

Contemplation  
in stone

○ See Page 3

Dancing tales

Senior Lifestyles

○ Supplement Inside

\*\*\*\*\*FIRM 12054  
1819 10-08-06 2M 63P 37E  
BETHLEHEM PUBLIC LIBRARY  
451 DELAWARE AVE  
DELMAR NY 12054-3042

# The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIX No. 44 75 Cents

November 2, 2005

## Candidates debate for town board posts

Issues echo those that created  
comprehensive plan

By STEPHANIE LUBIS

With time ticking away before Election Day, Bethlehem's four town board candidates faced off in a debate at Bethlehem Central High School last Thursday. The Albany County League of Women Voters hosted the debate which lasted for an hour and a half and drew about 40 residents.

Kyle Kotary (Democrat, Independent), Sam Messina (Democrat, Independent), Mary Hammond (Republican, Conservative), and incumbent George Lenhardt (Republican, Conservative) each answered questions that residents submitted.

Those questions included how the candidates will respond to regional issues like water supply and their visions for the Hudson riverfront; how they will help to attract businesses to town; what they will do about traffic backup on Delaware Avenue; slowing residential development; whether consolidation of fire districts will help ease tax burdens; how they will work to retain open space; and what they think are the most important issues to voters.

### George Lenhardt

The sole incumbent running, Lenhardt said he is in favor of regionalization where it makes sense, as long as local control is maintained. He discussed Bethlehem's contract to purchase water from Albany and fire services. He said that the future of the Hudson riverfront remains largely in the hands of town residents, especially those in that area, and the results of the citizens advisory committee on conservation, created by the newly implemented comprehensive plan.

To attract local businesses, Lenhardt said he would market the community through the local and regional chambers of commerce, re-use existing facilities for new businesses and offer tax incentives. New zoning codes as a result of the comprehensive plan will direct those businesses, he said.

To ease traffic problems, Lenhardt said he would want to explore different areas of access while keeping the Four Corners area pedestrian friendly. The proposed extension of the Cherry Avenue Bypass is also something he said would improve traffic flow.

"This is an age-old problem," he said. "Widening the roads just leads to more traffic."

Lenhardt said the comprehensive plan and zoning regulations will control growth, as will the economy and cluster developments.

Lenhardt does not believe that consolidating fire departments will help to

ease the tax burden.

"Since I've spent over 40 years with the Slingerlands Fire Department, there is a pride of ownership in localization," he said. "We have tried repeatedly to consolidate services, and it always starts with great ideas, but they deteriorate."

He said also that taking away the local fire department could lead to a drop in volunteers, an issue currently facing fire departments.

Lenhardt said that the citizens advisory committee and the local waterfront revitalization plan are two ways he supports citizen involvement in saving open space.

"There are some that already want to participate, and hopefully there will be some experts on those committees," he said.

Lenhardt said the biggest concern among residents is taxes, and said the town is working on a management committee to study town departments and develop alternatives to the way things are currently run.

"I've already volunteered to head the committee, if I'm still here at the beginning of the year," he said.

### Mary Hammond

Mary Hammond, who stepped into the Republican candidacy after incumbent board member Thomas Marcelle withdrew from the town board race to run for state Supreme Court justice, said she believes in looking to other towns for water because the town cannot depend solely on one source.

"We should especially look at the city of Watervliet, because it produces 12 million gallons a day, and with water taxes proposed to go up 24 percent, that makes more sense than to keep purchasing from Albany," she said.

She said also that it's important that the Hudson River is maintained as a natural resource.

Hammond said she would attract businesses by encouraging zoning ordinances that provide incentives for businesses and the town, and collaboration with entities like the school district and the county.

Hammond said she would want a traffic study of the area, as well as exploring alternate travel routes and keeping the area pedestrian friendly.

To slow growth, Hammond is in favor of zoning incentives, and having developers meet specific criteria, in the hopes that stringent guidelines would deter some builders.

Hammond said there are still unanswered questions about fire department consolidation, and that a task force should be appointed to study consolidation. She said there should also be an open dialogue with the departments, so officials hear their requirements.

Hammond said retaining open space would require a town fund to purchase land; the participation of residents in the citizen advisory committee of conservation; and encouraging clean businesses.

□ TOWN/page 16

## Making votes count

By JIM CUOZZO

### State faces upcoming transition to electronic voting machines

When George W. Bush defeated Al Gore in the 2000 presidential race, the margin of victory was disputed for months. Hanging, dangling and perforated chads left from punch card ballots, and other voting discrepancies in Florida prompted Congress to pass a law in 2002 called the Help America Vote Act (HAVA). While some states have already implemented HAVA, Albany County and most New York counties, are still up against the clock and under financial pressure to enact a fairer, more accurate system to count votes.

"We're bound by federal statutes to have it in place by September of 2006," said Lee Daghlin, public information officer with the state Board of Elections.

"The federal government put a tight deadline on this, and New York state took an extra year to pass its own bill," Daghlin said.

HAVA provides financial support to states for the replacement of punch-card ballots and lever-voting machines. It also established an

election assistance commission with members appointed by the president to act as a clearing house of information to implement new standards of voting.

"Our role is to provide assistance with states to comply with the new law," said Jeannie Layson, spokeswoman for the commission based out of Washington, D.C. "If a state does not replace all voting

**"If a state does not replace all voting machines by the HAVA deadline... they will have to return a portion of those funds based on the number of precincts that did not comply."**

Jeannie Layson

machines by the HAVA deadline, which in this case is the first federal election after Jan. 1, they will have to

return a portion of those funds based on the number of precincts that did not comply."

New York state received \$190 million to offset the costs of purchasing new electronic voting machines to replace the 19,843 lever machines in all of the state's 15,571 election districts. Those dollars, however, do not keep up with the extra costs of staffing, software and

□ VOTES/page 43

## Votes on campus

By DAMIAN PAGANO

### Skidmore students can affect city vote outcome

Brendan Quinn, a Wilton-based Republican political consultant, hopes a new law that will take effect next year will alleviate what, for him, has been a vexing concern.

The Help America Vote Act, passed by the United States Congress and signed by President George W. Bush in 2002, will create a statewide database of registered voters, and the database can be used to check if someone is registered to vote in two different places. Quinn said concern about potential double dipping at voting booths became a point of contention in the close 2003 Saratoga Springs mayoral race,

□ CAMPUS/page 43



6 09859 00020 1  
THE SPOTLIGHTS.75

## Kenholm Pool group plans NYC bus trip

Members of the Kenholm Pool in Delmar are sponsoring a bus trip to New York City on Saturday, Nov. 12 for \$35 per person. The bus will leave Delmar at 7:30 a.m. and drop us off at Bryant Park. It will then leave NYC at 7 p.m. This is a great time to visit the city and the best way to travel there. Please call Sue Fox at 439-7439 to reserve your spot.

## Town police report felony DWI arrest

On Oct. 22, police arrested George Shaugnessy, age 52, of Gingerbread Lane in Albany. The incident occurred in the area of 340 Delaware Ave. in Delmar.

Police received a call reporting an intoxicated male sitting in a vehicle in the parking lot. Police said the person reporting the vehicle said Shaugnessy entered his business and bought a pint of vodka and left. He was then observed behind the wheel and appeared drunk, and was later observed behind the wheel with a drunk appearance, police said. Sgt. Robert Markel arrived when Shaugnessy was behind the wheel with the ignition running, and he reached in and turned off the ignition, police said.

A strong odor of alcohol was detected, as well as barely audible speech. When asked how much he had to drink, Shaugnessy replied, "too much." Shaugnessy attempted numerous times to start the ignition after the keys had been removed, police said.

Shaugnessy had to be physically assisted from the vehicle and failed field sobriety tests, police said.

Shaugnessy was placed in custody and transported to Albany Medical Center for an evaluation. He is due in court Nov. 15 at 4 p.m.

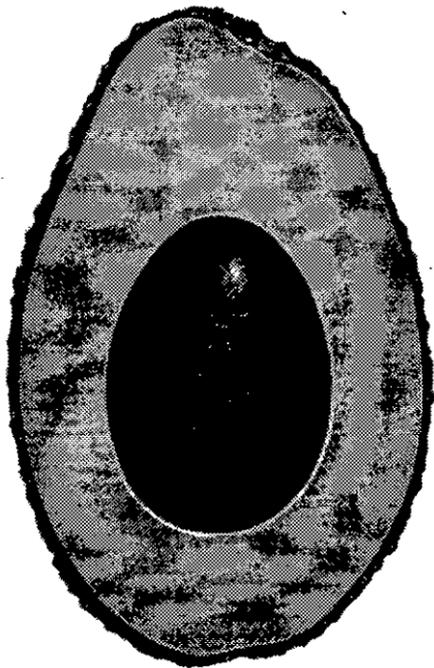
On Oct. 26, police arrested

# ELECT KEVIN M. BRONNER, JR.

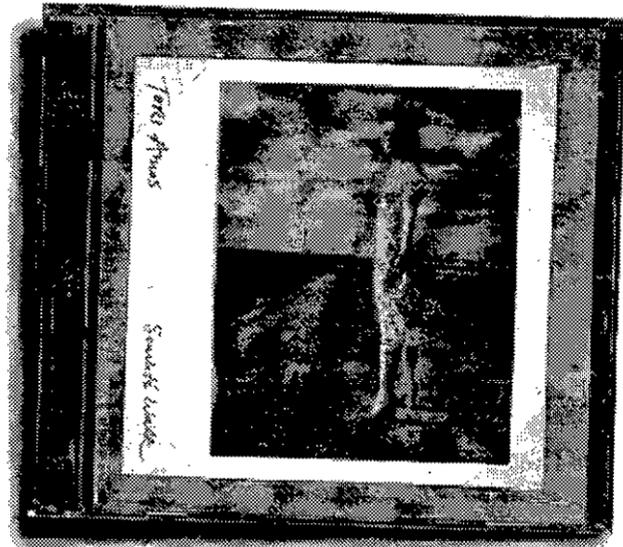


## ALBANY COUNTY CLERK

Paid for by Friends of Kevin M. Bronner, Jr.



