents of the Capital District and beyond.

The Discovery Center will establish a visible and central location in the preserve where people of all ages can go to learn about the natural and cultural history of the Albany Pine Bush and participate in the many recreational and volunteer opportunities at the preserve. Outdoor and indoor interactive exhibits, native plant and butterfly gardens, a universally accessible "Discovery Trail," participatory greenhouse, classrooms and gathering space for Pine Bush Preserve programs will teach the story of the Pine Bush through first-hand experience and discovery-based learning.

Pine Bush Lupine Festival participants and sponsors include the U.S. Fish and Wildlife Service, Stewart's Shops, the town of Colonie, Screen Designs, the town of Guilderland, Total Events, Albany County, Allegra Print & Imaging, the City of Albany, Motophoto, The Nature Conservancy, Starbucks, General Electric "Elfun," Dunkin' Donuts, General Electric Research & Development, Ludani Printing and Commercial Copies, the state Department of Environmental Conservation, the state Office of Parks, Recreation and Historic Preservation and the State Museum.



**verizon**wireless  
We never stop working for you!

## THE BIG COLOR & CAMERA PHONE SALE!

**HURRY, MOTHER'S DAY IS SUNDAY!**

**BUY A SLEEK COLOR FLIP. GET ONE FREE.**  
AUDIOVOX CDM-8600

**ONLY \$49.99**  
after mail-in rebates

Retail price \$149.99 less two \$50 mail-in rebates.

**BUY A COOL CAMERA PHONE. GET ONE FREE.**  
AUDIOVOX CDM-8900

**ONLY \$99.99**  
after mail-in rebates

Retail price \$239.99 less two \$70 mail-in rebates. With new 2-year Customer Agreement per phone. Shipping charges apply. While supplies last.

## TALK FREE

**ANYTIME. ANYWHERE.**

Get unlimited mobile to mobile to any other Verizon Wireless customer with

**IN-NETWORK CALLING**

For calls in the National IN-Network Coverage Area. Not available everywhere on the America's Choice™ network. With new annual Customer Agreement on America's Choice Calling Plans \$39.99 or higher.

**UNLIMITED NIGHT & WEEKEND MINUTES**

All when on the America's Choice network. With new annual Customer Agreement. Calls placed while off the America's Choice network \$.69/min. CDMA phone required.

**400 ANYTIME MINUTES**

**JUST \$39.99**  
monthly access

**NO ROAMING CHARGES COAST TO COAST**  
When on the America's Choice network.

**SWITCH TO THE BEST WIRELESS NETWORK IN NEW YORK!**

Try it for 15 days---if you're not 100% satisfied simply return your phone and only pay for the service you've used.

CALL **1-800-811-7600**
VISIT **any of our stores**
CLICK **verizonwireless.com/offers**

### VERIZON WIRELESS COMMUNICATIONS STORES

Open Sundays. Return policy available at retail locations.



**ALBANY**  
1770 Central Ave.  
518-452-8491

**ALBANY CROSSGATES MALL**  
518-862-6400

**CLIFTON PARK**  
Shopper's World Plaza  
Next to Kmart  
518-373-6050

**KINGSTON**  
Hudson Valley Mall  
1300 Ulster Ave.  
845-336-0111

**NEWBURGH**  
Newburgh Mall  
1401 Union Ave.  
845-564-0888

**SARATOGA SPRINGS**  
Aviation Mall  
3065 Rt. 50  
518-691-3800

### AUTHORIZED RETAILERS

Equipment offer and return policies vary.

**A WIRELESS SOLUTION**  
ALBANY  
1121 Central Ave.  
518-454-0008

**GREENBUSH**  
449 North Greenbush Rd.  
518-286-3228

**AMERICAN WIRELESS COMPANY**  
Colonie Center Mall  
518-454-9700

**CCS TELECOM AND ENERGY CORP.**  
AMSTERDAM  
120 Polar Plaza  
843-2200

**PAGEMAX**  
ALBANY  
Crossgates Mall  
456-6971

**PAGEMAX (Cont'd)**  
SARATOGA  
Wilton Mall  
583-0071

**SCHENECTADY**  
Rotterdam Square Mall  
346-1550

**WIRELESS NOW**  
QUEENSBURY  
Aviation Mall  
761-0607

**KINGSTON VALLEY MALL**  
845-382-1375

**NEWBURGH MALL**  
556-4285

**TOTAL COMMUNICATIONS NETWORK**  
LATHAM  
952 Troy Schenectady Rd.  
220-9535

## LANDSCAPE DESIGN & INSTALLATION

*Computer Aided Design*

**HORTICULTURE**  
**UNLIMITED**  
**LANDSCAPING**



*You Deserve The BEST!*

— Since 1977 —

Brian Herrington

**767-2004**

[www.hortunlimited.com](http://www.hortunlimited.com)

Nursery hours by appointment

Nights: 9:01pm-5:59am M-F; Wknds. 12:00am Sat.-11:59pm Sun. Taxes and surcharges apply and may vary. Federal Universal Service Charge of 1.86% (varies quarterly based on FCC rate) and a 45c Regulatory Charge per line/month are our charges, not taxes, for more details call 1-888-684-1888.

**IMPORTANT CONSUMER INFORMATION:** Subject to Customer Agreement, Calling Plan and credit approval. \$175 cancellation fee, 45c/min. after allowance, other charges and restrictions. Up to \$35 activation fee. Cannot combine with other offers. Usage rounded to next full minute. Unused minutes lost. Coverage, service and offers not available in all areas. See return/exchange policy. Rebate takes 10-12 weeks and requires 30-day service. Limited time offer. IN-Network Calling covers 235 million people in the U.S. New York Best Network claim based on Verizon Wireless network reliability studies comprising over 26,000 call attempts on Verizon Wireless and other major wireless carriers services while traveling over 5,700 miles of the most frequently traveled roadways in New York as identified by the New York Department of Transportation. Claim based on each carrier's total number of ineffective attempts and lost calls compared for the current month and prior two months. See [www.verizonwireless.com/bestnetwork](http://www.verizonwireless.com/bestnetwork) for national network details. All brand and product names not owned by Verizon Wireless are the property of their respective owners. All rights reserved.

© 2004 Verizon Wireless

# Friendship Singers host benefit concert for To Life

By ANNE TREADWAY

The Friendship Singers, a Bethlehem-based group of women who specialize in show tunes and old favorites, will present their annual spring program on Friday, May 21, at 7:30 p.m. at Delmar Reformed Church on Delaware Ave.

Admission is free, but those attending will be able to show their appreciation for the evening's entertainment by donating to To Life.

In recent years, the Friendship Singers have performed a spring concert as a benefit for a local organization.

To Life is now in its sixth year in Delmar and has recently moved to 410 Kenwood Ave. It describes its mission as "To educate our community about breast cancer detection, treatments and related health matters, and provide support services to breast cancer patients, caregivers, family and friends."

All its programs and services

are provided free-of-charge and it relies on grants and donations to stay in business.

Nola Royce, To Life's program coordinator and a breast cancer survivor herself, said recently her organization has a mailing list of more than 4,000 people, and helps hundreds of women each year.

It provides education forums, breast self-exam instruction, a mentoring program that matches survivors with those entering treatment for the first time and a "boutique" with a private fitting room for finding just the right prosthesis, bra, wig, scarf or other need brought about by breast cancer treatment.

"We moved here in January and we love this building because it's not clinical," said Royce. "It's a comfortable setting, without all the machinery and formality of a medical facility."

The Friendship Singers, mostly women in their 50s and 60s, believe To Life is an appropriate beneficiary of their public concert. Many of them

have friends who have experienced breast cancer, and one of them, Kitty Murphy, is a 10-year breast cancer survivor.

Her treatment was a lumpectomy, followed by radiation, and, as she says simply, "It worked."

Murphy spent a few years after her treatment acting as a mentor to other women starting before they left the hospital, through the American Cancer Society's "Reach to Recovery" program. Some were women she had first met on the tennis court.

Now Kitty Murphy not only continues to play tennis two or three times a week, she also plays banjo and washtub bass in the band she and her husband, Bert, formed many years ago.

She will be displaying that skill at the Friendship Singers May 21 program when they perform "Country Style," a rousing square dance number.

But Murphy is sensible too, while continuing to enjoy the hobbies closest to her heart. She doesn't play tennis two days in a row, she says, and she had to give up golf "because I had a tendency to hit the ground too often."

She also loves gardening, but limits weed-pulling sessions as an accommodation to her recovery,



Cancer survivor Kitty Murphy, left, with her sister-in-law Joanne Murphy, will be a featured performer at the Friendship Singers benefit concert on May 21 at Delmar Reformed Church.

but still vulnerable right shoulder.

The women of the Friendship Singers enjoy their time together, whether is front of the audience

or not, and call all the memorization it requires their "antidote to Alzheimer's."

They, along with Nola Royce and Kitty Murphy, encourage all women to "do the things you love to do," no matter your age or your health.



## TOWN OF NEW SCOTLAND ANNUAL SPRING BRUSH AND LAWN DEBRIS CLEAN-UP

Now thru May 28<sup>th</sup>

**LAWN AND YARD DEBRIS:** must be bagged in biodegradable bags and placed at the curb. Bags can be purchased at the highway garage Mon-Fri. 7:00 am - 3:30 pm Or at the Town Hall 9:00 am - 4:00 pm. Cost is 3/\$1.00 or 35 cents each. Bags purchased at local grocery and department stores are also acceptable.

**BRUSH AND TREE LIMBS:** must be stacked neatly at the curb with butts facing road. Limbs no longer have to be cut into four foot lengths. Our new chipper will accept longer and larger limbs than in the past. *Please be sure to stack brush and limbs as neatly as possible with butts facing road so that our crew can work in a safe and efficient manner*

**Questions? Call 765-2681  
Highway department**

## Ohav Sholom Senior Citizen Apartments

One Bedroom and Studio Apartments  
Available for Immediate Occupancy

115 New Krumkill Road  
Albany, New York 12208

- Rents starting at \$372, including heat/hot water/electric
- Scenic park-like setting
- City bus transportation at door
- Beautician and store on premises
- Weekly social activities
- Private, on-site parking

E-Mail: [info@OhavSholomApts.org](mailto:info@OhavSholomApts.org)  
Web: [www.OhavSholomApts.org](http://www.OhavSholomApts.org)



Equal Housing Opportunity

**489-5531**

## Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest.

Letters are subject to editing for fairness, accuracy, style and length.

All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12054.

Letters can be faxed to 439-0609 or e-mailed to [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com)

**MAIN  
SQUARE  
SHOPPES**

**MAIN SQUARE**

SHOPPES, L.L.C.

318 Delaware Ave., Delmar

balance massage studio

318 Delaware Avenue

Main Square, Delmar

518-475-9999

[www.balancemassagestudio.com](http://www.balancemassagestudio.com)

**MASSAGE**

Show Mom She's Special with a gift of massage!

Gift certificate specials include foot salt glow

**FOR HEALTH & RELAXATION**

Swedish & Deep Tissue Massage • Hot Stone Therapy

Pregnancy Massage • Thai Yoga Massage • Reflexology

CranioSacral Therapy • Myofascial Release • Reiki

GIFT CERTIFICATES • BASKETS • PACKAGES

RESTORE THE BALANCE IN YOUR LIFE

balance massage studio is OPEN 7 DAYS A WEEK

The Bethlehem Chamber of Commerce says

**THANK YOU to the generous sponsors of  
our Annual Dinner**

Bethlehem IDA

Blue Shield of NENY

Bryant Asset Protection

Burt Anthony Associates

CDPHP

Coldwell Banker Prime Properties

Darroch Assoc.

Hudson River Bank & Trust Co.

Marvin & Company PC

Montalvo Agency

Realty USA

The Spotlight

Windsor Development Group

Contemporary Shopping  
& Services

**CAPITAL** *Living*  
**REGION** MAGAZINE

May 2004 "Best Of" the  
Capital Region Issue  
**NOW AVAILABLE!**

at Price Chopper & Hannaford or visit  
**[www.capitalregionliving.com](http://www.capitalregionliving.com)**  
for a complete list of locations.

Solutions By Design

Alteri's Restaurant

Java Jazz Cafe & Bakery

Joyelles Jewelers

Thomas Nicolla Physical Therapy of Delmar

Edward Jones

478-0373

475-1047

439-1727

439-9993

478-9049

475-7642

Framingham Associates, Inc.

Bethlehem Chamber of Commerce

Weichert Realtors

Kitchens & Baths by Design

The Magic of Music

Kaplowitz Company

Seattle Sub & Pita Co.

439-7007

439-0512

439-1900

439-6200

475-0215

439-6919

439-1727

Bethlehem Networks Project

Walden Asset Group

Pet Spas of America

Gregory's Barber Shop

Keystone Architectural Services

The Business Source

Balance Massage Studio

439-7740

475-0500

439-3670

439-3525

439-4795

475-9250

475-9999





Matthew Kessler and Nicole Sherrin

## Sherrin, Kessler engaged

Nicole Lori Sherrin, daughter of Jeffrey Sherrin of Delmar and Ellie Sherrin of East Greenbush, and Matthew Ian Kessler, son of Marc and Carole Kessler of Philadelphia, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and of Boston College. She is currently attending

Georgetown University.

The future groom is a graduate of Council Rock High School and Pennsylvania University. He earned a master's from Holy Family College.

He is a teacher with the Fairfax County School District in Fairfax, Va.

The couple plans a July 16, 2005 wedding.

## Dean's List

### Bates College

Leonard White and Elizabeth Hamm, both of Delmar.

### Macalester College

Danielle Ricard of Glenmont.

### SUNY New Paltz

Daniel Smith of Delmar.

### SUNY Oneonta

Alicia Gary, Peter Hoffman, Elizabeth Murphy, Christopher Rooney and Kelly Yates, all of Delmar; Sarah Emond, Lauren Falkenhainer, Taraneh Heydary,

and Josh Okun, all of Glenmont; Michael Walker Jr. of Slingerlands; and Jordan Liberty and Jennifer Seay, both of Voorheesville.

### SUNY Plattsburgh

Melanie Finlayson of Delmar; Zachary Conley, Donna Dawson, Samuel Pitts and Jessica Volpi, all of Glenmont; and John Gluchowski and Melissa Googas, both of Slingerlands



She clothed you,  
raised you, fed you.  
Now it's your turn to pick up the tab.

Mom's always catering to everyone else's needs. Now cater to hers with a Mother's Day Brunch Buffet. She can relax and enjoy wonderful dishes such as a variety of salads, sliced roast leg of lamb, a carving station, all of her breakfast favorites and more. We have an assortment of desserts for the perfect ending. For reservations call (518) 437-6342

Mother's Day, May 9

10:00am - 2:00pm

\$21<sup>95</sup>

per person

\$10.50 children 4-12 • Children under 3 eat free

**Marriott**  
ALBANY

189 Wolf Road • Albany, NY 12205

## Legion breakfast May 9

An all-you-can-eat breakfast buffet will be held Sunday, May 9, from 8 a.m. to noon at the Voorheesville American Legion.

Breakfast includes eggs made to order, french toast, homefries, bacon, sausage, juice and coffee. Adults \$5, kids \$3.

## 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.

For information and submission forms, call 439-4949. Mail announcements to P.O. Box 100, Delmar 12045.

## Wedding Directory for Bridal Services

### ENTERTAINMENT

Strobe Sound D.J. Service personalized wedding and special event entertainment. Call 393-1366 or visit our web-site [www.strobesound.com](http://www.strobesound.com)

### FLORISTS

Floral Garden Specializing in Weddings 339 Delaware Ave., Delmar, 478-7232 [www.thefloralgarden.com](http://www.thefloralgarden.com) Catering to all budgets

### HONEYMOONS

[WWW.CAPITALCRUISE.COM](http://WWW.CAPITALCRUISE.COM). Book on line and save up to save up to 65%. Booking all land and sea honeymoon packages. Call 426-0052.

### INVITATIONS

Paper Mill Delaware Plaza. 439-8123 Personalized invitations & announcements for weddings, showers, bar mitzvah, new baby, graduation.

### JEWELRY

Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

### PHOTOGRAPHY

Personal, Professional Photographic Services. - 469-6551.

### TOOTH WHITENING

Dr. Kabinoff, 458-1892, 1465 Western Ave., Guilderland. Professional Teeth Whitening.

# MUD BATHS STARTING AT \$69 A MONTH.\*



## INTRODUCING THE JOHN DEERE TRAIL BUCK WITH PAYMENTS AS LOW AS \$69 A MONTH.

Built with a powerful Rotax® engine, Visco-lok 4-wheel drive and a low center of gravity for more stability, the new John Deere Trail Buck can handle the toughest jobs in the toughest terrain. And with payments as low as \$69 a month, there's never been a better time to buy. So whether you're working the back forty or riding the back woods, the John Deere Trail Buck is tougher than the task.

See your John Deere dealer today.