# 2



From avocados to Amos, you'll find the best things at Delaware Plaza.

At Delaware Plaza, you can pick the freshest produce, then pick the freshest music. We're home to a 24-hour Hannaford supermarket and more than 30 other shops & restaurants!

## Delaware Plaza

THE HEART OF IT ALL

A collection of shops & restaurants for your daily life • 180 Delaware Avenue • Delmar, New York.

# Marcelle seeks judgeship

By STEPHANIE LUBIS

Five candidates are running for state Supreme Court judge for Albany's third district, which includes Albany, Columbia, Greene, Rensselaer, Schoharie, Sullivan and Ulster counties.

Incumbent Justice Edward O. Spain of Troy was elected to the Supreme Court in 1991, and in 1994 was appointed administrative judge for the third judicial district. His legal career began when he worked in private practice with his father, and in 1967 he was assistant district attorney for Rensselaer County until he was called to active duty in the U.S. Navy's Judge Advocate General corps. After being honorably discharged with the rank of lieutenant in 1972, he returned to private practice and served as deputy corporation counsel for the city of Troy for two years.

Spain served as deputy chief clerk of Rensselaer County Surrogate's Court and was elected to Troy Police Court, where he served until he was elected to Rensselaer County Family Court in 1985. He worked there until he was elected to the Supreme Court.

Delmar resident Thomas Marcelle, a Republican, who has served on Bethlehem's town board for one four-year term, had been running for reelection to the town board when he received the Republican nod to run for Supreme Court judge.

"I think it would be a tremendous way to serve people," Marcelle said of his desire to be on the Supreme Court. "People need to have trust in the justice system, and I hope to keep the trust of those who appear before me."

Marcelle is a graduate of Bowdoin College, where he majored in physics, and received his law degree from Cornell Law School.

After working with the United States Department of Justice in the civil rights division in 1991, Marcelle set up his own practice focusing mainly on appeals following criminal convictions and federal civil rights cases.

He argued and won a case before the United States

□ COURT/page 25

# Index

Editorial Pages	6-10
Sports	40-43
Obituaries	26
Neighborhood News	
Voorheesville	19
Family Entertainment	
Calendar of Events	36-37
Classified	34-35
Crossword	30
Legals	36-37
Real Estate	17, 35
Weddings	28
Services directory	32-33



# Sculpting emotion

relationship and doom their souls to eternal damnation.

Whether or not people know the tragic story, the sculpture remains a moving piece of art.

Paolo is a perfect study of the male form: his body is symmetrical, with strikingly square shoulders and a well-defined arm that tentatively embraces his lover. He is torn between fear of discovery and his love, and is trying desperately not to let his machismo be tainted by emotion. Closer inspection reveals that in spite of the outward appearances of bravado, there are signs he is willing to his humanity.

His toes are curled, his muscular right arm is barely touching Francesca's thigh, and his left hand is clutching the rock the lovers are seated on in a physical sign of his indecision about an unavoidable fate.

While Paolo is torn, Francesca makes no effort to deny her feelings. She is the

opposite of the man. Her body is fluid and curvaceous, almost slipping off the rock in full surrender to the moment. While he is in denial of his emotions, she is actively pulling him toward her body, not caring about her inevitable condemnation.

By focusing on the intensity of the moment, the work reinvents Dante's question of whether it is better to be in hell with the one you love or to be alone in heaven.

Like the pair in "The Kiss," a similar scene of intimacy is depicted in "Romeo and Juliet" (1902), but with an altogether different meaning.

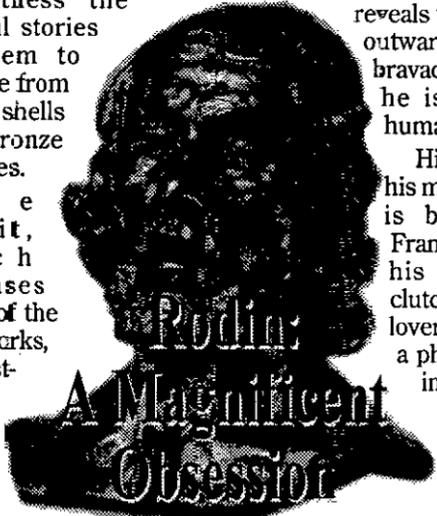
Romeo and Juliet are in a full, desperate embrace. Their kiss is so powerful that their faces are molded together and are indistinguishable. Romeo hopelessly tries to hold Juliet's body aloft as she slips away from him. His hand drapes over hers, yet he is only trying to stop her from sliding away with one awkwardly positioned hand. His other is thrown behind his back, at once giving motion to the spinning embrace and questioning the hopelessness of it all.

The sculptures themselves can't speak, yet they speak volumes. Visitors to the newly opened Auguste Rodin exhibit at the Albany Institute of History & Art can witness the powerful stories that seem to permeate from the cold shells of the bronze sculptures.

The exhibit, which showcases over 60 of the artist's works, is a must-see for any art lover. Capital District residents can see the works of an artist some consider the greatest sculptor since Michelangelo, and feel a sense of the humanity that go with his work.

Rodin lived from 1840 to 1917 and his goal was to convey the ardor and intensity of human existence and bring life to inanimate metal. Through moments and expressions frozen in bronze, his work evokes deep human feelings that tell stories beyond that which is outwardly visible.

"The Kiss" (1881-2) is one of Rodin's best-known works and also one of the best examples of this. The sculpture is a depiction of Paolo and Francesca, two Italian lovers forever banished to hell in Dante's *Inferno*. The sculpture captures the moment when the two lovers surrender to the passion of their illicit



By STEPHEN PAUSE

The exhibit also displays examples of Rodin's attempts to see how thoroughly his art could be reduced and still maintain significance. Several pieces exist in three different versions - a complete form, with stumped limbs, or as a torso. Rodin believed that these parts of a figure, when presented abbreviated, could still convey meaning to an audience.

The exhibit's partial figure studies, while aesthetically pleasing, often lack the emotional impact of the more completed figures. "The Fallen Man," for instance, lacks the benefit of extremities, but the sculpted torso still maintains some semblance of motion and feeling, even though the lack of complete form somehow detracts from the impact of the sculpture as a whole.

Despite this forfeiture of emotion in truncated figures, Rodin excelled at breathing life into his favorite body part — the hands.

The examples at the institute highlight Rodin's ability to convey emotion through even the most subtle of motions, from the gentle caress of two hands to a solitary hand awkwardly gesturing in anger and rage. The hands evoke feelings much the same way as complete figures do, with the fingers acting as limbs to animate the metal.

Even figures without the compliment of hands, such as the armless "Whistler's Muse" (1907) display a level of human dynamic that elevates Rodin's work above all others. The muse stares dejectedly at one of her elevated feet, a blank yet somewhat melancholy expression on her face, as if searching in vain for a substitute for her lost limbs.

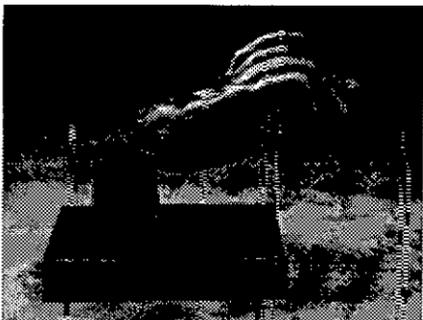


Each of Rodin's sculptures holds within its casting enough narrative to fill a book. He gave motion and feeling to metal, and his efforts are superbly chronicled at the institute.

"Rodin: A Magnificent Obsession" is made possible through the philanthropy of the Iris and B. Gerald Cantor Foundation, which owns the sculptures on display.

The exhibit also features a documentary on Rodin and the "lost wax" process used to make bronzes and will be open through the end of the year. Judith Sobol, the executive director of the foundation, will give a lecture at the museum on Nov. 13 titled "Cantor and Rodin: Two Magnificent Obsessions."

For information, contact the institute at 463-4478 or visit their Web site, [www.albanyinstitute.org](http://www.albanyinstitute.org). The exhibit will run until Dec. 31. The Albany Institute of History & Art is located at 1125 Washington Ave. The exhibit hours are Wednesday to Saturday, 10 a.m. to 5 p.m. and Sundays, noon to 5 p.m.



# They'll be old soon enough; let them have fun now

By KATHERINE McCARTHY

Even record-setting October rains couldn't drive all the leaves from the trees, and so we enter November with yards still to rake and lawns overdue for their final mowing. Even the most ardent yard worker couldn't compete with the kind of precipitation we've faced this autumn.

We Northeasteners are used to unpredictable shoulder seasons, with springs that might bring a late snowstorm that would cause branches to crash into cars, or autumns that go from 85 to 45 degrees while we're still trying to remember where we packed our sweaters last spring. But even this too-warm, then too-rainy fall seems more mixed up than ever.

So it's not surprising that some of the events around us seem mixed up and confused; things to be thought about with a puzzled brow.

That's not news to parents, though, who are more surprised when life moves in a straightforward pattern than a mixed-up one. As if children themselves weren't confusing enough, add all the input from the outside world — doctors, teachers, other parents, family members, self-proclaimed experts, etc. — and some days we don't know what to think or how to act.

Sometimes the biggest contradiction seems to be that we want to protect our children and keep them safe, even as we want to rush them toward adulthood.

When a student was suspended from a local high school for streaking during a football game, it sounded like overkill to me. Maybe there's more I don't know about the case, and no, we don't want to encourage our children to run naked (or be-thonged, as the streaker reportedly was) and interrupt football games, but wouldn't a detention have done it? Or, if ever there was a call for community service, wouldn't that have been the time? He didn't harm himself or anyone in attendance, and I'll bet it got a good laugh. Heaven knows we could use a little humor in this day and age.

It also seems like some things

Commentary:



that should be punished aren't, or that the group is punished when the problem is with one or two kids. It's a good thing that a number of school districts are dealing head-on with the age-old problem of bullying. One of the ways the problem is dealt with is by educating the whole school about tolerance. This is also a good thing, but, man, I wish that my kids didn't have to have math, social studies or English interrupted because a very small number of kids did a very wrong thing.

Here's where we parents do need a reality check: we need to make sure that we're teaching good values at home so that our schools don't have to take on our jobs.

In our house, we love sarcastic humor, but I try to watch my use of it and encourage my kids to be judicious about their use of it. This can be an uphill battle, when the competition comes from TV shows like "South Park" and "Family Guy," and when a day spent among other teens teaches them that biting humor is the best.

We all look for healthy outlets for our kids, and I was saddened to read that one area school has revamped its middle school's recess to be more of a study hall time. This is apparently a national trend, and I can't help but wonder if it's not connected to another national trend, the rising numbers of prescriptions of drugs to treat attention deficit disorder and depression in children. Or to the trend that school physical education departments and pediatricians are alarmed about: childhood obesity.

We get regular fliers from our school district offering tips on eating better and getting more exercise — and I'm delighted to say that for a little bit of time every day, the kids get to go outside. I've been surprised that most middle

schools don't have playground equipment. Of course the kids tell you they're too cool to play on a jungle gym, but I've noticed that it's not really till high school that most kids can resist playground equipment.

But, wait, I forgot. Today's

parents worry about kids falling off of jungle gyms, or about the pollutants their kids might be inhaling from the chemicals in the rubber tires, or about getting splinters from the mulch on the ground. I also had days of holding my breath when my kids went on the high slides, or hung upside down from monkey bars, but we have to let kids try things out.

Kids need to be kids for a while. We need to let them run, jump, hide in the laundry basket, try to use the pulley to get each other into the tree house, and once in a while, leave their dirty socks in the playroom.

I wonder if our over-protectiveness comes because we have smaller families. You could perhaps make the argument that we have more time to fuss over our children, since we have fewer of them. Maybe parents feel they have more time to devote to their children, so in the time that they're not spending doing laundry for the bigger families, they're strapping helmets on the toddlers before they get on the tricycles that Mom or Dad are going to push with a long, attached handle.

Paradoxically, though, we seem to have less time. It's pretty common that both parents work today, which means that a whole bunch of tired people are returning home each evening. Risk-taking requires a high level of physical and emotional energy, and there's not a lot of either when it's 5:30 and dinner still needs to be cooked, homework finished, and the whole bath-and-

bedtime routine to be faced.

So do we over-compensate by wanting our children safe and secure every second of their lives? Are we keeping our kids safe by putting them in high-tech equipment rather than allowing ourselves the time to walk to school with kids and teach them how to cross roads?

My own mother always looked wide-eyed at the car seats my boys rode in. My poor mother-in-law never quite got the hang of five-point attachment belts, and both women chatted regularly about how they transported their small children in the family station wagons back in the day — either in their arms or in an unattached baby bed that rested on the seat. Ah, the glories of the front seats of cars that were a bench; when we never wore seat belts; and Dad and Mom both chain-smoked as we all hurtled over the river and through the woods on our way to grandmother's house.

I knew I was aging when I

recently saw a car booster seat designed for an 8-year-old, with enough belts and buckles to confuse Houdini, plus a headrest. I had to laugh, imagining that soon, all our children will look like John Travolta in that old movie, "The Boy in the Plastic Bubble." Don't get me wrong — I love all the stuff that has kept my kids safe, and now that they are teenagers, I wish there was an anti-drinking, anti-smoking, anti-sex, anti-driving-fast-with-friends, anti-hideous-music seat that I could strap them in for the next few years.

But then how would they learn to be adults? They've got to figure a few things out on their own so that they can grow up and someday get jobs, buy homes, and put their parents in luxurious nursing homes.

Soon enough, our kids will be adults, with all the responsibilities that make me want to burrow back under my covers most days, and remember with fondness the times of my life when I could go out and play, or curl up with a book or laugh at something that only a child would find funny.

It's often said that the innocence of childhood is its greatest grace. Why are we in such a hurry to dispense with it?

## Got news or views?

*Spotlight Newspapers* welcomes announcements of programs or events occurring in our coverage areas.

All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be faxed to 439-0609, e-mailed to [graves@spotlightnews.com](mailto:graves@spotlightnews.com), or mailed to P.O. Box 100, Delmar, 12054.

The deadline for all editorial copy is noon on Friday.

*Spotlight Newspapers* also 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.

Unsigned letters receive no consideration. All letters that are published must carry a signature.



## WEEKLY WEATHER

Chief Meteorologist Mike Bono



**TIME WARNER CABLE**

### Albany Almanac

Record high/low/year		
AVERAGE HIGH 52°	AVERAGE LOW 34°	
Day	High/Year	Low/Year
Wednesday, November 2	82°/1950	19°/2002
Thursday, November 3	75°/1990	20°/1980
Friday, November 4	76°/1994	17°/1951
Saturday, November 5	75°/1994	17°/1951
Sunday, November 6	72°/1948	15°/1951
Monday, November 7	75°/1938	18°/1962
Tuesday, November 8	75°/1975	18°/1971

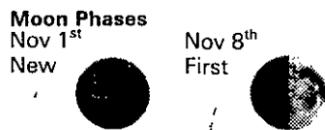
**ANNUAL PRECIPITATION**  
39.06 inches as of Friday, October 28th  
6.97 inches above average

### This week in weather

In 1951, quite a cold snap hit Albany at the beginning of November. Following a 4 inch snowfall on the 1<sup>st</sup> and another inch on the 3<sup>rd</sup>, lows were in the teens on the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> with highs only in the 30s. On November 6<sup>th</sup>, the high temperature was 32 degrees.

### Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:30am	4:46pm
Thursday	6:32am	4:45pm
Friday	6:33am	4:44pm
Saturday	6:34am	4:43pm
Sunday	6:36am	4:42pm
Monday	6:37am	4:40pm
Tuesday	6:38am	4:39pm



Planets	When	Where
Venus	Evening	Bright, SW
Mars	All Night	Bright, Red
Saturn	Morning	High South
Jupiter	Dawn	Low East

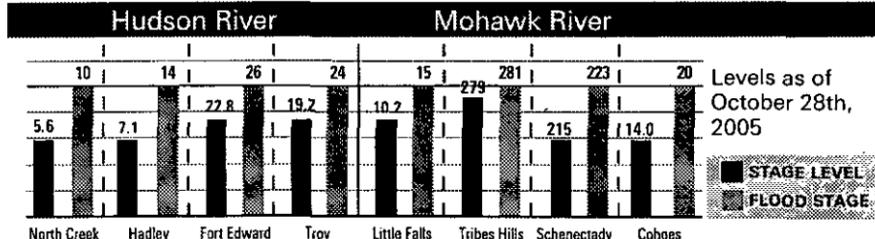
### Rivers & Recreation

Tides at Albany		
Day	High	Low
Wednesday	4:40am, 5:10pm	11:23am, ----
Thursday	5:18am, 5:49pm	12:01am, 12:02pm
Friday	5:57am, 6:30pm	12:46am, 12:43pm
Saturday	6:39am, 7:14pm	1:33am, 1:27pm
Sunday	7:27am, 8:05pm	2:22am, 2:18pm
Monday	8:24am, 9:01pm	3:15am, 3:16pm
Tuesday	9:28am, 10:04pm	4:10am, 4:20pm

### Factoid

For the first time on record, all hurricane names were used in 2005 and we went to the Greek alphabet. Storms Alpha and Beta broke the old record of 21 tropical storms set back in 1933.

### River Levels



**VOTE THIS TUESDAY, NOVEMBER 8<sup>th</sup>**



**EGAN**

**TOWN SUPERVISOR**

**KOTARY**

**TOWN BOARD**

**MESSINA**

**TOWN BOARD**

**CAMPION**

**TOWN CLERK**

**DONOVAN**

**TOWN JUSTICE**



PAID FOR BY THE BETHLEHEM DEMOCRATIC COMMITTEE

Terri Egan Has been doing the right thing for Bethlehem since Day One. Under Terri's Leadership we've adopted the first town comprehensive plan – and, for the first time, Bethlehem was ranked as "One of the Best Places to Live in the U.S." By Money magazine.

Bethlehem scored higher than any other place in Upstate New York.  
**STRONG LEADERSHIP. AMAZING RESULTS!!**

**VOTE THIS TUESDAY, NOVEMBER 8<sup>th</sup>**

# Matters of Opinion *in the* Spotlight

## Heat, a serious issue

'Tis the season to begin to batten down the hatches and prepare for winter. It's especially important this year to make sure home heating systems are operating as efficiently as possible. NiMo, now known as National Grid, is already increasing its budget plan amounts, and home heating oil is also expected to skyrocket at outrageous percentages.

The projected increases are staggering, and many families will have to somehow cut expenses to be able to shoulder the rising costs.

We in the Northeast are especially vulnerable to harsh winters so the financial outlook for now seems rather bleak as energy costs have hit the ceiling and beyond.

We've mentioned the common-sense measures before, but we need to seriously consider coping with cold weather.

Layering up can help stave off chills when the furnace is kept at a lower setting.

Make sure to have the furnace cleaned and serviced and make sure to change filters once a month.

Leave curtains and drapes open during the day to take advantage of the sunlight, and close them at night to keep the heat in. Make sure windows and doors are properly caulked so that very expensive heat is not wasted heating the outdoors.

All of these measures will help, but they will not come close to solving the dilemma of much higher heating costs.

People on fixed incomes should check into programs like Home Heating Assistance Program (HEAP) to find out if they are eligible for financial assistance to defray the cost of heating a home or an apartment. Seniors are especially vulnerable to the cold, so it's important to make sure they are living in comfort.