JOHN DEERE

[www.JohnDeere.com/ATV](http://www.JohnDeere.com/ATV)

NOTHING RUNS LIKE A DEERE™

## H. C. OSTERHOUT & SON

1127 SR 143

RAVENA, NY 12143

(518) 756-6941

10Offer valid March 1, 2004 through July 31, 2004. Subject to approved credit on John Deere Credit Revolving Plan, a service of FPC Financial, f.s.b. For consumer use only. Promotional payments based on total amount financed, not to exceed \$6,999. All introductory payments are fixed for the first 24 months only, with 9.9% APR. After 24 months, the minimum required monthly payment will be calculated as 2.5% of the original transaction amount at 9.9% APR. Other special rates and terms may be available, including financing for commercial use. Available at participating dealers. See your dealer for details; prices and models may vary. Attachments, accessories and Maintenance Plan Plus could increase promotional payment. John Deere Utility ATVs are for use only by those aged 16 and older. John Deere highly recommends that all ATV riders take a training course. For safety and training information, see your dealer or in the U.S. call the ATV Safety Institute at 1-800-887-2887. In Canada, call the Canadian Safety Council at 1-613-739-1535 ext 227. ATVs Can Be Hazardous To Operate. For your safety: Always wear a helmet, eye protection, and other protective clothing. Always remember that riding and alcohol/drugs don't mix. Never ride on paved surfaces or public roads. Never carry passengers. Never engage in stunt driving. Avoid excessive speeds and be particularly careful on difficult terrain. John Deere's green and yellow color scheme, the leaping deer symbol, and JOHN DEERE are trademarks of Deere & Company.



D11BLV/N6414 -0000-000000-00002142

Equal Opportunity Lender



Jeffrey Lurie and Patience Misner

## Misner, Lurie engaged

Patience Misner, daughter of Chris and Esther Misner of Camden and Jeffrey Lurie, son of Greg and Eileen Lurie of Delmar, are engaged to be married.

The bride-to-be attended Cazenovia College and the University at Brockport.

The future groom is a graduate of Bethlehem Central High School and Cazenovia College.

He is employed by the Monroe County Legislature in Rochester.

The couple plans an August wedding.



Tammy and Jason Spiewak

## Kaplan, Spiewak marry

Tammy Kaplan, daughter of John and Debbie Kaplan of Selkirk, and Jason Spiewak, son of Michael Spiewak of New Hope, Penn., and Ilene Spiewak of Philadelphia, were married Oct. 19.

Rabbi Hirshel Jaffe performed the ceremony at Round Hill House in Washingtonville. A reception followed.

The maid of honor was Erin Cykoski. Bridesmaids were Kristen Cushman, Amy Schron, Nicole Sherrin, Jennifer Villareal, Allissa Heitzer and Lauren Francisco.

The best man was David Spiewak, brother of the groom.

The groomsmen were David Kaplan, brother of the bride, Matthew Kessler, Daniel Weiner, Nathan Walker, Weston Jacobs and Sean Rodriguez.

The bride is a graduate of Bethlehem Central High School and Penn State University.

She is teacher in the New York City schools. She is a graduate student at Pace University.

The groom is a graduate of Penn State University.

He is a label manager and solo artist for Studio E Records in New York City.

After a wedding trip to Jamaica, the couple resides in Manhattan.

**Common Scents Aromatherapy**  
Free Brochure **RUB A DUB, DUB**  
**IS CANCER IN YOUR TUB**  
We have Solutions to Industrial Products.  
by Pamala A McQuate  
20 year beauty & barber professional  
(518) 872-9253

**FALVO'S** "Quality Always Shows"  
PRIME BUTCHER SHOP WE SELL U.S. PRIME BEEF  
Not Responsible For Typographical Errors

**SLINGERLANDS, ROUTE 85A • PHONE/FAX ORDERS 439-9273**

ALL NATURAL • BONELESS & SKINLESS <b>CHICKEN BREAST</b> GRADE A <b>\$3.89</b> LB.	(OUR OWN) STORE-MADE <b>5 LB BOX PATTIES</b> GROUND CHUCK <b>\$2.69</b> LB. GROUND ROUND <b>\$3.19</b> LB. EX LEAN GROUND SIRLOIN <b>\$3.39</b> LB.	MOTHER'S DAY SPECIAL USDA PRIME (RIB EYE) <b>DELMONICO STEAKS</b> <b>\$10.99</b> LB.
3 LBS. OR MORE SIRLOIN <b>CUBE STEAKS</b> <b>\$3.49</b> LB.	3 LBS. OR MORE LARGE LINK <b>BREAKFAST SAUSAGE</b> <b>\$2.19</b> LB.	DEL. DEPT. OUR OWN COOKED <b>ROAST BEEF</b> <b>\$4.99</b> LB. (No Preservatives)
U.S.D.A. CHOICE & HIGHER <b>WHOLE N.Y. STRIP LOINS</b> 15 Lbs. Avg. Weight <b>\$6.99</b> U.	U.S.D.A. CHOICE & HIGHER <b>WHOLE TENDERLOINS PEELED</b> 6 Lbs. Avg. Weight <b>\$12.99</b> U.	10 LBS. OR MORE GROUND CHUCK <b>\$1.89</b> U. GROUND ROUND <b>\$2.49</b> U. GROUND SIRLOIN Extra Lean <b>\$2.69</b> U.

28-POUND VARIETY FAMILY PACK **\$45.89**

Prices Good Thru 5/8/04 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday

# Comprehensive Wealth Management



Mark T. Bryant, CFP®  
www.bryantassetmgt.com

- Comprehensive financial planning
- Certified Financial Planner Practitioner™
- 23 years experience in financial services
- Experienced retirement planning professional

New investors minimum account \$250,000

1280 New Scotland Rd., Slingerlands, NY

**439-1141**

Securities and Advisory Services offered through Commonwealth Financial Network, MEMBER NASD/SIPC, A Registered Investment Advisor.

## Spotlight on EMPLOYMENT

### HVAC Technician Wanted

Want to own part of the company you work for?

Join our team of Employee-Owners!

Main-Care Energy an Employee-Owned, Energy Sales & Service Company has opportunities available for Full Time Service Technicians. Experience preferred, gas knowledge & CDL license a PLUS. Great salary and benefit package with a secure future awaits the qualified person. Benefits include: Medical • Vision • Life • Long term disability • Tuition reimbursement • 401k • Profit sharing • Training • Uniforms • Incentive programs and more. Send resume to Attn: R. Sebast, PO Box 11029, Albany, NY 12211, fax to 518-438-5991 or email to rsebast@maincareenergy.com

**ROUTE SALES PEOPLE**  
**EARN EXTRA \$\$\$!**

The Times Union is recruiting for delivery positions in home delivery, single copy, and neighborhood sampling. Perfect opportunity for students, retirees, and early morning risers.

Please contact  
**Sean Martin, 454-5565.**

### Security

For the area's premier retirement community

Full & part time evening and night positions available including weekends. Perfect opportunity for college student or retiree. Send or fax (382-0738) or apply afternoons to Nancy Fedele.



Parkland Garden Apts.  
325 Kings Road  
Schenectady, NY 12304

## This Home Built



**on Your Lot!!!**

This and other custom homes are available from our large assortment of plans.



**WIFT BUILDERS 439-4663**

"A Family Tradition Since 1834"

## ALTAMONT ORCHARDS

Remember MOM with Flowers  
Beautiful Hanging Baskets in Bud & Bloom  
1,000's to choose from

### Mother's Day Specials

Snap Dragons or Wave Petunias - \$2.19 each or buy 12 or more just \$2.00 each  
Geraniums, New Guinea Impatiens, Carnations, non-stop Begonias & many other variety - \$2.89 each or buy 12 or more just \$2.50 each

Bedding Plants



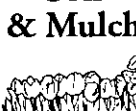
Potted Annuals



Perennials Herbs



Bagged Soil & Mulch



NEW THIS YEAR

Dark Cherry Mulch - All Natural - No Coloring  
Black - Brown + Red Colored Mulch  
Topsoil

Bring Your Truck & Save

Meadow Brook Farms Milk & Jewetts Eggs

6654 Dunnsville Rd.  
Altamont, NY 12009

**861-6515**

MC - Visa - Amex - Discover

www.altamontorchards.com

Open 7 days a week  
9 a.m. - 6 p.m.



# Obituaries

## Theodore Green

Theodore L. "Ted" Green, 74, of Voorheesville, died Sunday, May 2, at his home.

Born in Albany, he worked as an optical technician for 50 years before retiring from Kaiser Optimalmics.

Mr. Green was a member and past master of the Noah Lodge 754, F.& A.M., Altamont and a member and past patron of the Helderberg Chapter 331, O.E.S., Altamont. He also served as past district grand lecturer of the Grand Chapter O.E.S., New York.

Survivors include his wife, Jeannette Andrus Green. Relatives and friends are invited to call tonight, May 5, from 4 to 8 p.m. at the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

A funeral service will be held 10 a.m. Thursday at the funeral home.

Burial will follow in Bethlehem Cemetery.

Contributions may be made to the Voorheesville Area Ambulance, 21 Voorheesville Ave., Voorheesville 12186.

## Bernadette Askew

Bernadette M. Askew, 49, of Plunkett Avenue in Rotterdam died Friday, April 30, at Ellis Hospital in Schenectady.

Born in Albany, she graduated from Bethlehem Central High School.

Mrs. Askew worked for the state Thruway Authority.

She enjoyed riding her Harley-Davidson and loved being at the beach and ocean.

Survivors include her husband, Brian T. Askew; two sons, William R. Askew and Brian T. Askew, both of Rotterdam; two daughters, Jennifer L. Gardner of Clifton Park and Samantha M. Askew of Rotterdam; her mother, Bernadette Cyr Brate of Voorheesville; Tyler Gardner; one brother, Albert Hunter of Saratoga; two sisters, Jacqueline Brate of Selkirk and Patricia Erickson of Coxsackie; a grandson; and her special friend, Hooch.

A private memorial service will be held at the convenience of the family.

Contributions may be made to Pet Connection, c/o WTEN-TV, 341 Northern Blvd., Albany 12204 or Toys for Tots, Marine Corps

Reserve Center, Washington Avenue and North Main Avenue, Albany 12203.

## Alberta Nisselbeck

Alberta M. Nisselbeck, 97, of Delmar died Tuesday, April 27, at St. Peter's Hospital in Albany.

Born in New York City, she was the widow of Karl Nisselbeck.

Survivors include four grandsons, John W. Nisselbeck Jr., Jahred Nisselbeck, Justin Nisselbeck and Jakeb Nisselbeck; and two granddaughters, Dana Metz and Danielle Nisselbeck; and a great-granddaughter.

Services were from Unionville Reformed Church in Delmar.

## Joseph Lazare

Joseph H. Lazare, 72, of Slingerlands, died Wednesday, April 28, in New York City.

Born in Rochester, he was an Air Force veteran of the Korean War.

He moved to the Albany area in 1968 to start his own business. Mr. Lazare founded Lazare Lincoln-Mercury and Van Schaick Island Marina. He enjoyed boating, travel and playing golf and cards with his pals.

Survivors include his wife, Rose Marie Vallone Lazare; two

sons, Joseph Lazare of Burnt Hills, and Stephen Lazare of Pleasantville; a daughter, Cheryl Lazare of Clifton Park; and seven grandchildren.

A private funeral service will be held in Rochester.

A memorial service is scheduled at 10 a.m. Friday, May 7, at the Church of St. Thomas the Apostle, 35 Adams Place, Delmar.

Contributions may be made to the National Down Syndrome Society, 666 Broadway, New York, NY 10012

## Morris Gordon

Morris Gordon, 71, of Nathaniel Boulevard in Delmar, died Wednesday, April 28, at St. Peter's Hospital in Albany.

Born in Ostrovietz, Poland, Mr. Gordon was a survivor of the Holocaust. While living in an internment camp after World War II, he was the first Jewish male to have a bar mitzvah in Berlin, Germany.

Soon after emigrating to the United States, he was drafted into the Army, serving during the Korean War. Mr. Gordon was employed as an engineering draftsman for most of his working life, last employed by the town of Bethlehem.

He was an avid golfer, member of Normanside Country Club, a pen collector, a landscape painter and faithful gardener's assistant

to his wife.

The Spielberg Foundation produced a CD-Rom for middle school educators which includes a testimony of his life as a survivor of the Holocaust.

It can be viewed online at: [www.vhf.org/chil-drenspeak/](http://www.vhf.org/chil-drenspeak/).

Survivors include his wife Adrienne R. Tuffy Gordon; two sons, Steven Wittenberg Gordon of McGuire Air Force Base, N.J., and Andrew McHugh Gordon of Oxford, Miss.; and two grandchildren.

Services were from Levine Memorial Chapel in Albany.

Burial was in Saratoga National Cemetery in Schuylerville.

## Arnold Beberwyck

Arnold E. Beberwyck, 82, of Slingerlands and formerly of Nassau, died Tuesday, April 27, at Guilderland Center Nursing Home.

He was a graduate of Christian Brothers Academy and attended Siena College.

He was an Army veteran of World War II.

Mr. Beberwyck was a chemist and consultant at GAF and BASF in Rensselaer for over 50 years before his retirement in 1986.

He was an avid skier and served on the Jiminy Peak Ski Patrol for 32 years. Even in his retirement, he skied four days most weeks until he was 80 years old.

He also loved cycling.

He was a lifetime communicant of St. Mary's Church in Nassau.

Survivors include his wife of 56 years, Doris Meineker Beberwyck; four sons, Brian Beberwyck of East Greenbush, Lorin Beberwyck of Schenectady, Alan Beberwyck of Nassau and Jeffery Beberwyck of Mechanicville; three daughters, Linda Peavy of Albany, Barbara O'Toole of Latham and Lisa Brin of Albany; a sister, Sister Mary Aquiline of Syracuse; and eight grandchildren.

Services were from St. Mary's Church.

Contributions may be made to St. Mary's Church, PO Box 435, Nassau.

## GIRLSUMMER

@EMMA WILLARD SCHOOL in Troy

### DAY PROGRAM for girls ages 6-13

Arts, sports, swimming, dance, creative writing & drama

Tuition per two-week session, \$440

Mon.-Fri. 8:30 a.m.-3:00 p.m.

Extended hours available until 5:00 p.m.

Session I: July 5-16

Session II: July 19-30

Call (518) 271-9116 or visit our Web site at [www.emmawillard.org/summer](http://www.emmawillard.org/summer)

## Card of Thanks

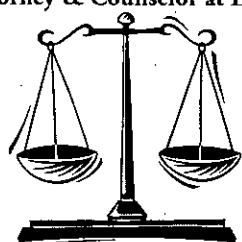


The family of Emily F. Etzkorn would like to thank all our friends and associates who have been so kind and thoughtful to us during this sad time. A special thank you goes to St. Mary's Hospital Pastoral Care, especially Sister William Aloysius and David Pilliod, and St. Thomas the Apostle Pastoral Care, especially Sister Mary Frederick and Father James Daley for their spiritual guidance during difficult times. Another special thank you goes to Dr. Nancy Knudsen for her gentle and compassionate care of our mother, Tom Pratt of Tebbutt's Funeral Home for helping us arrange a beautiful tribute to our mother, and to Father Leskovar for conducting the funeral services. Words cannot adequately express our gratitude to Linda DiCaprio, whose loving and compassionate care was truly a blessing on very dark days; you will always have a special place in our hearts.



## Jonathan P. Francis

Attorney & Counselor at Law



## INJURY LAW & GENERAL PRACTICE

Traffic tickets\* Criminal Defense\*  
DWI\* Real Estate\* Family Ct.\*  
Wills & Estates

Call any day, anytime!

Days: 477-1018

738 Columbia Turnpike

East Greenbush, NY 12061

Evenings: 861-7005

107 Lewis Road

Altamont, NY 12009

## SAFE • FUN • AFFORDABLE

BRIAN BEAURY BASKETBALL CAMP

AT THE COLLEGE OF ST. ROSE

July 12-16

July 19-23

July 25-30

July 26-30

Aug 1-6

Aug 2-6

Girls Day Camp

Boys Day Camp

Boys Overnight Camp

Boys Day Camp

Girls Overnight Camp

Girls Day Camp

- High School and College Coaches on Staff!
- Special Team and Group Discounts
- Players grouped by age and ability
- We instruct varsity level to beginners

All 5 Weeks Sold  
Out in 2003!

Since  
1986

All Activities are Indoors/Indoor Pool

FOR BROCHURE PLEASE CALL 458-5490

e mail: [beauryb@strose.edu](mailto:beauryb@strose.edu)

Day Camp

\$225

Overnight

Camp

\$335

Ages 7-17



## YOU STILL HAVE A CHOICE.

WE HONOR ALL EXISTING BURIAL PLANS.

Over the years, many families have taken advantage of the benefits offered by funeral pre-arrangement and pre-payment.

We believe in the advantages of pre-planning so much, we even honor pre-arrangements made at other funeral homes.

You can transfer your arrangements to our funeral home without losing any benefits. In fact, we'll most likely be able to offer you more.

We believe choices are important... that's why we give you so many.