Seniors should also check with town agencies to see what, if any, benefits could help with heating costs or preventive measures for their residences.

The simple fact is that many people, not just seniors, will feel the effect of escalating heating costs.

So far, there hasn't even been a knee-jerk reaction from government at any level. Is anyone looking at HEAP to determine whether or not the program can be expanded? It seems now more than ever, we need forward thinking lawmakers to work on this problem that will affect millions throughout the state and the Northeast before it becomes a serious threat to our economy and our livelihoods.

Is anyone out there even listening?

## Editorial

## All good in a land 'down under'

By HAPPY SCHERER

*The writer is teaching at Capital Regional BOCES and is a volunteer for Guiding Eyes for the Blind.*

Every few months the postcard with the cute koala bear would arrive addressed to my husband promising "Opportunities for psychiatrists to work in Australia or New Zealand!" with all expenses paid and "work but have plenty of time to travel."

In the past few years, our casual conversation about doing this turned into, "Why not now?" Our kids are grown, our life is simpler, we're healthy, and our interest in cross-cultural experience has blossomed after hosting exchange students from three different continents and vicariously experiencing our own daughter's sojourns to Latin America.

We perused the Web site, read glowing comments from many psychiatrists who had traveled "down under" and with excitement and a little bit of trepidation, filled out the application and began the process.

The actual decision to go to New Zealand and eventually to the city of Auckland was the result of months of negotiation and consideration. My husband Harvey, a child psychiatrist, wanted to work primarily with children in an outpatient setting. Most positions for child psychiatrists in smaller, rural areas included some adult psychiatry, on call responsibilities, and even inpatient coverage.

We kept our *Lonely Planet* guidebook on hand as we sifted through the information about various job opportunities. Would we enjoy the Napier-Hastings area on the east coast of the North Island, with many wineries and "art deco" themes?

One child psychiatry job sounded tempting in Rotorua, the center of Maori culture and tourism. The job would include two days in another location an hour away, and a previous psychiatrist there mentioned long

## Point of View

drives at night on winding roads. Harvey was already a little nervous about driving on the wrong (oops—I mean LEFT) side of the road. Finally, a call came about a new opportunity in Auckland. A large outpatient children's clinic in South Auckland, an area with a huge mix of ethnic and socio-economic backgrounds, was very



Happy Scherer with the dogs in New Zealand

interested in Harvey. We instinctively felt this was right. My own research had discovered that the only guide dog center in New Zealand was in south Auckland, so hopefully I could volunteer there and keep busy myself while Harvey worked.

So on April 15, after 17 hours in the air, we arrived in Auckland and were met by a wonderful Maori woman from the hospital who coordinated all of our living arrangements. She brought us to a small, center city apartment they had totally furnished for us, made arrangements for a car to be delivered, and our adventure began.

I have many impressions of our first days in New Zealand, but I must confess that after counseling hundreds of exchange students about how difficult it is to be plopped in a new country and a new culture, I finally understood some of the stressors. All of a sudden I was in a new country surrounded by people who didn't know me and everything was unfamiliar. Although at home I would often wish the phone would stop ringing, now it never rang and that felt incredibly strange. I really began to appreciate my comfortable, secure life back home. Listening to the sounds of traffic (rather than crows that wake me up in Delmar) while I tried to get to sleep, I wondered if we had made a terrible mistake leaving our family, friends, work, and dogs behind.

But we very quickly developed a routine. I found ways to keep busy and, most importantly, to meet Kiwis (as New Zealanders are called). I began volunteering at the Guide Dog Center four days a week, two days at the breeding center and two days in the adult kennels. I absolutely loved this experience, because in

addition to having so many dogs to play with, I met many wonderful trainers and kennel staff. My duties included cleaning kennels and dog runs, bathing dogs, taking dogs out to the "free run," and helping with the new puppies and their moms. It was great! One highlight was going out for a "blindfold" walk with a guide dog in training. The entire staff gave me a wonderful goodbye party when I left. I definitely made friends I will always treasure, and was even

offered a job if I ever return!

I also volunteered at the welcome orientation camp for AFS exchange students coming to New Zealand from all over the world, and played my clarinet in a community band. I even found comparable baking supplies and made my famous cookies in the little oven in our teeny kitchen; I'm proud to say they were a great hit among our friends and co-workers!

Harvey and I enjoyed taking the bus and train to work each day. What a relaxing way to travel after so many years of commuting in our cars! Auckland is experiencing the same problems as any rapidly expanding city, and traffic jams are endemic. Auckland is also struggling with urban issues common to westernized countries: lack of affordable housing, shoddy buildings, immigration, petty crime (breaking into cars seemed to be the most common issues) and graffiti. However, we felt safe walking to and from downtown, even late at night.

Most people ask me if the scenery was as spectacular as we expected and I would have to say—it's even more so! We explored both the North and South Islands and the differences are extraordinary. I have so many amazing memories and photos of our travels, but a few stand out.

A drive up the Coromandel Coast with double rainbows illuminating incredible views. A day trip to Tiritiri Matangi, an island set aside as a bird conservancy. Lunch on the patio of a winery café, overlooking mountains and rolling farmland. A trip to the historic Waitangi Treaty House where the famous treaty was signed in 1840 between the Maori and the British. Climbing up Mount

## The Spotlight

President and CEO — Richard K. Keene

Vice President and COO — John A. McIntyre Jr.

Executive Editor — Susan Graves

Senior Managing Editor — Katherine McCarthy

Managing Editor — Tim Mulligan

Editorial Paginator — Brady Chapman

Editorial Staff — Jim Cuozzo, Betsy Glath, Stephanie Lubis, Don Stake

Sports Editor — Rob Jonas

Photography — Jim Franco

Advertising Director — William A. Kellert

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

Art Director — David Abbott

Graphic Design — Martha Eriksen, Kevin Whitney

Business Manager — John Skrobela

Classifieds and Business Directory — Julianne Hebert

Office Assistant — Lindsay Wilkinson

Customer Service — Peg O'Toole

125 Adams St. P.O. Box 100, Delmar 12054

E-mail —

NEWS: spotnews@nycap.rr.com

ADVERTISING & CLASSIFIED:

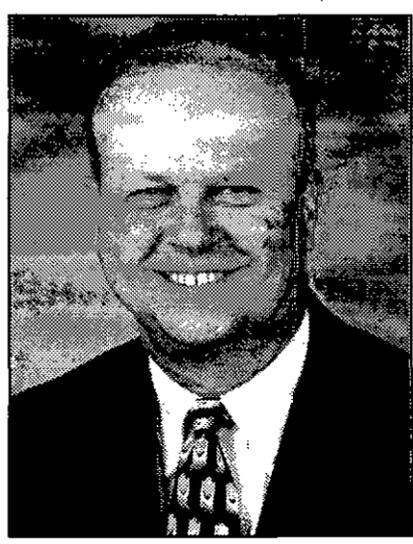
spotads@nycap.rr.com

(518) 439-4949

FAX (518) 439-0609

OFFICE HOURS:

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



# RE-ELECT George LENHARDT

## Bethlehem Town Board

*"Bethlehem is a great place to live and to raise a family. I'll continue to work to keep it that way."*

Paid for by the Committee to Re-Elect George Lenhardt

# Experience Matters

## BETHLEHEM TOWN HALL



**Gregg Sagendorph**  
*Superintendent of Highways*

**Mary Hammond**  
*Town Board*

**George Lenhardt**  
*Town Board*

**Judge Frank Milano**  
*Town Justice*

**Kathy Newkirk**  
*Town Clerk*

### On November 8th - Vote Republican, Row "A"

*Paid for by the Bethlehem Republican Committee*



## Elect Mary

# Hammond

## Town Board

Paid for by Bethlehem Republican Club

# Matters of Opinion *in the* Spotlight

## Town event traumatized children

Editor, The Spotlight:

We applaud the efforts made by all involved to put on the successful Bethlehem KARES event on Sunday, Oct. 16. It was great to see our town come together for such an important cause. However, we were surprised and disturbed when we arrived with our young children and immediately encountered an event volunteer in an extremely disturbing and grotesque Halloween costume. Our children were terrified and we ended up leaving the event due to their intense fear. Ours were not the only children affected.

It is very troubling that the planners of an event billed as

"family fun" thought it necessary to include something so fear-provoking. Most of the activities were clearly aimed toward families with young children. Publicity materials did not identify this as a Halloween-related event. The presence of such characters should have been clearly noted in advance so that parents could make informed decisions about whether or not to expose their children. At the very least, activities involving potentially frightening costumes and decorations should have been limited to an enclosed area clearly marked for older youth.

Our day of "family fun" at the

town park was in fact quite traumatic for our children. We never would have attended had we known about this character's presence and will think twice about attending town-sponsored events in the future.

With Halloween just past, it is important to consider the appropriateness of content included in town-sponsored events. For those older children and youth seeking more frightening experiences, there are plenty of options such as haunted houses that can be enjoyed without terrifying younger children in the process.

*Kathy Witherspoon and Eric Hardiman*  
Delmar

## Seniors thank good Samaritan

Editor, The Spotlight:

On the late morning of Sunday, Oct. 16, we looked out of our living room picture window to discover a maple limb about 40 feet long was lying across our driveway.

My wife and I (both borderline octogenarians) managed with great difficulty to seesaw it to one side of the driveway. Before we could finish, a gust of wind blew it back again. We again started to move it, when a young man drove by and asked if we needed help. Out of breath, we gladly accepted.

Without a word, he picked up the trunk and shoved it out of the way. We barely thanked him and

have no idea who he was. We would like to thank him at this time.

Another instance that Delmar is a nice place to live.