APPLEBEE  
FUNERAL HOME  
439-2715

a family tradition for over 100 years

# Family ENTERTAINMENT

## CALENDARS & ENTERTAINMENT

By DEV TOBIN

**L**ike crocuses, daffodils and other spring flowers, the tulips are up and ready for their starring role in the Capital District's premiere outdoor event — Albany's Tulip Festival in Washington Park.

The Dutch-theme festival is also the city's biggest special event, attracting more than 80,000 people, if the weather cooperates, according to Sue Cleary of the city's Special Events and Volunteer Services Department.

"It's a great opportunity to bring people into the city," Cleary said. "It's also a celebration of spring for people who can't wait to get outdoors after winter. We'll have a number of traditional events and some new things, like a sidewalk art competition."

A popular fixture at Troy's erstwhile Riverfront Arts Fest, the sidewalk art contest will feature artists decorating the sidewalks on Madison Avenue between Willett Street and New Scotland Avenue on Sunday. The entry fee is \$10.

The festival begins on Friday downtown with a carillon concert at 11:30 a.m.; the traditional Dutch street scrubbing of State Street at noon; followed by the Tulip Festival luncheon at the Crowne Plaza. The luncheon, a benefit for Vanguard, the volunteer auxiliary of the Albany Symphony Orchestra, costs \$27 and reservations (465-4755) are required.

After that, most of the action takes place throughout Washington Park — music in three stages, the KidZone with lots of children's activities, a dance stage featuring local dance companies; a series of gardening talks both afternoons, and a juried craft show with more than 100 quality crafters.

"The KidZone has expanded every year; this year, there will be Colonial craft demonstrations — spinning, weaving and tinsmithing — along with the usual hands-on crafts, face painting and pony rides," Cleary said.

There will be the same number of crafters as in previous years, but Cleary noted that there were more applicants



## Petal right along

### Tulip fest ushers in spring

this year for the limited spaces available, so the quality will be higher than ever.

"The craft line has become a big draw for visitors," she said.

The Tulip Festival also kicks off Albany's season of outdoor free concerts with two days of free music — Saturday's bluesy lineup of Delbert McClinton, Marcia Ball and the Bluz House Rockers and Sunday's eclectic offering of Sergio Mendes and Brasil 2004, New York Voices and Georgie Wonders Orchestra.

The coronation of this year's Tulip Queen will be at noon on Saturday in the Washington Park Amphitheatre. The Tulip Queen finalists this year are Jaclyn Basle and Erin Van Denburgh,



both of Colonie, Annette Seminario of Glenmont, and Shannon Phinney and Meredith Rose, both of Albany.

Regarding parking, a major concern for suburban people headed into the city for anything like this, Cleary advised patience.

"There's plenty of street parking, but wear sneakers and be prepared to walk a couple of blocks," she said.

For information on the festival, call 434-5412 or log on to [www.albanyevents.org](http://www.albanyevents.org).



## Main stage music schedule

### SATURDAY, MAY 8

1 to 2 p.m.	The Bluz House Rockers
2:30 to 3:45	Marcia Ball
4:15 to 5:30	Delbert McClinton

### SUNDAY, MAY 9

12:30 to 1:45 p.m.	Georgie Wonders Orchestra
2:15 to 3:45	New York Voices
4:15 to 5:30	Sergio Mendes and Brasil 2004





ARTS and ENTERTAINMENT

Theater

FUDDY MEERS AND ROUNDING THIRD

Two regional premieres in repertory. Capital Repertory Theatre, 111 N. Pearl St., Albany, through May 30, \$31 and \$39. Information, 445-7469.

VICTOR, VICTORIA

Schenectady Light Opera Company, 826 State St., through May 9, \$18. Information, 377-5101.

LATER LIFE

A.R. Gurney comedy, Schenectady Civic Players, 12 S. Church St., through May 16, \$12, \$10 for students. Information, 382-2081.

MAME

C-R Productions at Cohoes Music Hall, 58 Remsen St., through May 9, \$16 to \$26. Information, 237-7999.

LOOT

Joe Orton's caper play, Curtain Call Theatre, 210 Old Loudon Road, Latham, through May 8, \$18. Information, 877-7529.

Music

PETER ROWAN AND TONY RICE

The Egg at Empire State Plaza, Albany, May 7, 8 p.m., \$24. Information, 473-1845.

JANIS IAN

The Egg at Empire State Plaza, Albany, May 8, 8 p.m., \$22. Information, 473-1845.

JEWEL

Palace Theater, North Pearl Street and

Clinton Avenue, Albany, May 10, 7:30 p.m., \$39 and \$49. Information, 465-3334.

FRANK VIGNOLA AND JOE ASCIONE

The Egg at Empire State Plaza, Albany, May 14, 8:15 p.m., \$18. Information, 473-1845.

FINEST KIND

Old Songs concert, 37 S. Main St., Voorheesville, May 14, 8 p.m., \$15, \$5 for children under 13. Information, 765-2815.

THE MENDELSSOHN CLUB OF ALBANY

performing "Around the World in 80 Minutes," The Egg at Empire State Plaza, Albany, May 14, 8 p.m., \$16. Information, 473-1845.

WILLIE NELSON

with Charlie Daniels Band, Pepsi Arena, South Pearl Street, Albany, May 15, 7:30 p.m., \$35 to \$55. Information, 476-1000.

Dance

ALVIN AILEY AMERICAN DANCE THEATRE

Proctor's Theatre, 432 State St., Schenectady, May 11 and 12, 8 p.m., \$29.50, \$36.50 and \$42.50. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM

Lost Cases, Recovered Lives: Suitcases from a State Hospital Attic, through Sept. 19; plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State

Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Designs Through Time: Motorcycles Past, Present and Future, through June 6; exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

Just Beyond our Door, the Nature Dimension, through June 27, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY INTERNATIONAL AIRPORT GALLERY

Artists in the Studio: 30 Years at the Millay Colony for the Arts, through Aug. 1, half-hour free parking. Information, 242-2241.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, Thinking Spring exhibit of original paintings by member of the Colonie Art League, through May 31. Information, 786-6557.

Call for Artists

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and percussion sections. Information, 439-7749.

COLONIE TOWN BAND

several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SUBURBAN SOUNDS COMMUNITY CHORUS

openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guilderland. Information, 861-8000.

FRIENDSHIP SINGERS

openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church

1499 New Scotland Road, Slingerlands. Information, 439-2360.

SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325

ANNIE SCHAFER ORCHESTRA

openings in the string section, rehearsals Thursdays 9:30 a.m. to noon, Nott Terrace and Eastern Avenue, Schenectady. Information, 372-5146.

ELECTRIC CITY CHORUS

male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

RIVER VALLEY CHORUS

Sweet Adelines group, based in Scotia-Glenville area, rehearsals on Tuesdays, 7 to 9:30 p.m., call for location. Information, 399-1614.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs,

Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

rehearsals at Columbia High School, Luther Road, East Greenbush, 7 to 9 p.m., Tuesdays. Information, 477-8308.

ARTISTS WANTED

exhibit space available for original paintings at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

Classes

DANCE CLASSES

ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096.

ART CLASSES

watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

MAGIC MAZE • LIFE —

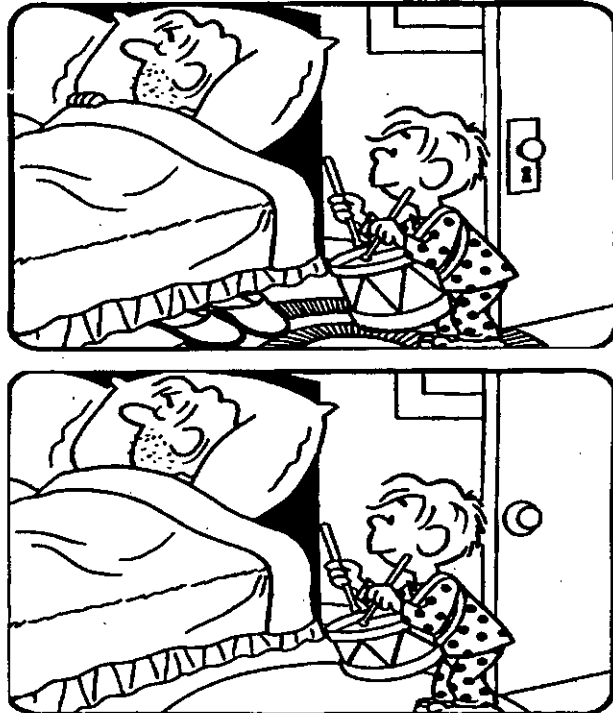
H C Z W H T Q N K I F C Z W U  
R P M J H T E C T Z E X U S Q  
N L J G E C A R R X Z L X E T  
V T R P N L O E P J H E C L E  
C A Y W V P V E D T R P N Y K  
L K I G P A C T N D E C B T C  
B Z S U S T A I N I N G F S A  
L X S I A O W U S R L A P O J  
O M Z N B L J I G O R E D B A  
O E C N A R U S N I Y X W U T  
D Y R O T S S G Q P O N L K J

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

And-death Expectancy Raft Style  
Blood Insurance Saver Support  
Boat Line Sized Sustaining  
Cycle Long Story

HOCUS-FOCUS

BY HENRY BOLTINOFF



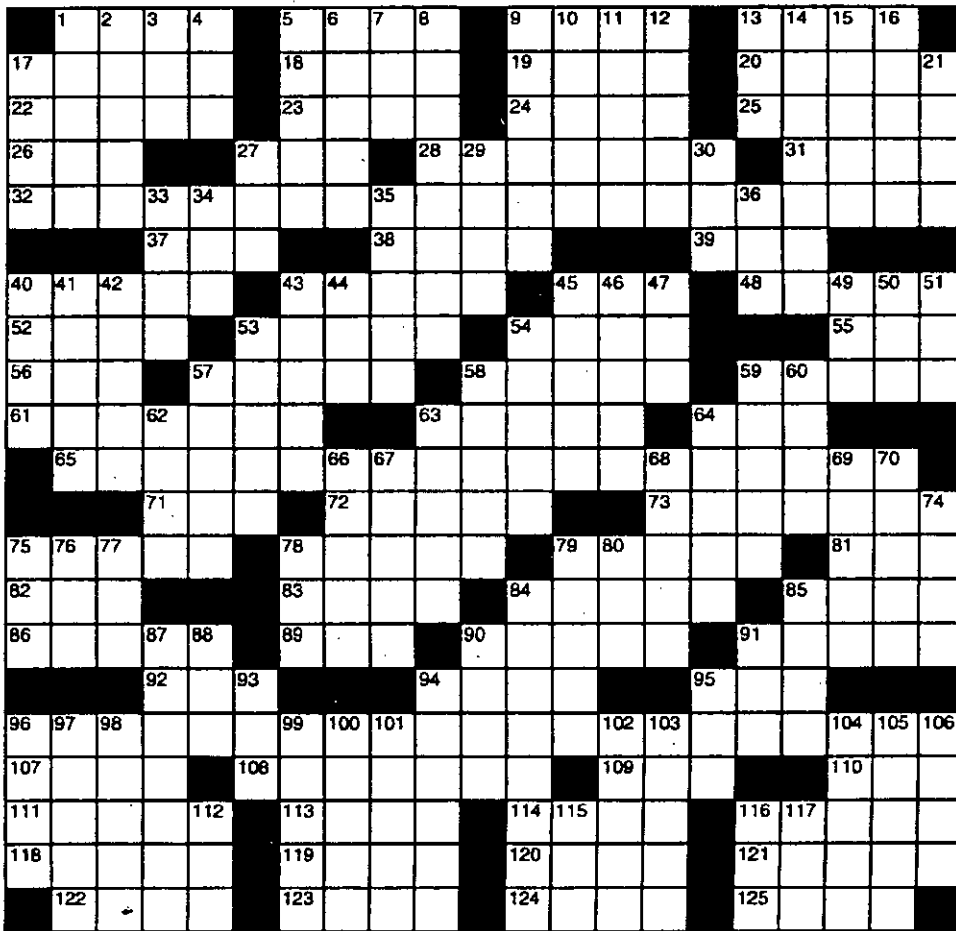
FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Fingers are hidden. 2. Slippers are missing. 3. Rug is different. 4. Frame is smaller. 5. Drum is different. 6. Keypad is different.

The Super CROSSWORD

ACROSS

- 1 Interrogate
- 5 Took a dip
- 9 Engineering course
- 13 Theater collection
- 17 Government group
- 18 The Fates, e.g.
- 19 Akbar's city
- 20 Madonna role
- 22 Moral man?
- 23 Pianist
- 24 Unwelcome visit?
- 25 Plot
- 26 Narcotics org.
- 27 Roberts or Robertson
- 28 Took in
- 31 Dress size
- 32 Start of a remark by Marguerite Whiteley
- 37 Malamute medic
- 38 Eaves dropper?
- 39 "— whiz!"
- 40 Assumption
- 43 "Tosca" tenor
- 45 "Veronica's Closet" item
- 48 Haggard
- 52 Surrounded by
- 53 Cook's cry
- 54 Wilbur
- Post's confidant
- 55 Curly poker?
- 56 Crony
- 57 Eisenhower, for one
- 58 African capital
- 59 Mansfield or Meadows
- 61 Author France
- 63 It comes from the heart
- 64 Weep
- 65 Middle of remark
- 71 "Make — double!"
- 72 Crack up
- 73 "Evil Ways" group
- 75 — salad
- 78 Pennsylvania sect
- 79 Rock's Tears for —
- 81 Squash shot
- 82 Garage supply
- 83 — in (yield)
- 84 Beetle Bailey's boss
- 85 1,760 yards
- 86 Put on hold
- 89 Vane letters
- 90 Composer Gabriel
- 91 "78 Peace
- 92 Actor
- 94 Downs a donut
- 95 Antiered animal
- 96 End of remark
- 107 Aphrodite's son
- 108 Jeeves' master
- 109 Say please too often?
- 110 Buddy
- 111 "The Full —" ('96 film)
- 113 Guitar kin
- 114 Author
- 116 "What — Bob?" ('91 film)
- 118 Poet
- 119 Level
- 120 Mall event
- 121 Quiet partner?
- 122 Singer
- 123 Start a crop
- 124 Blabbed
- 125 Conductor
- Jeffrey
- DOWN
- 1 Chess piece
- 2 Retract
- 3 Skater
- 4 Use a phaser
- 5 Scarecrow
- 6 Ire
- 7 Pitch in
- 8 Peak
- 9 Kind of swallow
- 10 Once more
- 11 Treat alternative
- 12 Hot spot?
- 13 Mo
- 14 First name in boxing
- 15 Shinbone
- 16 Berle
- 17 Pinkett of "The Nutty Professor"
- 21 Nautical adverb
- 27 Favorite
- 29 Kentucky neighbor
- 30 Westminster winner
- 33 Roman poet
- 34 Aerialist's fallback
- 35 Senator Hatch
- 36 Spear-headed
- 40 Mama's boy?
- 41 Muscat native
- 42 Mamer or Lapham
- 43 Diverse
- 44 Khan opener?
- 45 Actress Ekland
- 46 Broadcast in July
- 47 Bustle
- 49 One of the Marches
- 50 Finished first
- 51 Born
- 53 Perry's secretary
- 54 Swamp
- 57 Reggae's — and the Maytals
- 58 Cold sound
- 59 Pop Art pioneer
- 60 Blind as —
- 62 Relief initials?
- 63 Tickle
- 64 Gaww
- 66 Violinist
- 67 Inexperienced
- 68 Inedible fruit
- 69 Sound
- 70 "— Gay"
- 74 Facilitate a felony
- 75 Fare for a fry
- 76 Hurry
- 77 Sprite
- 78 Mr. Lucky's card
- 79 Gounod opera
- 80 Drop a brick
- 84 Juvenal or Swift
- 85 Certain
- 87 Stretchy
- 88 Gun the engine
- 90 Mirror image?
- 91 Crafty
- 93 Contemporary
- 94 Hold out
- 95 Word with good or bad
- 96 Clears one's throat
- 97 Forster's "— With a View"
- 98 Singer
- 99 Parts
- 100 "— Got a Friend" ('71 hit)
- 101 Cosmetics
- 102 Everything considered
- 103 Bare
- 104 Kapitan's command
- 105 Armistice
- 106 Table d'—
- 112 Flap one's gums
- 115 — Tome
- 116 Prone
- 117 Arthur or Benaderet



# The Spotlight CALENDAR

## Wed. May 5

### BETHLEHEM

#### DELMAR ROTARY

Normanside Country Club, 7:30 a.m., Information, 767-2930.

#### OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

#### BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

#### SOLID ROCK CHURCH

Evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

#### BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

#### BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 7 p.m. Information, 767-2886.

#### TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

#### ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

#### BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

### BC SCHOOL BOARD

District office, 90 Adams Place, 8 p.m. Information, 439-7098.

### ORDER OF THE EASTERN STAR

Onesquethaw Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

### NEW SCOTLAND

#### PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

#### ADULT BOOK DISCUSSION

Voorheesville Public Library, 7 p.m., sign up necessary, 765-2791.