*Robert G. Kahnle*  
Delmar

Recycle  
this  
paper

### Announcing Community Caregivers 2005 "Giving Thanks" Gala

November 18 at the Albany Country Club



The festivities begin at 6:30 p.m.  
Tickets are \$75 per person

For information and reservations, call 218-1167

Please join us in celebrating our  
many blessings!



HAYLOR, FREYER & COON

PRIME PROPERTIES

LIACARS.COM

## Trip

(From Page 6)

Eden, a volcanic crater within 15 minutes of our apartment, and gazing down on a Maori sacred burial area and, at the top, a 360-degree view of Auckland and all of the islands that surround it. Geothermal areas with geysers, bubbling mud pools, amazing colors and structures. Rolling hills dotted with sheep, sheep, and more sheep. Waterfalls, fern forests, and more rainbows.

The South Island, where much

of the "Lord of the Rings" movies were filmed, is amazing. You can walk on glaciers and gaze at mountains topped with snow, yet five minutes later walk through a dense rainforest where you can easily imagine dinosaurs will emerge any second. My fondest memory is sitting on a remote beach with our visiting daughters after hiking through rough terrain to see the breeding grounds of the Fiordland crested penguins. Three hours later, with no penguin sightings, we sadly trekked back to the wilderness lodge. Luckily, the guide approached us the next morning to see if we wanted to try again, and we were rewarded immediately with the sight of one of these little penguins on a rock, waiting for us. A hike in exquisite Abel Tasman National Park, where a water taxi, followed by leaping dolphins, dropped us off at a remote spot and picked us up hours later at a beach where we had to wade up to our waists for our pick-up. We stopped at another remote location to watch hundreds of kekeno seals sun themselves on the rocks. Our daughters swam with the dolphins on the Banks Peninsula, and we all cruised through the fjords in Milford Sound. Jet-boating on the Dart River with its

intricate braided river system was great.

We were fortunate enough to be in New Zealand during a historic event - a rugby tour by the Lions, the all-star team from England, Ireland and Wales which played the famous Kiwi All Blacks team. Rugby is an amazing sport, but even more amazing is how every single person in New Zealand was absorbed in these matches or "tests." The All Blacks are world renown for doing a Maori war dance - the Haka - to intimidate their opponents. It certainly worked because the All Blacks won the series, and they won the Tri-nations against South Africa and Australia. Watching these games in a sports bar with so many rabid fans was a cherished experience.

Now that I'm home, people have asked - would you go back? I think we will. We might even return to the same spot in a few years and rekindle our friendships and work experiences. I hope we have incorporated some of the Kiwi attitudes about a less stress-filled life into our life back in the U.S. "No Worries" and "All good" are expressions I hope to use every day. New Zealand will always be in our hearts and our minds.

KNOW WHAT YOU'RE GETTING WITH THE BETHLEHEM CONSERVATIVE PARTY CANDIDATES...

### CONSERVATIVE CANDIDATES PLATFORM

- Small, efficient, and responsive Town Government
- Lower Taxes
- Quality activities for youth, families, and seniors
- Referendum voting on major issues
- No city machine politics
- Law & Order
- Increased efficiency
- Uncomplicated Town Government (fewer lawyers and high priced Consultants)
- Quality Town Services including clean & affordable water for every home and business
- No politics in our school system

TRY CONSERVATIVES FOR A CHANGE ...  
PLEASE VOTE ROW D ON NOVEMBER 8TH

**POLLS OPEN AT 6:00 AM and Close At 9:00 PM**

**ROBERT JASINSKI**  
for TOWN SUPERVISOR

**MARY HAMMOND**  
for TOWN BOARD

PAID FOR BY THE ALBANY COUNTY CONSERVATIVE PARTY  
RICHARD M. STACK, CHAIRMAN

## Lexington Vacuum

*We Are Moving Soon!*

To Our New Location  
at

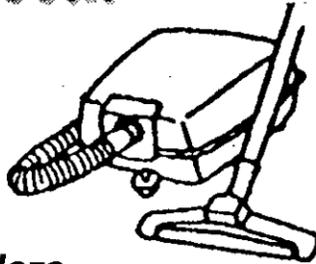
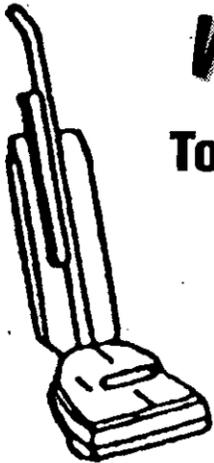
**\*997 Central Ave.**

1 block west of Westgate Plaza

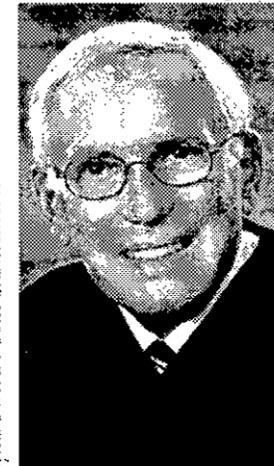
Look for our **GRAND REOPENING**

\*Still in our temporary location: 181 North Main

**482-4427**



### RE-ELECT



**DEMOCRAT  
CONSERVATIVE  
INDEPENDENCE**

12 Years as Our Town Justice  
40 Years of Legal Experience

**VOTE NOVEMBER 8th**

PAID FOR BY THE CANDIDATE

# VOTE ROW "B" DEMOCRAT THIS TUESDAY, NOVEMBER 8<sup>th</sup>

## EGAN



TOWN SUPERVISOR

## KOTARY



TOWN BOARD

## MESSINA



TOWN BOARD

## CAMPION



TOWN CLERK

## DONOVAN



TOWN JUSTICE

PAID FOR BY THE BETHLEHEM DEMOCRATIC COMMITTEE



*"Ryan Donovan is the right choice for Bethlehem Town Justice; Ryan has the actual litigation and trial experience to truly make a difference on the bench."*

- Jack Cunningham  
Albany County Legislator

# RYAN Donovan

FOR  
★ TOWN JUSTICE ★

**ELECTION DAY  
TUESDAY, NOVEMBER 8  
DEMOCRAT**

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



### Experience

- ★ Litigation & trial attorney, D'Agostino, Krackeler, Baynes & Maguire, PC
- ★ Graduate of Bethlehem Central Schools, Oswego State University of NY & Albany Law School of Union University
- ★ Volunteered for Albany County Public Defender's Office
- ★ Represented clients in local, state and federal courts in both civil and criminal matters
- ★ Represented state employees in both contract and disciplinary arbitrations

### Community Volunteer

- ★ Habitat for Humanity
- ★ Albany Pine Bush Preserve
- ★ Albany Law School Alumni Association Community Service organizer
- ★ Albany County Bar Association High School Mock Trial Tournament Judge

Paid for by Friends of Ryan Donovan

# Matters of Opinion *in the* Spotlight

## Writer worries about superintendent's absolute power

Editor, The Spotlight:

Peremptory: putting an end to or precluding a right of action, debate or delay; admitting no contradiction; absolute.

That describes the way the Bethlehem school superintendent decides disciplinary action. In the case of the recent homecoming stalker, Dr. Loomis lowered the boom on a harmless prank by someone he describes as a good student. He didn't admit it in his interview, but he not only gave the maximum five-day suspension, but ordered the school to press criminal charges. It doesn't end

there. Any student who is suspended is required to report that fact on their college applications.

The penalties assessed for this harmless prank (not even naked, at that), are not only incredibly harsh, but wildly inconsistent. The school cannot seem to make up its mind about how to deal with problems. A recent episode of major vandalism did not result in any charges filed and the same five-day suspension. Now that we have set a new precedent, what next? If something bigger comes along, does Dr. Loomis call in a SWAT team?

The other disturbing aspect is that he has absolute unquestioned authority over this. These punishments are given without any recourse. The suspension is given and the sentence begins at once. A letter is then mailed out to parents, arriving a couple days later saying they can have a meeting, but by then the punishment is a fait accompli. No reconsideration is ever given. Any appeal to the board is after the fact.

I am writing this as just one of many parents who have expressed their outrage over this incident. There is a building

frustration at the arbitrary and inflexible way that we and our children are being treated.

*James R. Storey, M.D.*  
Delmar

## Volunteers needed for holiday light event

Volunteers are needed for Albany's ninth annual "Capital Holiday Lights", which benefits the work of the Albany Police Athletic League. The event will be open every evening from Nov. 25 through Dec. 31.

All proceeds benefit Albany PAL, beginning its 17<sup>th</sup> year of service to young people in the capital region. For information, call 477-4984.

## Ravena MS seeks vendors for fundraiser

The RCS Middle School is seeking vendors for the first-ever "Holiday Fund Craft Fair/ Flea Market" on Nov. 5. The event, which is scheduled to run from 9 a.m. to 3 p.m. will raise funds to purchase holiday gifts for middle school students and their families who are experiencing difficult financial times during the holiday season.

A space rental fee of \$15 is being charged. Anyone interested in selling wares at the event should contact Terry at 756-5200 ext. 3016.

## Suspension was over the top

Congratulations to Hannah Morgan on her letter about the BCHS stalker. I wholeheartedly support her comments. A suspension is not warranted for such a prank.

As for the school officials who threaten legal action: Get a life! Surely there are enough serious problems among the student body that require attention. Such a prank should be cause for a chuckle and a moment of thanks that drugs, alcohol, violence, and loss of life were not part of this amusing moment.

*Katherine P. Henrikson*  
Delmar

### County clerk's office gets record revenues

**ALBANY —** Homeowners' advantage... He speaks up for the record... County clerk wins recognition for his role in preserving pieces of the past...



### Want to research property?

Click on Albany County Web site for quick access

### From hot line or online, records for the asking

County offers more information and more ways to gain access to it... If the Albany County clerk's office strikes you as an stores jumble of old cabinets and old record books, take heart. A new World Wide Web page describes which records are available, schedule of all fees, instructions on how to record a deed or mortgage...