#### V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

#### NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

#### PRAYER MEETING

Evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

#### FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

#### AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m.

Information, 489-6779.

## Thurs. May 6

### BETHLEHEM

#### BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

#### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

#### BETHLEHEM LUTHERAN

children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

#### AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

#### ADULT BIBLE STUDY

First Reformed Church of Bethlehem, 7 p.m., Route 9W, Selkirk. Information, 767-2243.

### NEW SCOTLAND

#### SKY CAMP

Paper airplane program for grades 2-5, 7 p.m., Voorheesville Public Library.

#### THE CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need; volunteers welcome. Clarksville Reformed Church, Route 443, Clarksville, 8:30-11:30 a.m. and 4-7 p.m. Information, 768-2916 or 439-5400.

## Fri. May 7

### BETHLEHEM

#### AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

#### CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

#### BLOOD DRIVE

Academy of the Holy Names, 12 p.m. to 5 p.m., upper school gym, New Scotland Road, Albany.

### NEW SCOTLAND

#### PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

#### PIONEER CLUBS

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45-5 p.m. Information, 765-3390.

#### YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

## Sat. May 8

### BETHLEHEM

#### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

## Sun. May 9

### BETHLEHEM

#### WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.  
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.  
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., 439-9929.  
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.  
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.  
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.  
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.  
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.  
King's Chapel, 434 Route 9W, Glenmont, 426-9955.  
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.  
Normansville Community Church, Rockefeller Road, Delmar, 482-2132.  
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.  
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.  
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.  
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.  
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.  
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.  
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

#### BREAKFAST BUFFET

All-you-can-eat, Voorheesville American Legion, 8 a.m. to 12 p.m., adults \$5,

children \$3, under 5 free.  
NEW SCOTLAND

#### WORSHIP INFORMATION

Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.  
Clarksville Community Church, Route 443, 768-2916.  
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.  
Faith Temple, New Salem, 765-2870.  
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.  
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.  
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.  
Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.  
New Scotland Presbyterian Church, Route 85, 439-6454.  
St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.  
Unionville Reformed Church, Delaware Turnpike, 439-5001.  
United Pentecostal Church, Route 85, New Salem, 765-4410.

### BETHLEHEM

#### PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

#### MOTHERS' TIME OUT

Christian fellowship group for mothers of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 to 11 a.m. Information, 439-9929.

#### DELMAR KIWANIS

Quality Inn, Route 9W, 6:15 p.m. Information, 439-2437 or 439-6952.

#### CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

#### INDOOR PISTOL SHOOTING

Albany County Pistol Club, Winne Place, 7 to 9 p.m. Also Tuesday. Information, 439-0057.

#### EXPLORER POST 157

For boys and girls 14-21, focusing on environmental conservation, 310 Kenwood Ave., 7:30-9 p.m. Information, 439-4205.

#### DELMAR COMMUNITY ORCHESTRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

#### ROYAL ARCH MASONS

Temple Chapter No. 5, Masonic Temple, 421 Kenwood Ave.

#### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

### NEW SCOTLAND

#### QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

## Tues. May 11

### BETHLEHEM

#### FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

#### TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

#### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Also Thurs. 2-5:30 p.m. Information, 439-0503.

### BIBLE STUDY

Bible study and prayer meeting at "Gospel Fellowship," meeting at Normansville Community Church, 7 p.m., beneath Normanskill bridge, Information 482-2132.

### ELSMERE FIRE COMMISSION

firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

### A.W. BECKER PTA

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

### BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

### SLINGERLANDS FIRE COMMISSION

Firehouse, 8 p.m. Information, 439-4734.

### NEW SCOTLAND

#### PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

#### NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

## Wed. May 12

### BETHLEHEM

#### DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

#### SOLID ROCK CHURCH

Evening prayer and Bible study, 7 p.m., 1 Kenwood Ave. Information, 439-4314.

#### TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

#### BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

### BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

#### TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

#### FREE CONCERT

Pianist Findlay Cockrell, Delmar Reformed Church, 7:30 p.m.

### NEW SCOTLAND

#### TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889.

#### PRAYER MEETING

Evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

#### FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

#### NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

#### AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**SUBSCRIBE TODAY!**

**GET 1 FULL YEAR**

(52 issues) for just **\$26.00**

If we don't cover your local news better, we'll refund your money, **GUARANTEED!**

**The Spotlight**

In Albany County

☐ 1 Year — \$26.00

☐ 2 Years — \$50.00

Outside Albany County

☐ 1 Year — \$35.00

☐ 2 Years — \$68.00

Name

Address

City, State

Zip  Phone

Account #

Call 439-4949 and pay with Mastercard or VISA ☐ Mastercard ☐ VISA

Card#  Expiration Date

Signature

Mail Your Subscription To:

**Spotlight Newspapers**

**P.O. Box 100, Delmar, NY 12054**



# At Your SERVICE

a guide to services for your home

**APPLIANCE REPAIR**

**Joseph T. Hogan**  
Appliance & Electric Service  
756-9670

**BASEMENT WATERPROOFING**

Smelly, Damp, Moldy, Wet Basement or Dirt Crawl Space?

**Redirondack Basement Systems**  
Responsible Waterproofing  
Basement Environment Specialists®

- Free Written Estimates
- Fully Transferable "Life-of-the-House" Warranty
- No Exterior Digging or Excavating
- Cracked or Bowing Walls Repaired
- SaniDry™, Basement Air System eliminates dampness
- CleanSpace™, Crawl Space Encapsulation System
- Sunhouse window well enclosures

Ask about our replacement vinyl basement window special offer!

www.basementsystems.com  
371-9621

**BATHROOMS**

**Sparklin' Johns**  
Tile Regrouting & Bathroom Restoration

Your Tile & Grout Expert  
Colonie - 591-0059

**CABINET MAKER**

**Custom Cabinetry 3-D Design**  
Kitchens, Baths, Libraries  
Entertainment & Kids Centers  
CORIAN® - Best Prices in Area  
TOM 456-0283 • homestructuresetc.com

Do you want to advertise with us?  
Call: 439-4940

**CONTRACTORS**

**D.P. ESTEY CONSTRUCTION & REMODELING**  
All types of Interior & Exterior Carpentry, Home Improvements & General Contracting  
Insured • Professional  
Reasonable • Experienced  
Don Estey (518) 465-7642 Glenmont

**J.V. CONSTRUCTION**  
868-9746

- Expert Painting
- Waterproofing
- Windows & Doors
- Kitchen & Baths
- Insulation
- Finished basements
- Roofing
- Floors - Hardwood, Vinyl, Ceramic

Fully Insured/  
Free Estimates  
Quality Work  
20 Years Experience

**Mac Kay**  
Construction Specialties, Inc.  
Build • Consult • Design  
Fine Interior Woodwork  
Additions and Remodeling  
Phone/Fax: 797-5192

**TORREZ CONTRACTING**  
Roofing • Pressure Washing  
Painting • Windows  
Siding • Decks & More  
Free Estimates • Fully Insured  
(518) 631-0572 or 229-4720

**DK CONSTRUCTION**  
Siding & Roofing  
767-2455

**DRIVEWAYS**

**C MACRI & SONS Blacktop Specialists**  
"Serving the Town of Bethlehem Since 1973"  
PAVING • DRIVEWAYS • PARKING LOTS  
All Types



Free Estimates  
Fully Insured

BRICK PATIOS and WALKS • SEAL COATING  
439-7801

Call to place your ad today!  
**BUSINESS DIRECTORY**  
439-4949

**ELECTRICAL**

**GRAVES ELECTRICAL CONTRACTING**  
~Over 20 Years Experience~  
~Licensed & Insured~  
"No Job Too Big or Too Small"  
Also offering Lamp & Fixture Rebuilding

Call 439-0352 (Business) or 424-7224 (cell phone) for more details

**FENCES**

**T. Mullaney Contracting Decks & Fences**

- New/Repairs
- All Types
- Built to Suit
- Local References
- Free Estimates

439-2833 or 378-8760

**FIREWOOD**

**FIREWOOD**  
Seasoned Hardwood • 100 Face Cord  
• \$25 extra for stacking  
Free Delivery  
Call: Jim Stanton  
857-9486 or 365-7334 or 365-8205

**426-WOOD.com**  
(9663)

- Firewood (Full/Face Cords)
- Seasoned • Unseasoned
- Wood For Cooking
- Down Tree Service
- CampWood
- \$\$\$ For Woodlots
- Spring Pricing (Bulk)

\$125 per full cord (2 cord min.)  
Wood Heat - For Home Warmth

**FURNITURE REPAIR**

**EXPERT CHAIR GLUING**



REPAIRS, CHAIR CANING & MORE

Repairs include-broken backs, legs, spindles, stretchers, seats & more. All work guaranteed.  
For Your Free Estimate and Pick-Up  
Call 518-943-5205  
THE CHAIRMAN  
Serving the Capital District

**GARDEN DESIGN**

**Secret Gardens**  
A Professional Gardening Service



- Design/Installation
- Maintenance
- Water Gardens

L. Sedlmayer 756-8973

**GARDENING**

**Quality Landscaping**  
LAWN & GARDEN SERVICES  
DELMAR, NEW YORK  
439-3261

**ROTOTILLING**  
Think Spring  
Gives us a ring to schedule your garden needs!



**HAULING**

**U CALL 756-3999**  
I HAUL  
Top Soil, Mulch, Sand, Stone and Bolder Rocks  
Senior Citizen Discounts

**Business Directory Advertising**  
Call 439-4940

**HOME IMPROVEMENT**

**Best Choice**  
Painting & Remodeling  
Drywall & Taping, Wallpapering, Custom Carpentry & Trim, Windows, Doors, Kitchens, Baths, Additions & More  
15 Yrs. Exp • Free Estimates • Fully Insured  
446-6132

**Stephen E. Colfels**  
Carpentry  
Remodeling  
Kitchens & Bathrooms  
Painting  
Masonry  
No Job Too Small  
Fully Insured Ceramic Tile  
469-1973 or 732-3302

**BRICK WALLS & PATIOS**

- Block Retaining Walls • Standard Pavers
- Landscape Walls • Architectural Pavers
- Stackable Blockwalls

Call For a Free Estimate -  
C. Macri Paving Inc. 439-7801

**Viking HOME REPAIR & MAINTENANCE, LTD.**  
Minor Repairs • Painting  
Wall Repairs • Masonry • Carpentry  
Gutter Cleaning • Electrical  
No Job Too Small 439-6863  
FREE ESTIMATES • FULLY INSURED

**Countryman Home Improvement**

Remodeling & Repairs  
Replacement Windows & Doors • Roofing & Bath  
Fully Insured • Free Estimates

• 872-0610 •

**Roofing, Siding, Decks**  
~ and much more ~  
Call Danny@  
225-4766

FREE Estimates Insured  
**WM. STANNARD & SONS**  
CONTRACTORS  
768-2893 or 768-8307  
RD. 1 Delmar, N.Y. 12054  
Masonry and Carpentry  
New and Repairs  
Concrete • Block • Brick • Stone  
Roofing • Decks • Garages etc.

**HOTTUB & SPA REPAIR**

**SPA WORKS**  
Hot Tub & Spa Repair  
Servicing all makes & models  
DELMAR, NY  
518-253-6162

**INTERIOR DESIGN**

**Debra J. Paquet**  
Interior Design  
Allied Member ASID  
439-4477  
Formerly Belle Maison Interiors

**Johan Interiors**

- Slipcovers
- Upholstery
- Draperies
- 24 years Experience
- 785-1576
- Joan S. Bauer Designer • Fabricator

**JUNK CLEAN-OUTS**

**U CALL 756-3999**  
I HAUL  
Removal - Clean out your attics, basements, barns, etc.  
Tree removal, brush and more. Just call for free estimates  
Senior Citizen Discounts!

**JUNK REMOVAL**

APPLIANCES OUTSIDE or IN GARAGE \$25.00 each  
DUMP LOAD \$120.00  
Houses, Garages, Cellars, Attics, Empty Estates  
'NO SHINGLES'  
869-8088

**LAND SERVICES**

**JBS LAND SERVICES**  
Residential Specialist  
767-3389

Organic Compost,  
Topsoil, Manure,  
Stone & Fill, Excavating, Bobcat Work, Ponds, Water Gardens, Brush Hogging, Lot Clearing & Site Work.  
Drainage & Septic Systems Installed & Repaired.  
Hydroseeding, lawn renovation and installation.

**LANDSCAPING**

**Warren R. Melby**  
Landscape Design & Construction

- Site Analysis & Consultation
- Four Seasonal Design Approach
- Stonework
- Japanese Garden Design
- Waterfall, Stream & Pond Design
- Drainage & Excavation work



861-8719  
ichiban@albany.net

**HORTICULTURE UNLIMITED LANDSCAPING**

PROFESSIONAL LANDSCAPE DESIGN & INSTALLATION

- Water Gardens
- Computer Aided Design
- Maintenance • Construction

Since 1977  
"WE DO THINGS RIGHT"  
767-2004  
www.hortunlimited.com  
Nursery Hours By Appointment

**LANDSCAPING**

**The Paradise Landscape Company**  
All Phases of Landscape, Design, Construction, and Maintenance  
Fully Insured • Free Estimates  
(518) 966-8343

**Quality Landscaping**  
LAWN & GARDEN SERVICES  
DELMAR, NEW YORK  
439-3261

**Spring Is Here!**

- Leaf & Debris Cleanup
- Lawn & Plant Installation
- Shrub & Hedge Pruning
- Stone Walls, Walkways & Fence Installation
- Topsoil, Mulch, Decorative Stone & Boulders

All Services Fully Insured  
439-3261  
Family-Owned & Operated  
Bethlehem

**LANDSCAPING/MASONRY**

**FLAT ROCK STONE WORK**

Specializing in • Stone Walls  
• Patios • Concrete • Bluestone  
• Paver • Brick and Decorative Block  
• Light Excavation  
• Top Soil and Stone Delivery



No Job Too Small  
- FREE ESTIMATES -  
CHARLES WELSCH  
"With A Personal Touch"  
(518) 239-5929

**LAWN & GARDEN**

**TRIPLE L Lawn Care**

- Summer Lawn Mowing
- Lawn Dethatching
- Hedge Trimming
- Commercial/Residential
- Free Estimates
- Fully Insured

CALL: 797-3056

**DIR-T-DAN'S**  
Land Sculpturing & Garden Maintenance

\*\*\*\*\*  
\*Garden Design \*Rototilling  
\*Perennial/Annual \*Fertilizing  
\*Stone Work \*Mulching  
\*Shrubs/Vines \*Lawn Care  
\*Trimming \*Soil Enhancing  
\*Pruning \*Wilt-Proofing  
\*Edging \*Clean-Ups  
\*Weeding \*100% Organic

FREE ESTIMATES  
FULLY INSURED  
Days - 767-3061  
Eves - 756-9419

**MASONRY**

**Residential Improvements CAPITOL**  
BlueStone in Concrete  
Patios, Walks, Walls,  
Poly-steel Foundations,  
& Chimneys  
Slingerlands 475-7613

**RINSLER MASONRY**  
Chimneys • Foundations • Patios • Stoops • Walls  
- Residential & Light Commercial -  
Ring in Spring with Repair Specials!  
Free Estimates • Fully Insured  
Gregory Rinsler • 727-5380

**HERITAGE MASONRY & RESTORATION**  
• Masonry Restorations  
• Custom Steps, Walks, Patios, Walls  
• Pavers • Ceramic Tilework  
• Basement Waterproofing & Remodeling  
• Fireplaces • Block Foundations  
Feura Bush 768-8018 Fully Insured

**LAWNCARE**

**BLOOM'N GREEN**  
LAWN CARE

Call Now for Spring Clean Up!  
475-9685

Your "neighbor to neighbor" Lawn Care Service

- Lawn Aeration • Mulching
- Fully Licensed • Fully Insured
- Free Estimates

**ANATRIELLO LAWN CARE**  
~ Residential/Commercial ~  
COMPLETE A-Z LAWN CARE  
Reasonably Priced  
756-3600

**J.T.'s Lawn Care**

- Lawn Mowing • Bark Mulch
- Tree Trimming • Chainsaw Work

Call 439-5728 or 269-9058

**Nick's Lawn Care**

- Spring Clean-up
- Mowing
- Mulching
- Hedge Trimming
- Fall Clean-up

Free Estimates  
~ 767-3101 ~

**Doug Kuhn Sr. LAWN CARE**

- Spring Clean-up
- Lawn Mowing
- Mulching • Edging

Free Estimates  
767-2954

**Delmar Lawn Care**

- Spring Clean-Ups
- Lawn Dethatching
- Lawn Mowing
- Mulch, Topsoil
- New Planting/Shrubs & Trees
- Removal of overgrown or unwanted shrubs & trees