### Clingan wins lifetime achievement award

**ALBANY —** County Clerk Thomas G. Clingan was recently voted the New York State Association of County Clerks "Lifetime Achievement" award recipient.

Clingan received the award "in recognition of a lifetime achievement of dedicated service to constituents and colleagues throughout the state," at the association's annual conference... Albany County clerk to receive state award... Albany County Clerk Thomas G. Clingan has been selected by the state Board of Regents and the State Archives as this year's recipient of the William Hoyt Annual Archives Award for Advocacy.

### Clingan chosen Clerk of the Year

**ALBANY —** County Clerk...

### Albany County putting immigration data online

The search for roots is a common one, and as more and more records move from dusty paper search capabilities... **CLINGAN:** Speaking up for records... County's Hall of Records triples space for storage... to students

**Got sports news?**

Spotlight Newspapers welcomes articles on community sports events and updates on athletes in college.

Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at [jonasr@spotlightnews.com](mailto:jonasr@spotlightnews.com)



**RE-ELECT JUDGE**  
**Frank Milano**  
Bethlehem Town Justice  
**EXPERIENCED • FAIR**

*"Milano... one smart cookie"*  
Paid For By Comm. To Re-Elect Judge Milano

# Clingan COUNTY CLERK

DEMOCRAT / INDEPENDENCE / CONSERVATIVE / WORKING FAMILIES - ROW B, C, D, OR E  
PAID FOR BY TAXPAYERS FOR TOM CLINGAN, P. O. BOX 4241, ALBANY, N.Y. 12204



**RE-ELECT JUDGE**  
**Frank Milano**  
Bethlehem Town Justice  
[www.milanoforjustice.com](http://www.milanoforjustice.com)

Try to contain yourself... it's just our website.



[www.spotlightnews.com](http://www.spotlightnews.com)  
your quality weekly newspapers on-line

**Judge Frank Milano Has The Experience & Judgment To:**

- Protect Our Children, Families, Seniors & Community
- Work To Meet Our Children In The Classroom, Not In The Courtroom
- Listen to Victims' Concerns
- Treat All With Fairness & Respect

**"Milano... one smart cookie."**  
Paid for by Comm. To Re-Elect Judge Milano

# Bronner challenges Clingan for county clerk seat

By GRAHAM S. PARKER

One challenger has stepped forward to run against Albany County Clerk Thomas G. Clingan, a Democrat from Cohoes, who has held the seat since 1989.

Then-Gov. Mario Cuomo originally appointed Clingan, who later went on to win the last four, four-year terms.

Loudonville resident, Republican Kevin M. Bronner Jr., 24, decided to run after noticing Clingan would be running unopposed.

Both have since developed platforms in hopes of bringing the office into the limelight, and opening its doors to easier public access to records.

The office, and its tasks, are relatively unknown to county residents.

"People don't have any idea that we were a major financial benefit to the county," said Clingan. "We have done some things that we should be getting out into

the open."

All clerk's offices are responsible for keeping records of their respective Supreme and County courts, in addition to all land records. Albany County's clerk also serves as its records management officer.

Under Clingan's watch, the office has run a surplus, a portion of which directly feeds back into the county's treasury. Last year the office brought in \$32 million in revenue, 90 percent of which offset state, city, town and village taxes, Clingan said.

Revenue is generated through county fees, surcharges and taxes. More than half of last year's \$32 million in profit was generated through a county mortgage tax of 1 percent. On Nov. 1 it was increased by a quarter percent to 1.25 percent.

The remaining funds accounted for 10 percent of the county's overall budget in addition to the operating expenses of the clerk's office, said Clingan.

That money has been used to update the office and utilities available to the public.

To date, the majority of county deeds and mortgages have been filed electronically with the office. Records are kept up for as long as 10 years, and they are accessible through the office's Web site. If he is re-elected, Clingan hopes to list all commercial deeds electronically.

Bronner also would like to make the office more user friendly, which in today's day and age means getting it online. Bronner is offering a five-point plan for the office.

To make access easier, he plans on establishing satellite clerk offices in surrounding municipalities. Office representatives will make scheduled appearances in hill towns, and areas outside the boundaries of the city, to bring the office to the county residents. He would also like to see the Albany office hours extended. They are currently 9 a.m. to 4:45 p.m.

Other ideas include an

outreach program and a thorough review of the office's budget.

Like Clingan, he would also like to see more of the office's records on line.

"At the least, my goal is to offer ideas to the voters," Bronner said. "I definitely plan on winning (election), but if I don't maybe he (Clingan) could use the ideas."

The two candidates have more in common besides the direction they would like to take the clerk's office. Although some years apart, both graduated from University at Albany and went on to receive public administration master's degrees. Bronner graduated last May and has recently

begun the master's program at the university.

Both would like to see the history of the county become a focus of the office. To date, Clingan has published and converted historical documents and photos. He plans to make them available online. The office has become an important resource for genealogical societies and enthusiasts throughout the county, he said.

The Albany office has temporarily relocated to 32 North Russell Road next to Westgate Plaza as renovations are under way in the Eagle Street Albany County Court House.

Visit the Clerk's Web site at [www.albanycounty.com](http://www.albanycounty.com).

## Cornell Cooperative Extension sponsoring holiday workshop

Come discover simple, low-cost, personalized ideas for gift-giving, decorations and food preparation in a holiday workshop sponsored by the Human Ecology and Horticulture Department of Cornell University Cooperative Extension of Albany County.

Each participant will get a chance to taste holiday treats and take home self-prepared crafts and gifts.

One evening session is offered from 6 to 9 p.m.

Thursday, Nov. 17. The workshop will be held at the William F. Rice Extension Center, 24 Martin Road, Voorheesville. The fee is \$15

per person.

For information or to register, call 765-3500. Registration is required by Monday, Nov. 9.

## Delmar Carpet Care

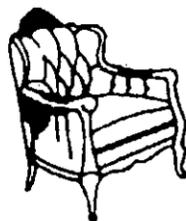
### QUALITY CARPET CLEANING

- WALL TO WALL
- UPHOLSTERY **439-0409**
- ORIENTALS AND AREA RUGS



Tim Barrett

## ROBERT'S UPHOLSTERY



Just in Time for the Holidays!

**346-0132**

Toll Free 1-866-290-0614

SAVE \$25  
OFF ON  
CHAIR

SAVE \$50  
OFF ON  
SOFA

SAVE \$100  
OFF SOFA &  
CHAIR

## Delmar church slates services

Delmar Reformed Church offers Traditional style worship at 9:30 a.m. Sundays and contemporary style worship at 11:15 a.m. Coffee and fellowship following worship and complete children's care all morning. Handicap accessible. Contemplative worship with communion will be at 6:30 p.m. The church is located at 386 Delaware Ave. Call 439-9929 for information.

## Experience Counts

28 YEARS WITH THE TOWN OF BETHLEHEM

## VOTE NEWKIRK FOR BETHLEHEM TOWN CLERK



**KATHY NEWKIRK**

License Issuance  
Information  
Notary Public  
Records Management

### Committed To Enhance All Office Operations

- Established Records Management Program
- Computerized office operations
- Developed web page with forms availability and Town Board agenda & minutes.
- Converted 45 years of paperwork to CD's
- Services available outside office hours

### Committed To Community Involvement

- Senior Services Volunteer Driver for 14 years
- Bethlehem Historical Association
- Bethlehem Business Women's Club

### Committed To Life-Long Learning

Member Of Many Professional Associations

Paid for by Town Of Bethlehem Republican Committee



**Meet Ken Dudley,**  
*Owner of*  
**TIP TOP Furniture**  
[www.tiptopfurniture.com](http://www.tiptopfurniture.com)  
Rt. 32 Freehold, NY - (518) 634-2226  
*People Call Ken And Ask,*  
**"Why In The World  
Tip Top Furniture?"**  
*"Because, we have a Large Selection of  
Quality Furniture, Non Commission Sales  
People and Our Low Overhead Is The Reason  
Our Prices Are So Pleasin'*  
**FREE DELIVERY In Your Area**  
*See Store For Details*  
**"People Come From Far and Wide,  
Cause It's Worth The Ride"**



ELECT  
**ROBERT JASINSKI**  
Bethlehem Supervisor  
**PEOPLE COME FIRST**  
◆ Taxpayer Relief  
◆ Referendum Voting on Major Issues  
◆ Citizen Friendly Planning  
◆ Enhance Public Safety  
◆ Uncomplicated Town Government  
◆ No Big City Machine Politics  
**TRY CONSERVATIVES FOR A CHANGE  
VOTE ROW D on November 8th**  
*Paid for by friends of Robert Jasinski*

# Town finds funds to adjust tax increase to 3 percent

By STEPHANIE LUBIS

Bethlehem's proposed 2006 budget of just over \$36 million will only raise taxes by 3 percent overall, down from the originally projected 5 percent. With a 3 percent increase, residential taxes will be \$11.48 per \$1,000 of assessed home value.

"We've had several meetings to try and find ways to lower the overall tax rate and not deplete our reserve accounts to a level that the state comptroller is uncomfortable with," said Supervisor Theresa Egan at last Wednesday's budget hearing.

Egan said town officials were able to find funds from the 2005 budget that they can allocate to the highway fund for 2006, which will reduce the highway fund tax increase from 8 percent to 4 percent, lowering the overall tax increase to 3 percent.

Also, the town has received \$2.4 million in sales tax revenue for the third quarter of this year, slightly higher than the projected \$2.2 million, which will bring down the town's deficit from \$900,000 to \$700,000.

Some people took the opportunity to speak at the budget hearing.

"A planned deficit of \$700,000 is not acceptable," said Linda Jasinski of Selkirk, and daughter of Robert Jasinski, candidate for town supervisor. "It's cutting into our reserves, and we need to keep our reserves as high as we can."

She also said the money spent on flowers and town beautification is too much, which Barbara Carkner of Elsmere agreed

with. "It's only in some parts of town," she said. "I don't live near the areas where this money goes for flowers. You should cut back."