Call now for prices  
Free Estimates Given Promptly  
475-1419

# At Your SERVICE

a guide to services for your home

## OUTDOOR FIREPLACES

**Contributed by**  
**Cardano**  
LAWN & GARDEN SERVICES  
DELMAR, NEW YORK  
439-3261

Enjoy the outdoors with a  
**LINK-LOG FIREPLACE**  
6 styles to choose from

Family owned  
& operated

**LINK-LOG  
FIREPLACES**

## PAINTING

## L.M. CURTIN Painting & Paper Hanging

RESIDENTIAL  
INTERIOR • EXTERIOR  
20 Years  
Of Excellence

**381-6579**

Fully Insured • References Available

## Rhatigan Painting

• Fully Insured • Free Estimates  
• References  
• Residential Interior Specialists  
• Call Brian •  
478-9632 or 810-4892

## PAINTING

## VOGEL

Painting Contractor

Free Estimates

• RESIDENTIAL SPECIALIST  
• WALLPAPER APPLIED  
Interior — Exterior **INSURED**  
**439-7922**

## Michael Mooney Fine Painting & Restoration

• Residential & Commercial  
• Carpentry & Masonry Repairs  
• Faux Finishes • Free Estimate  
• Fully Insured  
Call 482-8106

## MURRAY PAINTING

Free Estimates  
Interior & Exterior  
Residential • Commercial • Industrial  
If you count on quality count on us  
**439-4466**  
All Calls Returned • Fully Insured

## WM H. ROTHER PAINTING

INTERIOR • EXTERIOR  
Fine Quality Workmanship  
INSURED • REFERENCES • FREE ESTIMATES  
381-6618 364-2007

## 3 Teachers (Retired) Painting & Staining

• Decks •

Interior/Exterior

Fully Insured 373-8836 Free Estimates

Look Us Up on the Web:  
[www.spotlightnews.com](http://www.spotlightnews.com)

## Color Smart Painting

Deck Staining &  
Wood Refinishing

State of the Art Color  
Preview Software  
View Different Color  
Schemes of your Own  
Home

Interior / Exterior  
Fully Insured

**221-4949**

## PET CARE

## Cornell's Cat Boarding

767-9095

Heated • Air Conditioned  
Your choice of food  
Route 9W, Glenmont  
Reservations required  
Eleanor Cornell

## PLUMBING

## WMD Plumbing

Plumbing • Michael  
Dempf  
475-0475

## WATER WORKS PLUMBING

1-866-  
H2O-WORKS  
1-866-  
426-9675  
(518)365-8339  
Visa & Master Card

## When You Need A Plumber!

Call

**452-3823**

**Hardworkin' John**

"he's fair, friendly and reliable"

## PRESSURE WASHING

## B&B Exterior Pressure Washing

Professional Hot Water Cleaning  
at Affordable Pricing.

• Concrete • Deck • Driveway

• House • Patio • Roof

Fully Insured, Free Estimate & Demo

**527-8876 • 852-7727**

## PRESSURE WASHING

## S J M Pressure Washing

Free Estimates - Fully Insured

Decks - Patios - Fences  
Garage Doors - Sheds - Houses

365 - 9882 783 - 2108

## PROFESSIONAL WINDOW CLEANING

## Clear View Window Cleaning

• Commercial & Residential

• Pressure Washing

• Gutters Cleaned & Repair

Free Estimates Full Insured

Gary D. Oliver • 439-4856

"your 'pane' is our pleasure"

## ROLL OFF SERVICE

## CHAMPAGNE CARTING, INC.



We proudly offer a  
**VETERAN'S  
DISCOUNT**

• Our smaller hooklift trucks  
can deliver your roll-off  
to tight spaces

• Fully Insured

8, 10, 12 & 15 yard  
roll-off containers

[www.champagnecarting.com](http://www.champagnecarting.com)

"Where The Customer Counts"

**286-2222**

## ROOFING

## GRADY ROOFING Inc.

For All Your  
Roofing Needs

**439-1515**

Kevin Grady

Free Estimates Fully Insured

## ROOFING

"The Original Grady Roofing"

## GRADY ROOFING

**439-2205**

Since 1984

Brian Grady

[www.gradyroofing.com](http://www.gradyroofing.com)

## TREE SERVICES

## HASLAM TREE SERVICE

• Complete Tree Removal  
• Pruning • Cabling • Feeding  
• Land Clearing  
• Stump Removal  
• Storm Damage Repair

FREE Estimates Jim Haslam  
Fully Insured Owner

**439-9702**

## ★ STUMP REMOVAL

**439-6377**  
Matt Denton

## Mike's STUMP REMOVAL

Free Estimates/Insured  
Reliable Service

**439-8707**

## RECYCLE

## WEB DESIGN

## SALMURA WEB DESIGN

Our Top Notch  
Graphic Design  
Team Can Get You  
On The Web!

For More Info:  
call 428-0329 or 461-519  
or email: [salmura@hotmail.com](mailto:salmura@hotmail.com)

# Ring up more \$ales!

When you call us and put our  
AT YOUR SERVICE guide ads to work for you!

These little ads can make a BIG difference for your business!

Call **439-4940** to place your ad today.

# At Your SERVICE

a guide to services for your home

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

Niskayuna Spotlight • Rotterdam Spotlight • Scotia Glenville Spotlight • Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight



# Spotlight CLASSIFIEDS

## ADOPTION

**ADOPTION:** We wish to show your newborn with hugs, kisses, bedtime stories, love and security. Expenses paid. Adrienne/ Brian 1-800-734-2191 weekdays 9-7pm. weekends anytime.

## ANNOUNCEMENTS

**Credit Card Debt?** Cut interest by over 75%. If you are falling behind and have over \$2000 credit card debt, call 1-800-839-6889, CreditGUARD of America LIC#BP100727

## ART CLASSES

Adult Group Private Days, Evenings. Oil, Watercolor, Pastel. Beverly Carhart-765-2585.

**ARE YOU HAVING A SPECIAL EVENT?** Let Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 5 PM. Call Angela 439-4949.

## BOOTH RENTAL

\$100.00 WEEKLY. Off street parking. Newly Renovated. 1 month free rent. 439-0683 or 462-3595.

## BUSINESS OPPORTUNITIES

**ALL CASH CANDY ROUTE.** Do you earn \$800 in a day? Your own local, candy route. Includes 30 machines and candy. All for \$9,995. CALL 1-800-814-6323.

**EARN UP TO \$550 WEEKLY** Working through the government part-time. No experience. A lot of opportunities. 1-800-493-3688 Code V-95.

## CHILD CARE NEEDED

**ALBANY church seeks infant/toddler sitter** Sunday mornings plus occasional other hours. Experienced, references. \$8/hour. Call Lynne 439-7368.

**LOOKING for someone to care for 2 year old twins and perform light house-keeping responsibilities, transporting children is required.** Salary is negotiable. Please send resume and salary requirements to P.O. Box 242 Slingerlands, NY 12159.

**MY HOME** 3 children. Monday or Friday. References required. Please call Kristin 439-7976.

**NANNY NEEDED for 11 month old boy.** High school senior and older with previous child care experience. M-F 2:30-5:15p.m. Competitive wages, references required. Starting date 6/1. If interested please contact Jenny 229-2205.

**NANNY NEEDED:** Professional Couple Seeking Full-time Nanny in our home. Qualifications: Live-out, experience necessary, non-smoking, minimum one year commitment, must have own transportation. Details: One child, Colonie area, background & reference check, salary negotiable. Please fax resume to Liz at (518)431-3170 for interview.

## CHILDCARE SERVICES

College Student majoring in Elementary education. Providing child care or tutoring services throughout summer. 461-9924.

High School Senior Providing child care or tutoring services throughout summer. 461-9680.

**TEENAGE BABYSITTER.** Delmar. Available Summer Vacation. Daily, Weekly, Fill-in. Near Parks and Library. Tutoring Available. 475-3026.

## CLEANING SERVICES

Affordable Professional Housecleaning. We Take The Stress And Mess Out Of Cleaning. Call J & J 356-9152.

## CRAFT FAIR

**CRAFT/FLEA MARKET,** Sat. June 5 at Ravena Lanes both inside and out, 9-5, same day as Ravena Village Yard Sale, call 756-8026.

## EQUIPMENT FOR SALE

**SAWMILLS** - \$2,695.00 - LumberMate-2000 & LumberLite-24. Norwood Industries also manufactures utility ATV attachments, log skidders, portable board edgers and forestry equipment. www.norwoodindustries.com -Free information: 1-800-578-1363 ext300N

## FINANCIAL

**\$25,000 FREE CASH GRANTS!** 2004! For personal bills, school, business, etc. Never repay! Live operators! \$47 Billion left unclaimed 2003. 1-800-420-8344 ext 34, 7 days

**\$\$\$CASH\$\$\$** Cash Now for Structured Settlements, Annuities, and Insurance Payouts. (800)794-7310 J.G. Wentworth .....JG Wentworth Means Cash Now For Structured Settlements

Cash For Structured Settlements! Annuity payments. It's your money! Get cash now When you need it most! Oldest/best in the business. Settlement Purchasers. 1-877-Money-Me.

Cash Lump Sum for your Annuity, Mortgage Note, Structures Settlement, Government Pension, Invoices or other Cash Flow Stream. Free information. Call 888-705-4341 or visit www.ExcaliburFundingPrograms.com

**FEDERAL LAW ALLOWS YOU TO CORRECT** your credit report for free and prohibits credit-repair clinics from requesting or receiving payment until six months after they perform their services. For more information about credit repair, write: Public Reference, Federal Trade Commission, Washington, D.C. 20580.

**STOP FORECLOSURE!** Save your home! Our guaranteed professional service and unique, low-cost system can help: Call 1-888-867-9840. Read actual case results online at www.UnitedFreshStart.com

**TOO MUCH debt?** Don't choose the wrong way out. Our services have helped millions. Stick to a plan, get out of debt & save thousands. Free consultation. 1-866-410-0567. Freedompoint Financial.

## FIREWOOD

**SPRING PRICES!** \$125 PER CORD. 2 CORD MINIMUM. Face & Full Cords. Call 426-WOOD (426-9663). Free Delivery. SEASONED HARDWOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

## FOUND

**ANTIQUE BROOCH WITH PHOTOS.** FOUND 4/3, AT TOWN OF COLONIE, CROSSINGS PARK. FOR INFO CALL 438-5587.

## GARAGE SALES

**DELMAR.** 192 Rowland Avenue. May 8th, 9-2. Household, some antiques, misc.

**ELM ESTATES.** 13 Fairlawn Drive. 2 desks, lamps, many household items. Saturday, May 15. 9-2.

**LOUDONVILLE.** 9 JAMES DR. (off Albany Shaker Rd.) Friday 5/7, Saturday 5/8 8a.m.-4p.m., multi family.

**SLINGERLANDS.** 13 Northwood Court & 28 Southwood Dr., 3 Family. 5/8. 8AM-12PM. Household, Misc., TV's, Books, Clothing.

**STORMVILLE AIRPORT ANTIQUE SHOW AND FLEAMARKET.** May 29th and 30th. Over 600 exhibitors. Dawn to Dusk. Rain or shine. Rt 216 Stormville, New York (Dutchess County) Free admission & parking. No pets. Exhibitor space available. 845-221-6561

## HANDYMAN

20+ years. Indoors and outdoors, plumbing etc. We fix all. Reasonable 253-2388.

A skilled Tradesman (Retired) Yard Work, Lawns, Electrical, Plumbing, Carpentry, Bark Mulch, Topsoil, Excavation, Septic Systems, Pressure Washing. Jim-765-2970.

**ALL ODD JOBS,** Carpentry, Painting, Plumbing, Lawn Care, Free Estimates. 765-2259.

**BEST BET HANDYMAN,** Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

## HEALTH & DIET

www.supervitamin.us  
Worlds Greatest Vitamin. 30 day refund, \$39.95. \$10.00 rebate offer: rebate@localnet.com.

**FREE body analysis,** lose weight and shape up with ShapeWorks 382-0146.

## HEALTHCARE

Healthcare for entire family, \$99.95 monthly. No age restrictions, includes dental, Vision, pre-existing conditions accepted, unlimited usage, 500,000 doctors, 800-718-8937, limited time offer.

## HOME IMPROVEMENT

**HAS YOUR BUILDING SHIFTED?** Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. www.1-800-OLD-BARN.COM

## HOME INSPECTIONS

Know What You're Buying! Inspect your investment. Action Home Inspections, LLC. Cert. Insp. Residential. (518) 330-7415. email: action.221@juno.com

## HOME REPAIRS

**HOME REPAIRS.** Carpentry, Electrical, Drywall. Handicapped access, Windows, Doors, Structural Repairs. No job too small. 18 years experience. References. Call Terry at 478-9240.

## HOME RESTORATIONS

**FOUNDATIONS,** Sidewalks, Chimneys, Carpentry, NY State certified. Fully insured, Free estimates. AMERICAN RESTORATION. (518)347-3427.

## HORSEBACK RIDING

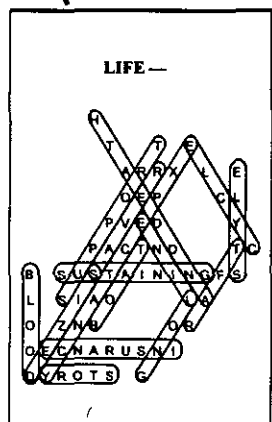
**WEEKLY SUMMER horsemanship programs.** Start June 28 at Walden Farm. Spring specials going on now for lessons, leasing and mother-daughter summer programs. For ages 3 and up. Spaces limited. 542-9854 439-2506. www.waldenfarm.com

## LOST

**FIND SOMETHING?** Advertise it free. Call 439-4949.

**LOST CAT,** Elsmere Ave., Bender Lane. 1 year old male, white long hair w/ black striped tail and black spot on head. 439-5901.

## Magic Maze Answers



## MERCHANDISE FOR SALE

**ENTERTAINMENT CENTER,** excellent condition, 23H x 35W/TV. 7ft.H x 5ft.W. Asking \$350.00, 356-0584.

**ROLLTOP DESK,** Medium Oak, 54W, 29D, 46H. Excellent condition \$400. 475-7917.

## MISCELLANEOUS FOR SALE

**3 MAN CANOE w/oars.** Almost new, \$500. 475-0921 or 399-4203.

**(CENTURY) CAR SEAT.** BLUE, EXCELLENT CONDITION. \$25. 899-7049.

**CHILDS MESH BED RAIL.** \$9.

**WEDDING VEIL-** Beading On Edge, Blusher, Comb Attachment. \$15. 899-7049.

## MOTORCYCLE FOR SALE

**1994 YAMAHA XJ600.** 9,000 miles, MINT condition. \$2850.00 B/O. 767-0424.

## MOVING SALE

**MAY 7-8, 9a-4p.** 10 Covington Court, Niskayuna. MOVING, EVERYTHING MUST GO! Antiques, household items, collectibles, some furniture. Bargains galore. No early birds, please.

## MUSIC

**PRINT MUSIC-NYSSMA Specialist:** From Bach to Rock. Van Curlier Music (866)472-9713. www.vancurlermusicco@hotmail.com

United Methodist Church in village setting seeking energetic, faith driven Music director/Organist or team, to help build

varied music ministry. Send resume By May 19, 2004 to Scotia United Methodist Church, 201 N. Tenbroeck St. Scotia NY 12302. Att:SPR.

**STRING INSTRUMENT REPAIR:** Bow Rehairing. 439-6757.

## MUSIC LESSONS

**GUITARLESSONS,** guitarist available for private instruction in your home or mine. 20+ years experience. Call Rob, 372-5077.

## MUSICAL INSTRUMENTS

**PIANO ACCORDIAN.** 120 bass, 11 stops. Excellent condition. Case included. For details, call 785-4969 between 1-4 pm.

**PIANO.** Story & Clark, spinet/console. Bench. Excellent condition. Call 388-8459.

## Classified INFORMATION



### Office Hours Deadline

8:30 AM - 5 PM  
Monday-Friday  
Deadline: Thursday at 5PM for following week



### Mail Address • In Person

Spotlight Newspapers  
P.O. Box 100  
Delmar, NY 12054  
125 Adams St.  
Delmar, NY 12054



**READERSHIP:**  
9 Newspapers;  
105,000  
Readers



### Phone • Fax

(518) 439-4940  
(518) 439-0609 Fax

## Classified Ads Appear In All Ten Papers

*In Albany County*  
The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

*In Schenectady County*  
Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

*In Saratoga County*  
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight

## Classified Rates

**Private Party Classifieds - Line Ads - Ten paper combo - \$12.00** for 12 words 50 cents for each additional word.

**Commercial Classifieds - Line Ads - Ten paper combo - \$15.50** for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement.  
Ads will appear in all ten newspapers, as well as on the internet for the number of weeks requested.

## Order Form

Name: _____	
Address: _____	
City: _____	State: _____ Zip: _____
Home Phone: _____	Work Phone: _____
Amount Enclosed: _____	Number of Weeks: _____
MasterCard or Visa# _____	
Expiration date: _____	Signature: _____



## Super Crossword Answers

QUIZ	SWAM	MATH	SETS
JUNTA	TRIO	AGRA	EVITA
AESOP	RAID	RAID	CABAL
DEA	PAT	NOTICED	NINE
ANYONE	WOTH	THINKS	SOLDAGE
VET	RAIN	GEE	
POSIT	MARIO	BRA	DRAWN
AMID	DIGIN	MRED	MOE
PAL	TEXAN	CAIRO	JAYNE
ANATOLE	AORTA	SOB	
ISGOLDEN	MUST	NO	HAVE
ITALA	LAUGH	SANTANA	
CHEFS	AMISH	FEARS	LOB
OIL	CAVE	SARGE	MILE
DEFER	ENE	FAURE	SADAT
LEN	EATS	ELK	
HAD	EVERY	EXCITING	YOUTH
EROS	WOOSTER	NAG	BRO
MONIA	LUTE	ISAK	ABOUT
SONY	EVEN	SALE	PEACE
MACK	SEED	TOLD	TATE

# Spotlight CLASSIFIEDS

## PET SERVICES

**LAURA DOWSE** experienced Pet Groomer, All Breeds at Pearl's Petfood + Supplies 243 Delaware Avenue, Delmar New York. Call 439-9933 for an appt.

## PIANO TUNING & REPAIR

**PROFESSIONAL PIANO** tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

## POOL SERVICES

**POOL INSTALLATIONS**, Specializing in liner replacements, openings. Servicing of pools, pumps,

& filters. (518) 355-0587 or 221-4740.

## PRESSURE WASHING

**BOB'S PRESSURE WASHING SERVICE**, We Wash Houses, Decks, Patios, Walkways, Etc. Clean That Green And Grime! 857-4728.

## RESTORATION

**LIGHTING RESTORATION AND LAMP REPAIR**, Rock-n-Glass Antiques Center. 765 RT. 50, BURN'T HILLS. 399-1266.

## SENIOR ASSISTANCE AVAILABLE

**HOME COMPANION** to care for elderly. Days

Only! Reliable. References. 767-9192.

## SITUATION WANTED

**AIDE** certified, mature, excellent references, transportation, reasonable, kosher knowledgeable. 456-3877.

**ELDERLY CARE LIVE IN** 24 HOUR CARE, Have my own relief help. Licensed, 25 years experienced. 432-3361.

## SPECIAL SERVICES

**CERTIFIED HYPNOTIST** 32 years of training and experience looking to do novelty hypnosis for Bachelor, Bacheloret parties, Bridal showers, Wedding

parties, Stage, Get together's. Specialty hypnosis also available. Call to try a quick relaxation session over the phone. Call Sam for information 664-0740.

## SWIMMING

**SWIM IN CHARLTON** at little Troy Park. Large pond, natural setting, chlorine free, swim lessons, swim team and picnicking. Reasonable rates for families, singles, and seniors, for information call 399-3362.

## TUTORING

**EXPERIENCED TUTOR**, U.C. Berkeley grad. Glo-

bal studies, US history, and English. High school and college term papers, \$25 an hour. Call before 8p.m. Leave a message, 785-5638.

## TV SYSTEMS

**FREE 4 - ROOM DIRECTV** system including installation! 125+ CHANNELS, INCLUDING LOCALS, FROM \$29.99/MO Digital picture/sound. Limited offer. Plus shipping. Restrictions apply. 1-800-208-4645

## VIDEO BIOGRAPHIES

**VIDEO BIOGRAPHIES**: Don't let your personal history/incredible story go

unrecorded. Your memories and my guidance are all you need. Leave a legacy for generations. Instant family heirloom. Call Kevin: 861-6064 days/nights.

## WANTED

**BCHS ORIOLE YEAR-BOOKS**, Glen Grossman @aol.com (831)-241-8285. 42 Glen Lake Drive, Pacific Grove, CA 93950.

**BUYING OLD BICYCLES** Looking For Old Schwinn Balloon Tire And Sting Ray Banana Seat Bicycles & Parts. Other Makes Also Considered. Please Call Matt

475-1074.  
**WANTED TO BUY** Pre-1955 telephones, radios, television sets, tube amplifiers, cast iron penny banks, cameras, pocket lighters, pre-1960 restaurant or gas station signs any condition, pre-1960 Comic Books, pre-1920 photographs, old toy cars, trucks, boats, or model boats, Pre 1950 Fountain Pens, Teddy Bears, Pre 1959 Movie Theater Posters Or Lobby Cards, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition on above items even broken or rusty. Call 745-8897.

# Employment CLASSIFIEDS

## HELP WANTED

**ACCOUNT CLERK**: Voorheesville Schools - District Office has a five-hours/day, Mon-Fri, twelve-month, management confidential position with full benefits. Business/accounting/financial training/experience preferred. EOE. Call 765-3313, ext. 103 or on-line http://vcsd.neric.org.

**ASSISTANT CSR/RE-**

**CEPTIONIST**. Full time, Experienced. Immediate opening, Insurance agency 452-0033.

**HAIRSTYLIST, NAIL TECHNICIAN**, For busy upscale beauty salon. Located in heart of Delmar. We are rapidly growing and looking for professionals to join our team. Beautiful space and great staff. Ines Beauty Salon, 478-0174.

**HANDYMAN**, part time,

20 hours, Scotia Mansion Assisted Living, 39 Wallace St., Scotia, apply in person, no calls.

**High-Paying Postal Jobs!** No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service

message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

**HOUSE PAINTER** \$500 per week. Climbing required, Hablo Espanol, Selkirk, (518) 767-9099 (914) 450-2310.

**INTERESTED IN A FINANCIALLY REWARDING CAREER IN REAL ESTATE?** Attend one of our upcoming career nights conveniently lo-

cated throughout the Capital Region. Topics covered: industry information job description about WEICHERT@ Licensing Procedures How to Get Started. We're looking for the best. So are you. Get the answers you need. Call Katrina for reservations, upcoming career night locations, dates and times. 518-456-0400. www.weichertne.com  
**PERSONAL CARE AIDE**.

Part time, flexible hours. Scotia Mansion Assisted Living, 39 Wallace St. Scotia, apply in person, no calls.

**PETRA FASHIONS Party Plan**. We fit your life, we fit your style. Average \$30 per hour. Full time or part time. Also booking parties. (518) 674-3377.

**PHARMACY SUPPORT**. Staff, CVS/ Pharmacy, many locations in Capital district. Will train. Please call Beth Tyson at 1-866-222-9438 ext. 18139.

**Pool Maintenance person** for private home. Weekly, set own hours. 439-0353.

**TRANSMISSION INSTALLER**, experience preferred, Monday-Friday. 489-6439.

**DRIVER: \$1,000-\$1,200 WEEKLY**. Quarterly Bonuses, Short Haul Pay, Layover & Detention Pay, Comprehensive Benfit Package. Class-A CDL required. Call Smith Transport at 1-888-467-6484, or visit our website at www.smithtransport.com

**Driver- CONVENANT TRANSPORT**. Teams and Solos check out our new pay plan. Ask about our Northeastern Regional Runs. Owner Operators, Experienced Drivers, Teams and Graduate Students. 1-888-MORE-PAY (1-888-667-3729)

**Drivers-Accepting Driver Trainees!** Swift, Werner, TMC, Stevens! CDL in 16 days! No Money Down LOANS! Tuition Reimbursement Avail. Job Placement Assistance! 1-800-883-0171 A-15 ext A-26

**Drivers- NEW PAY PKG!** MILES! Longhaul, Lease Operators, Company Drivers! Friday Paydays!

## Automotive CLASSIFIEDS

### AUTOMOTIVE FOR SALE

For Sale: '84 Winnebago Motor Home. 27' 53K miles, generator, Great shape, Runs great. \$9500. 561-6034

**In- Cab Email!! Family Voicemail!!** Class "A" CDL. 6mo. OTR 800-745-9670 www.continentair.com

**Drivers... NEW SPEED-65 mph!** Dedicated & N.E. Regional Runs! HOME WEEKLY! \$2500 Exp'd Driver Sign On Bonus! New Trainee Pay! Dry Van & Autohaul. SWIFT TRANSPORTATION 1-866-465-7169 www.swifttruckingjobs.com Min 6 mo exp & CDL(A) req'd.

Get a job or Go to college. How about both? Part-time jobs available with full time benefits! Tuition assistance -Cash bonuses and skill training. Have it all in the New York Army National Guard! Our phone number is the same as our web site: www.1-800-GO-GUARD

**JOIN THE BGM TEAM** B.G. Morrissey is a Phila. Regional T/L carrier now hiring TT drivers. Earn up to 40 cpm. Home every weekend. Exc medical w/ prescription plan. Paid holidays & vacation POSITIONS AVAILABLE FOR OWNER OPERATORS TOO- \$1.05 cpm. We require Class A CDL, min- 3 yrs exp, clean MVR Call recruiting- 888-560-2900 or www.bgmorrissey.com

**Regional Runs Available** Midwest & Northeast. \$0 Up Front Lease Program Late model T-2000, Hiring Co- O/O- Solo- Team. 1-800-CFI-DRIVE www.cfidrive.com

**ANNOUNCEMENT: Now Hiring 2004 Postal positions.** \$14.80/\$38+/hr No experience necessary. Entry level with full benefits. Paid training. Call 7 days for information 1-888-826-2513 ext 676

**\*\*GOVERNMENT & POSTAL JOBS\*\* PUBLIC ANNOUNCEMENT** Now hiring from \$12-\$48/hr. Full/ Part positions. Benefits & training. For application and info: (800) 573-8555 Dept P-377 8am-11pm/ 7 days  
**SALES- Sales Managers** -One of the highest paid jobs in America. National company expanding. Will train. We provide appointments. Call Don 1-888-909-8100, ext 533 jobs @vericommcorp.com

# Real Estate CLASSIFIEDS

## REAL ESTATE

**FORECLOSED GOV'T HOMES \$0 or Low down!** Tax repos and bankruptcies! Bad Credit O.K. \$0 to low down. For listings (800) 501-1777 ext 1099

## REAL ESTATE FOR RENT

**\$600 a month + utilities**. Coeymans duplex. 3 bedroom, security, no pets/ smokers. 767-2768.

**\$865 2 bedroom, H/HW** included. Garage, storage, W/D, hardwood, balcony. Delmar (518) 533-3677.

**1 Bdr. & 2 Bdr. Selkirk apt.** H+HW. No pets, Security deposit. \$550, \$700. 767-2115 225-5945.

**2 BEDROOM apt. with garage.** \$700/month. No utilities. Available immediately 436-3938.

**Duplex, 3 Bedrooms, Washer Dryer Hookup, Gas Heat, All Appliances, Storage Space.** \$900 a Month. 439-4340.

**DELMAR: 1 BR apt. quiet** 1st flr., lease, no pets \$675/mo incl. util. 439-9958.

**GLENMONT 3 bedroom duplex** with full basement, garage, deck, back yard, w/d hook up. No pets, non-smokers, references, lease, security required. \$1200 + utilities. 478-0020 after 6:00 p.m.

**MAGNIFICENT** Manhattan Condo IN

**Downtown Albany.** 2 loft bedroom, \$995 +. 226-4247 or 433-0747.

## REAL ESTATE FOR SALE

**721 WEMPLE RD. GLENMONT.** 1 bedroom residence on beautiful 6 acre lot. One of the largest building lots left in Bethlehem School District. Asking \$179,900. (518) 439-2523.

**DELMAR.** 1800 square foot cape. 3 bedrooms, 2 full baths, 2 car garage. By appointment. 439-9468. \$209,000.

## COMMERCIAL REAL ESTATE

**Lake George upscale resort** overlooking lake. Restaurant, bar, wedding & banquet facilities. Indoor pool, tennis courts. Over 100 acres. Income \$650K. Asking \$2.5 mil. 518-656-9803

## REAL ESTATE WANTED

**4 BEDROOM RANCH** Delmar, Elsmere, Slingerlands. Quick Closing 439-7581.

## ROOMMATE WANTED

**PROFESSIONAL WOMAN** seeking room or share house or apartment. Quiet non-smoker. 443-5193.

## COMMERCIAL FOR LEASE

**3 Lower Level Office Suites.** 288 square feet,

384 square feet, 458 square feet. Suites can be combined. Reasonable rent. Great Delmar location. Parking available. For leasing information call Greg. 439-5611.

**DELAWARE PLAZA - DELMAR** - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

## LAND FOR SALE

**FOR SALE: 21 miles west** of Albany 94 acres, suitable for development, gentleman's farm, can be divided \$164,000. Commercial building, rt. 32 Greenville \$229,900. Contact Fred Pickett-518-966-4434 for information.

## VACATION PROPERTIES

**New golf front home** \$199,900. Spectacular Carolina Mtn home on 18 hole course near Asheville NC. Enjoy mild climate, great golf, low taxes & low cost of living! Huge savings going on now. Call toll-free 1-866-334-3253 X 610

**ORLANDO LUXURY RESORT VILLAS** 2, 3, 4 bedrooms \$91,900-\$149,900 FULLY FURNISHED. Use it- Then rent to vacationers. Lake Marion Golf Resort Sales (888)-382-0088 Rentals (877)-604-3500 www.lakemarion.net

## VACATION RENTALS

**\$1200 Per week.** Schroon Lake - 3 bedroom 2 1/2 bath townhouse, private beach, walk to village, 518-356-2695, www.adirondacklakefront.com

**CAPE COD - West Yarmouth** - 1 mile to Seagull Beach-3 bdrms- Max Occupancy 6- Private Backyard with deck and outdoor shower. Available 7/10-7/17/04 & 8/7-8/14/04. \$975.00/wk. Call 459-9233.

**GREAT SACANDAGA LAKE, FULTON COUNTY, NEW YORK:** Right at the lake's edge. Charming cottage. Secluded with a magnificent lake view. Private dock. Walk to everything. Sleeps 6, no pets. \$900/week. (518) 458-7465.

**KIAWAH ISLAND, SC.** Deluxe 2 BR, 2 BA Villa, Lagoon view, near beach, 399-2948.

**MARTHA'S VINEYARD- 4BR** Edgartown home. A few good summer 2004 weeks left. \$1800-\$2000. Plus off-season. Call 439-5287 or email jonbartow@aol.com.

**MYRTLE BEACH, SC CONDO-** Two Bedroom, Baths, Ocean, Pool. Weekly: \$300-\$675 (860) 739-6094.

**CAPE COD 250+ PROP- ERTIES...** Studio -6 bedrooms on or near water in mid- Cape area: \$500 - \$6500/ week. Martha

**Murray Real Estate** 800-326-2114 www.marthamurrayrealestate.com

**North Wildwood, NJ FLORENTINE MOTEL** Beach/ Boardwalk block, heated pools, efficiency/ motel units, refrigerators, elevators, cable HBO maid service. Color Brochures/specials 609-522-4075 x 75

**OCEAN CITY, MARYLAND.** Best selection of affordable rentals. Daily weekly. Call now for free brochure. Open seven days. Holiday Real Estate. 1-800-638-2102 www.holidayoc.com

**OUTER BANKS, NC - Vacation Corolla w/ family.** Pine Island North - Ocean Sound. Accommodate 8-24 people pools, elevators, golf, pets. Corolla Classic Vacation, brochure, call toll-free 866-453-9660 or corolla classicvacations.com

## WATERFRONT PROPERTIES

**MYRTLE BEACH, SC/ Intercoastal Waterway-** Rare Opportunity -First time offering. Grand Opening Preview Visit June 4, 5 & 6 (not time-share). Gated community on waterway with large wooded homesites. Deepwater lots. Full-service marina. Minutes to Beach, 100+ Golf Courses, Shopping, Medical, SC's best schools. Ground floor priced from \$50's. 1-866-567-9523

Advertise Your Business  
- in -  
Spotlight Newspapers

Give us a Call at:

439-4949



**LEGAL NOTICE**

"Oil Well International LLC" was filed with the SSNY on 04/21/04. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, 307 Hamilton Street, Albany, NY 12210. LCD-9828 (May 5, 2004)

**LEGAL NOTICE**

1) Name: Alliance Consulting Collaborative, LLC  
2) Date of Filing: February 3, 2004  
3) County: Albany  
4) The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. The address within or without this State to which the Secretary of State shall mail a copy of any process against it served upon him or her is 156 Darroch Road, Delmar, New York 12054.  
5) The limited liability company shall be engaged in the business of management consulting. LD-9659 (May 5, 2004)

**LEGAL NOTICE**

FEDERAL HILL ROAD, LLC  
1. The name of the limited liability company is Federal Hill Road, LLC.  
2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on April 5, 2004 and became effective on said date.  
3. The principal office of the limited liability company is in Albany County.  
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: Federal Hill Road, LLC, c/o Rose Watkins, 14 Saybrook Drive, Glenmont, New York 12077.  
5. The limited liability company is formed for the purpose of engaging in any business purposes permitted by law.  
Dated: April 8, 2004  
Cooper Erving & Savage LLP  
Attorneys for Federal Hill Road, LLC  
39 North Pearl Street  
Albany, New York 12207  
(518)449-3900  
LCD-9747  
(May 5, 2004)

**LEGAL NOTICE**

HT Land, LLC  
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
Articles of Organization filed with the Secretary of State of New York on March 31, 2004. Office location: Albany County, Secretary of State of New York is designated as agent of HT Land, LLC upon whom process against it may be served. Secretary of State of New York may mail a copy of any process to the LLC to Charles N. Tommell, 254 Stove Pipe Road, Voorheesville, New York 12186, who is also the registered agent of the LLC. Latest date to dissolve is 12-31-54. Purpose: for all legal purposes. LD-9757 (May 5, 2004)

**LEGAL NOTICE**

HT Holdings, LLC  
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
Articles of Organization filed with the Secretary of State of New York on April 2, 2004. Office location: Albany County, Secretary of State of New York is designated as agent of HT Holdings, LLC upon whom process against it may be served. Secretary of State of New York may mail a copy of any process to the LLC to Charles N.