She also suggested the town lower the 4 percent cost-of-living raise that will be given to town employees.

Egan said the town will seek public input at the beginning of the year to

decide which town services deserve priority.

"It will take community involvement," she said.

She also said the 4 percent cost-of-living increase for town employees is in line with national figures, but said that there is money in the coming year's budget to do a survey analysis of town employee salaries.

"Some think the salaries are too high, some think they are too low," she said. "It's been an issue for awhile."

Egan said the cost of the survey analysis would be between \$3,000 and \$5,000.

**"We've had several meetings to try and find ways to lower the overall tax rate and not deplete our reserve accounts to a level that the state comptroller is uncomfortable with."**

Theresa Egan

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

## Isn't it high time you take charge of your financial future?

We've got just the right first step.

Call me or stop by today to enroll in our upcoming *Investing Basics* seminar. You'll learn how to:

- Examine your financial situation
- Control taxes
- Identify and manage financial risks

**Date:** November 15, 2005  
**Time:** 6:30 p.m.  
**Place:** Normanside Country Club  
 165 Salisbury Rd.  
 Delmar, NY 12054



**Jerry Pittz**  
 Delmar Office  
 Main Square Shoppes  
 316 Delaware Ave., Delmar  
 475-7642



**James D. Merrill**  
 Guilderland Office  
 2022 Western Ave.  
 Guilderland  
 862-9755

Call or stop by today to reserve your seat.

**Edward Jones**  
 Serving Individual Investors Since 1871

## Young and old come together in mentoring program

The Across Ages Mentoring Program is planning a 2005 Retired and Senior Mentoring Recruitment Campaign, and the Hilltown Senior Citizens will have the opportunity to participate in this mentoring program. Across Ages is a mentoring program for Hilltowns youth age 9 to 15.

The program brings young people and older adults together to promote understanding across

the generations and to help make communications better, stronger and safer. The goals of Across Ages are to help children succeed in schools, feel good about themselves, resist taking drugs, and learning to help others.

The success of the program, and more importantly, its ability to improve services for the youth of the Hilltown will be dependent upon strong mentors.

The Hilltown Senior Citizens expertise and life experiences are key components in the implementation of this mentoring program.

This mentoring program protects the dignity of the child and the family and at the same time provides the retired and senior mentor with a positive and beautiful way to help. For information, call 432-0333.

## Bethlehem grad raises ranks at Connecticut College

Patricia Eames, a senior at Connecticut College and former Delmar resident, has been elected chair of academic affairs of the Student Government Association (SGA) for the 2005-06

academic year. Eames assumes many responsibilities. As chair of academic affairs, she coordinates the department advisory boards that

represent the student view on curriculum, staff appointments, tenure and other academic issues to department faculty. She also presides over the Board of Advisory Chairs.

Eames, a 2002 graduate of Bethlehem Central High School, is the daughter of Frederick and Barbara Eames of Delmar.

Ranked among the most selective private liberal arts colleges in the nation, Connecticut College enrolls 1,900 men and women from 46 states and 40 countries. The college is known for putting the liberal arts into action through interdisciplinary studies, international programs, funded internships, student-faculty research and service learning.

### Association meeting

The annual meeting of the Bethlehem Cemetery Association will be held Monday, Nov. 7, at 7 p.m. at Delmar Reformed Church.

For information, call 439-2394.

### Sewing Guild holds high tea, fashion show

The Albany Chapter of the American Sewing Guild's annual meeting, high tea and fashion show will be held at the Holiday Inn Turf, 205 Wolf Road, Albany on Saturday, Nov. 5, from 2 to 5 p.m.

The cost for the event is \$20 and both members and non-members are welcome.

The guest speaker will be Judy Barlup, a well known teacher and author who is dedicated to teaching sewing enthusiasts and professionals unique methods of accomplishing traditional projects. For information, contact 436-8228 or [www.timesunion.com/communities/asgalbany](http://www.timesunion.com/communities/asgalbany).

## George W. Frueh

Fuel Oil • Kerosene • Diesel Fuel

**Buy for Cash & Save!**

You don't need to be your oil company's banker!

**Quantity Discount**

Call for today's prices.

**Cash Only**  
 462-5351  
 Prayer Line

**Mobil**  
 436-1050

## 2005 Bethlehem Business Expo

Thursday, November 10th 5:00 – 7:00 pm

The American Legion 16 W. Poplar Drive, Delmar

**Bethlehem**  
 Chamber of Commerce

*In Business for Business*

SPONSORED BY:



**verizon**

*The Spotlight*

The 2005 BETHLEHEM BUSINESS EXPO is your chance to:

- support a vibrant Bethlehem;
- learn about products and services you can use from 30 local businesses;
- win raffle prizes; and
- enjoy complimentary hors d'oeuvres all in one convenient location.

The evening is free and open to the public. Exhibit space may still be available. Contact the Chamber at 439-0512 for details.

# Voorheesville Swim-A-Thon planned in honor of Ed Sayer

## Event scheduled for this weekend

The Guilderville Swim Team is planning a Swim-A-Thon in honor of Ed Sayer Saturday, Nov. 5, from 4 to 8 p.m. at the Voorheesville high school pool. There will also be money raised for a scholarship fund in Ed's name.

Money will also be donated to the Donna M. Crandall Foundation. Please plan to support this very important event.

Ed was a very special person in the Voorheesville district as well as with all his other friends.

Contact Kaitlin Saba, Jamie Glath or Jill Malfetano for information.

## NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



## Helderview Garden plans to meet at Legion

The Helderview Garden Club will have its next regular meeting on Thursday, Nov. 3, at 6:45 p.m. at the Voorheesville American Legion Hall.

The topic for this meeting is arrangement Holiday / Kissing Ball.

For information, call Bev MacMillen at 765-2889. Friends are always invited.

## Project Wet teacher workshop is planned

A Project WET teacher workshop will be held Saturday, Nov. 5, from 10 a.m. to 3 p.m., at the New York State Department of Environmental Conservation's Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

The workshop, open to teachers and youth leaders, will introduce Project WET. (Water Education for Teachers), an interdisciplinary program that focuses on the water resource and the creatures that inhabit it.

Participants who successfully complete this one-day

course will receive a teachers' manual plus other materials. Teacher in-service credit is available for this workshop; documentation for credit will be coordinated through the Greater Capital Region Teacher Center.

This workshop is free. Participants should dress for the outdoors. Registration by Thursday, Nov. 3, is necessary. For information or to register, call 475-0291.

## Scouts collect food for local food pantry

Cub Scout Pack 73 will be collecting food for our local food pantry on Saturday, Nov. 12. The yellow bags will be dropped off on Saturday, Nov. 5, between 9 a.m. and noon and picked up on Saturday, Nov. 12, between 9 a.m. and noon.

Recommended items are peanut butter, canned stew, chunky tuna, soup and any long shelflife items.

Please place bags at your front door where Scouts can see them.

For information, call 439-1014.

## Cabaret concert set for Nov. 5

The Voorheesville Friends of Music will be hosting its annual Cabaret concert Saturday, Nov. 5, at the high school.

The community is invited for a musical evening of entertainment at the Voorheesville high school.

The program will begin at 7 p.m. and doors will be open at 6 p.m.

The cost is \$5 for adults and \$3 for seniors and students.

For information, call 765-3314 ext 752.

## Annual bazaar set for Nov. 19

The Voorheesville United Methodist women will hold their annual Mission Bazaar on Saturday, Nov. 19, from 9 a.m. to 2 p.m. at First United Methodist Church of Voorheesville.

There will be handmade gifts, baked goods and more.

For information, call 861-0023.

## Five Rivers offers program on history of deer

A program on the natural history of deer will be held on Saturday, Nov. 12, at the New York State Dept. of Environmental Conservation's Five Rivers at 2 p.m. Mid-November is a very active time for deer. Join center naturalists on a field study of white-tail, searching for tracks, trails, pellets, rubs, scrapes, beds and mast, all good indicators of deer and their activities in the fall season.

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

--- COUPON ---

### TENDERCARE CHILD CENTERS

569 Elm Ave., Bethlehem



**FREE Registration**  
With This Coupon

**(\$50 VALUE)** Limited To  
First Time Customers

**OPEN HOUSE**  
Nov. 12<sup>th</sup> - 1-3  
at the Bethlehem location

- Infants 6 Wks. To 5 Yrs.
- Hot lunches & Home Baked Snacks
- Indoor Gym/Huge Outdoor Playground
- Open Mon - Fri 7:30 - 5:30

**478-0787**    **869-6032**  
Bethlehem            Guiderland

--- OFFER VALID WITH THIS COUPON ---



**Capital Upholstery** Spruce Up Your Home For The Holidays

A CUSTOMER SERVICE BUSINESS

CUSTOM DRAPERS & UPHOLSTERY • FREE IN-HOME ESTIMATES & CONSULTATION  
FREE PICK-UP & DELIVERY • QUALITY WORKMANSHIP & COMPETITIVE RATES

**765-2169** Serving the Capital District For 18 Years

**CROSSROADS FORD/MERCURY**

## 2003 Ford Explorer Eddie Bauer

**\$18,995**  
35,000 miles



**Overstocked in Quality Trades. Come on in!**

**756-2105**    2466 Rt. 9W Ravena

WWW.CROSSROADSNY.COM  
Mon. - Thurs. 8 a.m. - 8 p.m., Fri. 8 - 6, Sat. 8 - 5

## Elect Margaret 'PEG' NERI

New Scotland Town Board

**Who is the only candidate:**

- to outline the issues facing our Town?
- to offer direction to achieve solutions?
- to show initiative and leadership?

**PEG  
PEG  
PEG**

**WE NEED PEG ON THE BOARD.....VOTE FOR PEG NERI**

Paid for by the New Scotland Democratic Committee



*"Real home cooking."*

Part of what makes life at Coburg Village so special is what's on the menu. We offer you a choice of three dining areas, with everything from light snacks to elegant meals lovingly prepared each day by our own highly trained culinary staff. What's more, all this great home cooking is included in your monthly fee...so bon appétit!