**LEGAL NOTICE**

Tommell, 254 Stove Pipe Road, Voorheesville, New York 12186, who is also the registered agent of the LLC. Latest date to dissolve is 12-31-54. Purpose: for all legal purposes. LD-9756 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MILLVIEW OF WATERFORD, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on April 16, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 200 Truax Lane, Guilderland, New York 12084. LCD-9835 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MILLVIEW HEALTH SYSTEMS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on April 16, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 200 Truax Lane, Guilderland, New York 12084. LCD-9834 (May 5, 2004)

**LEGAL NOTICE**

Notice of Formation of an LLC: RUHLE ROAD, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 14, 2004. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, 3 E-Comm Square, Albany, New York 12207. Purpose: for any lawful purpose. LD-9833 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF THE ORGANIZATION OF HAIR REPLACEMENT SYSTEMS LLC  
Under Section 203 of the Limited Liability Law, the name of the limited liability company is: Hair Replacement Systems LLC and the Articles of Organization were filed with the Secretary of State on March 22, 2004. The county within this state in which the office of the limited liability company is to be located is Albany. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The nature of the business of the limited liability company is engaging in the business of hair replacement and removal as well as cosmetology services. The post office address within this state to which the Secretary of State will mail a copy of any process against the limited liability company served on him is 1710 Central Avenue Albany, NY 12205. LCD-9827 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF COMPLETION OF TENTATIVE ASSESSMENT ROLL (PURSUANT TO SECTIONS 505 and 1526 of THE REAL

**LEGAL NOTICE**

PROPERTY TAX LAW)  
HEARING OF COMPLAINTS  
NOTICE IS HEREBY GIVEN THAT THE ASSESSOR OF THE TOWN OF BETHLEHEM, COUNTY OF ALBANY HAS COMPLETED THE TENTATIVE ASSESSMENT ROLL FOR THE CURRENT YEAR AND THAT A COPY HAS BEEN LEFT WITH THE OFFICE OF ASSESSOR AT 445 DELAWARE AVENUE, DELMAR, NEW YORK, WHERE IT MAY BE SEEN AND EXAMINED BY ANY INTERESTED PERSON FROM THE 1st of MAY UNTIL MAY 25th. THE ASSESSOR WILL BE IN ATTENDANCE WITH THE TENTATIVE ASSESSMENT ROLL MONDAY THROUGH FRIDAY BETWEEN THE HOURS OF 8:30 A.M. TO 4:30 P.M. - WEDNESDAY, MAY 19, 8:30 A.M. - 7 P.M. AND THE FOLLOWING SATURDAYS, MAY 15 AND MAY 22, FROM 8:30 A.M. TO 12 NOON. THE BOARD OF ASSESSMENT REVIEW WILL MEET ON MAY 25, 2004 BETWEEN THE HOURS OF 9 A.M. TO 12 NOON AND 6 P.M. TO 8 P.M., IN SAID TOWN, TO HEAR AND EXAMINE ALL COMPLAINTS IN RELATION TO ASSESSMENTS, ON THE APPLICATION OF ANY PERSON BELIEVING HIMSELF TO BE AGGRIEVED. DATED THIS 28th of APRIL 2004.

M. DAVID-LEAFER  
ASSESSOR  
TOWN OF BETHLEHEM  
LD-9829  
(May 5, 2004)

**LEGAL NOTICE**

Notice of Formation of Kitchen Cabinet Consulting, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/11/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, c/o Frankfurt Kurrit Klein & Selz, P.C., 488 Madison Ave., NY, NY 10022, Attn: Michael R. Williams, Esq. Purpose: any lawful act or activity. LD-9824 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF 36 BIRCH ROAD, LLC  
The name of the LLC is 36 BIRCH ROAD, LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 04/16/04. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is: Adam Silverstein, Esq., 15 Maiden Lane, Suite 1008, New York, NY 10038. The purpose of the LLC is to transact any lawful business. LD-9825 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of American Debt Collection Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/13/04. Office location: Albany County, LLC formed in Mississippi (MS) on 6/23/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. MS address of LLC: 2612 Jackson Ave. West, Oxford, MS 38655. Arts. of Org. filed with MS Secy. of State, 700 North St., Jackson, MS 39202. Purpose: any lawful activities. LD-9823 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES

**LEGAL NOTICE**

OYSTERBAY NINE, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9822 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY EIGHT, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9821 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY SEVEN, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9820 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY SIX, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9819 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY FIVE, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development

**LEGAL NOTICE**

Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9818 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY FOUR, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9817 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY THREE, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9816 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY TWO, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9815 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of MOUNTAIN VENTURES OYSTERBAY ONE, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/23/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Wachovia Development Corp., 301 South College St., Charlotte, NC 28288, Attn: Tim Danello NC 0630. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9814 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of Greenfield Commercial Credit LLC. Authority filed

**LEGAL NOTICE**

with Secy. of State of N.Y. (SSNY) on 4/8/2004. Office location: Albany County, LLC formed in Michigan (MI) on 2/14/1995. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. MI address of LLC: 300 E. Long Lake, Ste. 180, Bloomfield Hills, MI 48304. Arts. of Org. filed with MI Dept. of Labor and Economics, 2501 Wood Lake Circle, Okemos, MI 48864. Purpose: all lawful purposes. LD-9809 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of Taub-Co Finance LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 4/20/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/24/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 East Long Lake Road, Bloomfield Hills, MI 48304. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-9801 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
NAME: PRIME LAKE MEADOWS LLC  
Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 20, 2004. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 621 Columbia Street Extension, Cohoes, New York 12047. For any lawful purpose. LCD-9804 (May 5, 2004)

**LEGAL NOTICE**

NOTICE  
TOWN OF BETHLEHEM WATERMAIN FLUSHING PROGRAM  
2004  
AREA #1 - 4/5 to 4/14  
Slingerlands, North Bethlehem, Town of New Scotland  
AREA #2 - 4/12 to 4/26  
Delmar, Elmsmere  
Area #3 - 4/26 to 5/5  
Glenmont, Selkirk  
Some discoloration may be seen during this flushing program, which could result in staining of laundry. Run-water until it clears before doing laundry.  
LD-9803  
(May 5, 2004)

**LEGAL NOTICE**

Notice of Formation of Los Coches Village, LLC. Art. of Org. filed Sec'y of State (SSNY) 1/12/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o CSC, 80 State St., Albany, NY 12207. Purpose: any lawful purpose. Latest date 1/12/2029. LCD-9799 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is KELLEHER & GABLE LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on April 14, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which

**LEGAL NOTICE**

the Secretary of State shall mail a copy of any process against the LLC is Kelleher & Gable LLC, 17 British American Blvd., Latham, NY 12110. LD-9785 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of Sotheby's International Realty Membership Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/16/04. Office location: Albany County, LLC formed in Delaware (DE) on 4/12/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activities. LD-9787 (May 5, 2004)

**LEGAL NOTICE**

Notice of Qualification of CC VIII Operating, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/28/1999, as amended. Office location: Albany County, LLC formed in Delaware (DE) on 8/5/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 12405 Powerscourt Dr., St. Louis, MO 63131. Cert. of Form. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activities. LD-9788 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
NAME: PRIME MERLE GROUP LLC  
Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 12, 2004. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 621 Columbia Street, Cohoes, New York 12047. For any lawful purpose. LCD-9775 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LLC  
Articles of Organization for DELATOUR ROAD ASSOCIATES, LLC were filed with the Secretary of State of New York on March 15, 2004. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 125 Wolf Road, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-9774 (May 5, 2004)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LLC  
Articles of Organization for PRIMEDIA, LLC were filed with the Secretary of State of New York on March 15, 2004. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 621 Columbia Street, Cohoes, NY 12047. Purpose: for any lawful activity for which limited companies may be formed under the law. LD-9773 (May 5, 2004)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Formation of Ravlaka Properties LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/2/2003. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3220 3rd Ave., Bronx, NY 10451. Term: until 12/31/2103. Purpose: any lawful activity. LD-97771 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of Oyster Bay Holdings LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 4/7/2004. Office location: Albany County. LLC formed in Delaware (DE) on 3/24/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 E. Long Lake Rd., Bloomfield Hills, MI 48304. Arts. of Org. filed with DE Secy. of State, Dover, DE 19901. Purpose: any lawful activity. LD-9765 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of The Taubman Company LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 4/8/2004. Office location: Albany County. LLC formed in Delaware (DE) on 11/16/1992. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 E. Long Lake Rd., Bloomfield Hills, MI 48304. Arts. of Org. DE Secy. of State, Dover, DE 19901. Purpose: any lawful activity. LD-9764 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of ONECOAST NETWORK, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/31/04. Office location: Albany County. LLC formed in Delaware (DE) on 11/25/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 2025 Monroe Drive, Atlanta, GA 30324. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9763 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization for MARCHESE REALTY, LLC were filed with the Secretary of State of New York on March 16, 2004. Office located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 7 Klaasen Way, Loudonville, NY 12211. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-9761 (May 5, 2004)

## LEGAL NOTICE

Notice of Formation of an LLC: Green Light Development, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on March 24, 2004. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon

## LEGAL NOTICE

whom process against it may be served. SSNY shall mail a copy of Process to the LLC, 1621 Central Avenue, Albany, NY 12205. Purpose: for any lawful purpose. LD-9759 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of Madan Associates, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on April 5, 2004, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 12 Dogwood Lane, Albany, New York 12211. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL. LCD-9755 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF BARON CLARK THOROUGH-BREDS, LLC 1. The name of the Limited Liability Company is: Baron Clark Thoroughbreds, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9754 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF 14 PETRA, LLC 1. The name of the Limited Liability Company is: 14 PETRA, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9753 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: TWIN STARS MANAGEMENT GROUP LLC Articles of Organization filed with Secretary of State of New York (SSNY) on March

## LEGAL NOTICE

2, 2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to c/o Breakell Law Firm P.C., 10 Airline Drive, Albany, New York 12205. Purpose: Any lawful business purpose. LD-9750 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of Source One Mobility, L.L.C., App. for Auth. filed Sec'y of State (SSNY) 3/23/04. Office location: Albany County. LLC org. in UT 5/28/02. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to: 4455 S 700 E, Ste. 200, Salt Lake City, UT 84107, the principal office location of LLC. Art. of Org. on file: Utah Dept. of Commerce, 160 E 300 S, 1st Fl., Salt Lake City, UT 84111. Purpose: any lawful purpose. LCD-9748 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF 35 HACKETT, LLC 1. The name of the Limited Liability Company is: 35 HACKETT, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron, 14 Petra Lane, Albany, New York 12205. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9743 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF 11 PETRA, LLC 1. The name of the Limited Liability Company is: 11 PETRA, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron, 14 Petra Lane, Albany, New York 12205. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9742 (May 5, 2004)

## LEGAL NOTICE

Notice of Publication ART & DESIGN ADVISORS LLC was filed with SSNY on 04/07/2004. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY

## LEGAL NOTICE

shall mail any process against the LLC served upon him: The LLC, 46 STATE STREET, 3RD FLR, ALBANY, NY 12207. The registered agent is: USA CORPORATE SERVICES INC. at the same address. Purpose: any lawful purpose. LCD-9741 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF BARON THOROUGH-BREDS, LLC 1. The name of the Limited Liability Company is: BARON THOROUGH-BREDS, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron, 14 Petra Lane, Albany, New York 12205. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9740 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF 6 WEMBLEY, LLC 1. The name of the Limited Liability Company is: 6 WEMBLEY, LLC. 2. The Articles of Organization of the Company were filed with the Secretary of State on March 30, 2004. 3. The County within New York State which the office of the Company is to be located is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 14 Petra Lane Albany, New York 12205 5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Robert J. Baron, 14 Petra Lane, Albany, New York 12205. 6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9739 (May 5, 2004)

## LEGAL NOTICE

Notice of formation of BLUE DIAMOND EXCAVATION, LLC. Articles of Organization filed with SSNY on 3/31/04 who is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 357 South Albany Road, Selkirk, NY 12158. LLC is member-managed. Purpose: to conduct any lawful business. Office location: Albany County. LCD-9736 (May 5, 2004)

## LEGAL NOTICE

Notice of formation of BLUE DIAMOND PORTABLE TOILETS, LLC. Articles of Organization filed with SSNY on 3/31/04 who is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 357 South Albany Road, Selkirk, NY

## LEGAL NOTICE

12158. LLC is member-managed. Purpose: to conduct any lawful business. Office location: Albany County. LCD-9735 (May 5, 2004)

## LEGAL NOTICE

Notice of formation of BLUE DIAMOND, LLC. Articles of Organization filed with SSNY on 3/31/04 who is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 357 South Albany Road, Selkirk, NY 12158. LLC is member-managed. Purpose: to conduct any lawful business. Office location: Albany County. LCD-9733 (May 5, 2004)

## LEGAL NOTICE

Notice of formation of BLUE DIAMOND SEPTIC, LLC. Articles of Organization filed with SSNY on 3/31/04 who is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 357 South Albany Road, Selkirk, NY 12158. LLC is member-managed. Purpose: to conduct any lawful business. Office location: Albany County. LCD-9734 (May 5, 2004)

## LEGAL NOTICE

Notice of Formation of Clinton International LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/10/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 20 McCormack Rd., Slingerlands, NY 12159. Purpose: any lawful activity. LD-9721 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of The Hobbs Family LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on March 22, 2004, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 91 Meadowbrook Lane, Slingerlands, New York 12159. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL. LCD-9726 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HUNTINGTON ASSOCIATES OF TROY, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/26/04. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 5 Palisades Drive, Albany, New York 12205. Purpose: For any lawful purpose. LD-9716 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of H.P. Hood & Sons, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/30/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/5/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.

## LEGAL NOTICE

LD-9708. (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of HP Hood LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/30/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/2/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-9707 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of Booth Bros. Dairy LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/30/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/5/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-9706 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of The Flippen Group, L.L.C., App. for Auth. filed Sec'y of State (SSNY) 3/15/04. Office location: Albany County. LLC org. in TX 11/5/98. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o CT Corporation System, 111 Eighth Ave., NY, NY 10011. TX office addr.: 1199 Haywood Dr., College Station, TX 77845. Art. of Org. on file: SSTX, 1019 Brazos, Austin, TX 78701. Purpose: any lawful purpose. LCD-9704 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of Citrix Online LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/25/04. Office location: Albany County. LLC formed in Delaware (DE) on 12/15/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LD-9705 (May 5, 2004)

## LEGAL NOTICE

Notice of Qualification of SV Yonkers, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/24/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/8/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Investcorp, 280 Park Ave., NY, NY 10017. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9684 (May 5, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is SMK

## LEGAL NOTICE

WATERVLIET, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-9681 (May 5, 2004)

## LEGAL NOTICE

Notice of Formation of DDC Group LLC, Art. of Org. filed Sec'y of State (SSNY) 2/4/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o National Reg. Agts. Inc., 875 Ave. of the Americas, NY, NY 10001, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful purpose. LCD-9675 (May 5, 2004)

## LEGAL NOTICE

Notice of Formation of Global Education Seminars, LLC, Art. of Org. filed Sec'y of State (SSNY) 3/8/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 1096 Madison Ave., Albany, NY 12208. Purpose: any lawful purpose. LCD-9674 (May 5, 2004)

## LEGAL NOTICE

ORION ENTERPRISES, LLC Notice of formation of Orion Enterprises, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 4/16/2004. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the Limited Liability Company; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-9831 (May 5, 2004)

## LEGAL NOTICE

Publication Notice of Organization of Limited Liability Company FIRST: The name of the Limited Liability Company is Elegance Transportation Group, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on April 6, 2004. THIRD: The county within New York State in which the office of the Company is to be located is Albany. FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 66 Winthrop Avenue Albany, New York 12203. FIFTH: The purposes of the business of the Company is to buy or lease automobile taxi cabs and limousines, and to operate and conduct the general taxi cab and/or limousine business for the transportation of persons and baggage for hire; to lease, purchase or otherwise acquire for the storage of its taxicabs and lim-



## Budget

(From Page 1)

This year's general fund is \$1,302,471. The water district budget is \$639,607; Sewer District 1 is \$222,564; and Sewer District 2 is \$7,380.

At the meeting, Stevens proposed tearing down an apartment building the village owns next to its Voorheesville Avenue offices. The demolition would clear the way for an expanded parking lot for village hall as well as the park located in back. To pay for the estimated \$30,000 project, budgeted funds would be transferred from a proposed \$5,000 replacement of the village's more than 50-year-old fire siren located on top of village hall as well as other items slated for the village's volunteer fire department. The siren, Stevens said, is no longer required because today's firefighters carry cell phones and paging devices.

Trustees Bill Hotaling and Richard Berger, as well as other residents present, disagreed with Stevens' idea. Hotaling said that the siren alerts motorists that emergency vehicles may be coming. He added that the siren also reassures fire victims that help is coming. After more discussion, the village agreed to repair or replace the siren. Stevens hoped to further pursue his plans for the property next door.

In other news, Public Works Superintendent Will Smith announced that he received two bids to install recently-purchased water meters. National Meter, a New Jersey based firm, offered the lowest price at \$76 per meter for a total cost of \$88,000. The village bought new meters in order to have them modified for radio transmission. Radio-transmitted meters can be read from the street in passing vehicles, finishing the job in less time and with less expense.

Smith said National Meters also offered to bench-test meters removed from homes to measure their accuracy.

"We expect water bills to rise

because of the increased efficiency of the new meters," Smith said. "Having these measurements will give us something to demonstrate to water customers when they ask why their bill is higher. We can show them how their old meter has not been working at 100 percent."

National Meter's price for the test is \$3,000. Village trustees unanimously voted to award the contract to National Meter. As the project moves ahead, both the village and the contractor will send instructions to water users before installation.

"Access to homes is mandatory for this project to be completed," Smith said.

Voorheesville trustees approved a measure on Jan. 27 to purchase Badger Meters in order to standardize all new meters to be bought and used by the village. Badger Meters, Smith said, supplies an automatic meter reading transmitter called the Orion AMR. These devices, he said, can be easily installed on standard Badger meters, thus saving Voorheesville \$3,500.

In other news, Stevens announced that an exploratory committee with St. Matthew's Church is moving ahead with plans to build a senior citizen housing complex on 6 acres of land behind the church.

The committee is now asking the Albany Diocese and its real estate experts for permission and advice on how to go forward.

Because the land is not zoned for senior housing, whoever develops it must go before the village planning board to get a special use permit or seek to change the zoning.

Finally, village trustees passed a measure allowing the village to hire employees who live outside Voorheesville. The village is currently accepting applications for three new administrative positions: clerk treasurer, deputy clerk treasurer and part-time clerk receptionist.

## Operates

(From Page 1)

millimeter little hands that go inside the patient and they can move and manipulate far more than my hand can do."

Research shows the system is less invasive than conventional surgery, with faster recovery periods, less bleeding and a decreased risk of infection. Keel's surgery lasted about 20 minutes, according to Moran, compared to an hour-and-a-half when performed by hand.

With only a Band-Aid covering the small incision, Keel was able to return home the day after his operation, avoiding a typical three-day hospital stay.

"I feel very fortunate that I've been the first patient," said the former social studies teacher, who taught for 22 years at the Ravena-Coyemans-Selkirk Middle School. Keel's wife, Susan, hopes others can benefit from her husband's experience,

and avoid any fear associated with the alternative method of surgery.

Moran predicted that da Vinci will be performing a wide range of surgeries in the near future.

Richard Keel

"The more complicated the surgery, the more likely it is this

technology will be heading there," he said.

St. Peter's is the third hospital in upstate New York to purchase the da Vinci system at a cost of \$1.4 million.

Hospitals in Syracuse and Rochester, along with 200 others worldwide, have also obtained the machine.

Most local insurances cover the surgery.

**I feel very fortunate that I've been the first patient.**

CURRY ROAD  
ROTTERDAM

**ADAMS**  
Family Owned & Operated  
Since 1968

**HEATING & COOLING CO. INC.**  
"Our Business is Your Comfort"  
[www.adams-heating.net](http://www.adams-heating.net)

**DUCT AND DRYER VENT CLEANING**

- Sanitizing • Deodorizing • **NEW** Ultraviolet Air Purifiers

The area's premier duct cleaning machine.

**20,000 CFM Vacuum** **CALL THE PROFESSIONALS**  
**FREE DUCT CONSULTATION**

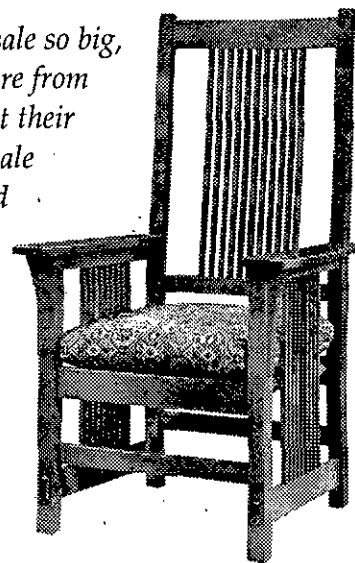
Albany 465-0100 Schenectady 356-4730 Clifton Park 383-1881

**4 Days Only!**  
**Sat., May 8th through Tues., May 11th**

**\$2 MILLION FURNITURE  
CLEARANCE SALE!**

**Prime Outlets in Latham, next to Lenox Shop. Exit 7 off Northway**

Stickley, Audi & Co. is having a furniture clearance sale so big, we're holding it at Prime Outlets in Latham. Furniture from Stickley and many other famous makers will be sold at their lowest prices of the year. Featured in this landmark sale will be discontinued Stickley items in solid cherry and mahogany and many slightly imperfect pieces, including some from Stickley's legendary Mission collection. Save also on exquisite Oriental rugs in a variety of designs and sizes.



**Stickley, Audi & Co.**

Collector Quality Furniture Since 1900

**CLEARANCE CENTER, PRIME OUTLETS, LATHAM**

**SAT. 10-5; SUN. 12-5; MON. 10-9; TUES. 10-5**

Take I-87 North or South to Exit 7. Take first exit off Rte. 7 East, follow onto Rte. 9 North to first intersection. Take a right on Columbia St. Ext., then take first right onto Old Loudon Rd. Prime Outlets is the first right off Old Loudon Rd.

Our showroom at 151 Wolf Road in Albany will be open regular business hours during this special event, 518.458.1846.

All sales will be final, "as is" and ready for immediate carry-out. There will be a charge for delivery.

**George W. Frueh**  
Fuel Oil • Kerosene • Diesel Fuel

**Call for today's prices**

**Cash Only**  
Prayer Line  
462-5351

**Mobil®**  
**436-1050**

**Cash Only**  
Prayer Line  
462-5351

### LEGAL NOTICE

business and offices to conduct the business related thereto; to maintain a corps of competent drivers and mechanics; and also, and in addition to, to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.

LD-9792  
(May 5, 2004)

### LEGAL NOTICE

SAS Group L.L.C. was filed with NYS Department of State division of Corporations and State Records, on 02-12-04. Address: 10-28 Winding Brook Dr. Guilderland, NY.

### LEGAL NOTICE

LCD-9811  
(May 5, 2004)

### LEGAL NOTICE

SBSS, LLC  
Notice of Formation of Limited Liability Company Articles of Organization of SBSS, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on August 11, 2003. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to SBSS, LLC, 14 Hemlock Street, P.O. Box 517, Latham, New York 12110.

### LEGAL NOTICE

LLC does not have a specific date of dissolution. Purpose: All legal purposes.

Filer: Law Office of Kara Conway Love  
Address: 450 New Karner Road, Suite 203  
Albany, New York 12205-3898

LCD-9783  
(May 5, 2004)

### LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a

### LEGAL NOTICE

public hearing on Wednesday, May 19, 2004, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of David Chainyk for Use Variance under Article VI, Permitted Uses, Section 128-12, Residence "A" District of the Code of the Town of Bethlehem to construct a 2-family dwelling, which is not a permitted use in an "A" Residence Zone at premises 19 Elm Place, Albany, New York.

Michael C. Hodom  
Chairman  
Board of Appeals  
LD-9796  
(May 5, 2004)

### LEGAL NOTICE

#### LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, May 19, 2004, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Bonnie Goldsmith & Terrence Rooney for Variance under Article XII, Percent of Lot Occupancy, Section 128-55, Accessory Buildings of the Code of the Town of Bethlehem for con-

### LEGAL NOTICE

struction of a storage shed, which will exceed the allowable lot occupancy for accessory structures at premises 13 Glendale Avenue, Delmar, New York.

Michael C. Hodom  
Chairman  
Board of Appeals  
LD-9795  
(May 5, 2004)

### LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a

### LEGAL NOTICE

public hearing on Wednesday, May 19, 2004, at 8:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Alan & Barbara Via for Variance under Article XII, Percent of Lot Occupancy, Section 128-50, Single Family Dwellings of the Code of the Town of Bethlehem for construction of an addition, which will exceed the allowable percentage of lot occupancy at premises 5 Mayfair Drive, Slingerlands, New York.

Michael C. Hodom  
Chairman  
Board of Appeals  
LD-9794  
(May 5, 2004)

# Sludge

(From Page 1)

space — is under review by the town planning board.

According to King, Gush had been a willing participant in the project, which would require the EPA to purchase or lease the land, until just recently.

"He has since sent us a letter telling us he doesn't think he wants that anymore," said King of the EPA project.

Had Beacon Harbor received

project approval from the town, EPA representatives had said the site would be removed from consideration.

"We didn't get the approval and things were going slower than they should have," said Gush Monday evening. He's optimistic he and the town can proceed quickly with the review of the project in the next three months.

"We're trying to see if we can get it done before they make their final decision."

Several years ago, the Bethlehem town board joined this point."

**A public forum will be held to discuss the EPA's selection of the Bethlehem site along River Road as a potential dewatering location. The forum will be held at Delmar Reformed Church, Thursday, May 13 from 6 to 8:30 p.m. The official comment period ends July 1.**

riverfront communities along the Hudson in passing a resolution opposing any dewatering location within the town. Bethlehem could legally challenge the selection, but doing so would be costly and has only been marginally successful in other communities, said Egan.

"We keep all options open," she said. "It would be a difficult task, if for no other reason than

Gush. "I'd rather it not get to that," said King. "I think we can come up with a solution before we get to that level." He added that he's optimistic an agreement between the three sides can be reached.

Riverfront properties in Fort Edward and Schaghticoke also remain in the running.

The EPA anticipates it will select one or more of the sites for the project by late fall.

If the site is selected, the EPA could seize the land through eminent domain, despite objections from the town or

# Sex offender returns to Delmar

By KRISTEN OLBY

A convicted sex offender released from state prison on Monday has moved back to Delmar.

William J. Heim, 62, served two years in prison for sexually abusing three boys at his Sand Lake camp. Heim met the boys when he worked as a guidance counselor at School 14 in Troy.

He lives at 39 Greenock Road.

Bethlehem police spent much of Tuesday notifying Heim's neighbors, Bethlehem Public Library, Parks and Recreation Department and the Bethlehem School District.

As a condition of his release, Heim is not permitted to have contact with any child under the age of 18, unless a parent or guardian is present.

Heim was convicted of sexual conduct against a child in the second degree in July 2002. He has 90 days to register with the Bethlehem police department as a sex offender.

Fliers are available at the Bethlehem Police Department detailing Heim's criminal history or visit: [www.criminaljustice.state.ny.us](http://www.criminaljustice.state.ny.us)

**BUILDING LOTS WANTED  
LAND WANTED  
SWIFT BUILDERS  
439-4663**

## Kansas Eye Surgery Associates, P.C.



Peter G. Kansas, M.D.



Wayne L. Scott, M.D.

To provide expanded care and to better serve our patients

Kansas Eye Surgery Associates is pleased to announce our new office location  
24 Century Hill Drive, Suite 001  
Latham, NY 12110  
(518) 690-2015

(Across from Century House on RT 9)

Accepting new patients and we accept most insurances (Medicare, Medicaid, BCBS, EMP Plan, Senior Blue, CDPHP, MVP & many others)

## GLENMONT CHIROPRACTIC OFFICE, PLLC

**JEFFREY P. RIKER, D.C.**  
**449-3071**

ACCEPTING NEW PATIENTS AND WELCOMING BACK FORMER PATIENTS



FEATURING THE LATEST TECHNOLOGY IN CHIROPRACTIC DIAGNOSTICS WITH DIGITAL THERMOGRAPHY AND SURFACE MYOGRAPHY/MUSCLE TESTING.

**Sharon Hoorwitz**  
Associate Broker - Realty USA.



**Residential Specialist  
in Capital Region  
Top 1% Nationwide**

Join Sharon's Team!  
Sharon Sells a House Every 2.5 Days-  
Yours Can Be NEXT!

Sharin' In Your Dreams

[www.sharonhoorwitz.com](http://www.sharonhoorwitz.com) 448-6188

<b>WE ACCEPT CREDIT CARDS</b> VISA, MASTERCARD, AMERICAN EXPRESS, DISCOVER		<b>Mayone's</b> 463-2546 Wines & Liquors Town Squire Plaza, Glenmont N.Y. 12077		<b>NEW YORK LOTTO NUMBERS MEGA MILLIONS WIN 4 PICK 10 TAKE 5 SOLD HERE</b>	
15% DISCOUNT ON ALL CASES OF WINE - MIX OR MATCH YOUR CHOICE - 8 bottles 750ml. or 1.5L					
<b>SMIRNOFF \$1999</b> 80° Vodka 1.75L	<b>BY Century Cellars \$1199</b> Chardonnay, Cabernet, Merlot, Sauvignon Blanc 1.5L	<b>RODNEY STRONG SONOMA \$1099</b> CHARDONNAY 750ml	<b>BLACK VELVET \$1699</b> 1.75L	<b>YELLOW TAIL \$999</b> ALL TYPES 1.5L	<b>ALMADEN \$1399</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON 1.5L
<b>GREY GOOSE \$2799</b> 750ml	<b>SEAGRAM'S \$1799</b> 7 CROWN 1.75L	<b>NEW Cline \$899</b> Red Truck 750ml	<b>AUSTIN VALE \$899</b> CABERNET SAUVIGNON, CHARDONNAY, MERLOT, SHIRAZ 1.5L	<b>PETER VELLA \$1399</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON, WHITE ZINFANDEL 1.5L	<b>NYS FOX RUN \$899</b> REBLING DRY OR SEMI DRY 750ml
<b>ABSOLUT \$2199</b> VODKA 1.75L	<b>Johnnie Walker \$5599</b> Green Label - 15 year old pure malt 750ml	<b>GLEN ELLEN \$899</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON 1.5L	<b>BELLA SERA \$999</b> PINOT GRIGIO 1.5L	<b>PEPPER WOOD GROVE \$799</b> CHARDONNAY, PINOT NOIR, CABERNET SAUVIGNON, MERLOT 750ml	<b>BANROCK STATION \$599</b> SHIRAZ, CHARDONNAY, MERLOT, CABERNET 25% MORE THAN A 750 ml 1.5L
<b>WHITESIDE \$1799</b> 55.5° SCOTCH 1.75L	<b>IMPERIAL \$1299</b> 1.75L	<b>KAHLUA \$2299</b> UTER 1.75L	<b>NEW Sutter Home \$1199</b> White Zinfandel 3 liter Box 3L	<b>FOXHORN \$599</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON 1.5L	<b>KENDALL-JACKSON \$1099</b> CHARDONNAY NO DISCOUNT 750ml
<b>BEEFEATER \$3199</b> BRANDY 1.75L	<b>CHRISTIAN BROS. \$1999</b> 1.75L	<b>GILBEY'S \$1599</b> 50° GIN 1.75L	<b>FOREST GLEN \$1499</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON 1.5L	<b>ESTATE CELLARS \$699</b> CHARDONNAY, MERLOT, CABERNET SAUVIGNON 1.5L	
<b>JOHN BARR \$2999</b> 5 TH. BLACK LABEL SCOTCH 1.75L		<b>ZINFANDEL \$999</b> 1.5L			

**Wow!!  
Look Who's  
40**



**Happy Birthday  
May 9th  
John Pangburn**

## Bethlehem Dental Arts

Virginia Plaisted, D.D.S.  
Todd Vaccaro, D.D.S.

Complete Family and Cosmetic Surgery  
Our Comprehensive Care for Children and Adults Includes:

- Preventative Care
- Periodontal Therapy
- Tooth Whitening
- Bonding & Veneers
- Orthodontics
- Invisalign
- Comprehensive Cosmetic Reconstruction
- Advanced Oral Imaging and Diagnostics
- Participating with Delta Dental, Cigna PPO & Met Life

**NEW PATIENTS WELCOME**

74 DELAWARE AVENUE, DELMAR



**439-3299**

**New Hours:**

Monday, Wednesday, Thursday 7:30 a.m. - 4 p.m.  
Tuesday 7:30 a.m. - 6 p.m.

[www.bethlehemdentalarts.com](http://www.bethlehemdentalarts.com)