**COBURG VILLAGE**  
A Ministry of Wartburg Lutheran Services

**371-5000 • www.coburgvillage.com**  
**No buy-ins required!**

*Life's better here.*

# Sign-up under way for Bethlehem library blood drive

Get a jump on holiday gift-giving by donating blood.

Bethlehem Public Library is hosting its fourth annual Red Cross blood drive Saturday, Nov. 12, from 10 a.m. to 3 p.m. Donors are invited to pre-register at the information desk.

According to the American Red Cross, the rarest blood type is the one that isn't there when it's needed. This observation reflects the fact that 60 percent of Americans are eligible to donate blood, but only 5 percent actually do.



One donation — about a pint — can save up to three lives. Whole blood is used in catastrophic cases, but most whole blood is separated into three components — red blood cells, platelets, and plasma — that can be used individually. Red blood cells help patients undergoing surgery, those who have lost blood in accidents, and those

suffering from anemia. Platelets, which help blood to clot, are useful for cancer patients undergoing chemotherapy. Plasma helps replace lost fluid volume for burn patients.

**Some facts about blood**

- Blood makes up about 7 percent of an individual's body weight.
- The average adult's body contains 10 to 12 pints of blood.
- A newborn baby's body contains about a cup of blood.
- There are about one

billion red blood cells in two or three drops of blood.

- There is no substitute for human blood.
- Someone in America needs blood every two seconds.
- Blood shortages often occur during summer and winter holidays.
- Because blood is given voluntarily, hospitals never charge for its use.

**Origins of the American Red Cross**  
Clara Barton (1821-1912) was the first person to

establish a lasting Red Cross Society in America.

She organized the American Association of the Red Cross in Washington, D.C. on May 21, 1881, and served as its volunteer president until 1904.

Barton's organization enlarged the scope of the original International Red Cross Movement by adding disaster relief to battlefield assistance.

Find out more about the International Red Cross Movement and the American Red Cross at [www.redcross.org](http://www.redcross.org).

—Louise Grieco

## Bethlehem Public Library announces November programs

The Bethlehem Public Library, located at 451 Delaware Ave., Delmar, announces November programs:

**Swing along memory lane**

Pianist Arnold Seim will play old-time favorites at Bethlehem Public Library on

Friday, Nov. 18, at 2 p.m.

Seim, who has performed in many area venues, is a member of several local bands, and is a longtime church organist and choir director.

Co-sponsored by Bethlehem Senior Projects, Inc.

**Teen council meeting set**

Bethlehem Public Library's teen council will meet on Thursday, Nov. 17, at 7 p.m.

Middle school students help plan library services for teens and suggest book and movie titles.

Visit [www.bethlehem-publiclibrary.org](http://www.bethlehem-publiclibrary.org) or call Beth Nagel at 439-9314 for information.

**Got games?**

Kids in grade 4 and up can drop in for some competition at Bethlehem Public Library on Sunday, Nov. 20, at 2 p.m. Bring a friend and your favorite board game; chess sets and Scrabble provided.

For information on these programs, call 439-9314 or e-mail [griecol@uhls.lib.ny.us](mailto:griecol@uhls.lib.ny.us).

*Got news?*

Call Spotlight at 439-4949.

YMCA  
We build strong kids,  
strong families, strong communities.

**The Bethlehem Area YMCA cordially invites you to attend our OPEN HOUSE**

Saturday, November 5th & Sunday, November 6th  
7:00am - 7:00pm

Receive a free public skate voucher with a tour of the facility (skate rental additional)

Enjoy a personalized Ready-Fit program with each new membership

Current members who refer a new member to the Bethlehem Area YMCA for an annual or bank draft membership receive ONE FREE MONTH!

Bethlehem Area YMCA  
900 Delaware Avenue  
Delmar, NY 12054  
(518) 439-4394

For 15 years I have helped people find homes they love...

Let my experience help you find a home you will love.

Count on Cathy...

**Cathy Cooley**  
LICENSED ASSOCIATE BROKER

**518.448.6121**

CCooley@RealtyUSA.com  
CathyCooley.realtor.com

**More than you expect...  
...from certificates!**

**4.40%** APY\*

17 months  
\$500 minimum

**Sunmark**  
FEDERAL CREDIT UNION

*More than you expect.*

[www.sunmarkfcu.org](http://www.sunmarkfcu.org) • 866-SUNMARK

Sunmark is federally insured by the National Credit Union Administration.  
\*Annual Percentage Yield (APY) as of October 25, 2005. \$500 minimum balance required to open account. Penalty may apply for early withdrawal. Rates subject to change without notice.

**TOUGH EQUIPMENT. FOR TOUGH WEATHER.**

AS LOW AS  
**\$18**  
A MONTH

**524S Snow Blower**

- 5.0 hp Tecumseh Snow King® engine
- 24" auger width
- 5 forward speeds, 2 reverse

**\$599.95 Power Price**

AS LOW AS  
**\$30**  
A MONTH

**10527SBE or 10530SBE Snow Blower**

- 10.5 hp Tecumseh Snow King® engine
- Electric start
- 27"/30" auger width
- Single motion chute control

**\$999.95 Power Price**

\*Prices, products, promotional offers and financing vary by dealer. Financing subject to credit approval. © 2005

**Husqvarna**  
Tough Name. Tough Equipment.™

**TOLSEN'S POWERAMA**  
SALES & SERVICE • RENTAL  
EQUIPMENT POWER EQUIPMENT

1900 New Scotland Road,  
Slingerlands • 475-9660

# Good Sam residents take advantage of library services

By LOUISE GRIECO



Ginny LaJuene shares library books with Bethlehem seniors.

"Can I talk anyone into taking a book today?"

Persuading folks to read is easy for Ginny LaJuene. She is facilitator of Bethlehem Public Library's BookBeat at Good Samaritan Lutheran Home.

With the help of an outreach mini-grant from the Upper Hudson Library System, Good Samaritan's facility on Rockefeller Drive in Delmar has received the benefits of professional library services on-site since last May.

A specially designated collection of books, audiobooks and videotapes selected by library staff has been placed at Good Sam's two facilities — the assisted living center and its nursing home. Residents can borrow and return these books where they live, without the logistical difficulties of library cards, due dates and travel.

A series of monthly librarian-led book talks complements the eight-month project. Residents also have the benefit of on-site professional reference help and readers' advisory services.

This type of community outreach has far-reaching implications for a traditionally underserved population—the frail elderly—many of whom were once regular library users. The program restores their connection to the library.

LaJuene is the project's visiting librarian. On a rainy October afternoon she lugged two tote bags — one for each facility — filled with the month's new offerings and an annotated bookmark with the features of the day.

Her easy style included talking to each resident individually. Her teasers about the books were enticing and laced with personal anecdotes.

"All four of my grandparents were immigrants," she said as she introduced *Ellis Island* by Fred Mustard Stewart. "I love to read about the struggles and triumphs of immigrant families."

The meeting at the assisted living facility took place in a comfortable blue-and-ivory sitting room. LaJuene set up the contents of one of the tote bags on the coffee table. Books purchased for this project lined a bookshelf in this room; LaJuene was happy to see that at least half of them were off the shelves and in the hands of readers.

A sign on the bookshelf — "read, return and share with others" — prompted her to encourage residents to share and discuss books with each other. She reminded them that they could keep these books as long as they liked; there were no overdue fines.

About a dozen women gradually gathered in the room as LaJuene spoke about the materials she'd brought that day: a western, a biography, romances, classic and contemporary mysteries, and—her surprise offering—a videotape of Red Skelton TV shows. Her choices appealed to an age group familiar with the travails of the Dust Bowl

(*Out of the Dust*), immigration (*Ellis Island*), Katherine Hepburn (*Me*), widows and widowers whose children worry about them (*To Dance With the White Dog*), and Zane Grey (*Light of the Western Star*).

One latecomer had been visiting a sick friend, who had nevertheless sent her down with instructions to "go and see what they have!"

LaJuene brought her second tote bag to the nursing home, unloading it in a small dining room as about 15 residents wheeled in. "I've been working with this group a longer time. We know each other better, and there are regulars here."

Three in the group were men. LaJuene told them she was on the lookout for books that appealed to men.

"I know that Danielle Steel isn't going to cut it," she said dryly. But Bruce Catton's *Civil*

*War* in audiobook form might. The residents talked about

the readability of mystery writer P.D. James, how to "get into" a book, and the merits of listening to a book presented on tape by a competent reader. One of these was Joane, who had worked for 26 years at the fledgling Upper Hudson Library Federation. Another, Marjorie, had once been a Slingerlands resident and regular library patron. Still another pored over a copy of the library newsletter and asked about library programs on travel. It was clear that

many of these people were eager to maintain their reading life.

Out in the lobby after the talk, Joane found out that her appointment with a Good Samaritan staff member had to be postponed for a day.

"It's all right," she said, "Life stands still for us."

The staff at Bethlehem Public Library hope, through the BookBeat program and LaJuene's visits, to bring the wider, moving world to them again — the world of their community, and the world of books.

**Thinking About Buying or Selling a Home?**

**Think Twice.**

**Ro Mosmen & Ann Manning.**

**(518) 448-1111**




[www.romosmen.com](http://www.romosmen.com)  
[www.annmanning.com](http://www.annmanning.com)

# Finally . . .



**Mark T. Bryant, CFP®**  
[www.bryantassetmgt.com](http://www.bryantassetmgt.com)

**...retirement is on the horizon.**

Are you ready? Will your retirement income be able to keep you in style to which you are accustomed?

My years of experience and expertise will help you get to the place you need to be.

Call for a no obligation consultation... it's *never* too late.

**1280 New Scotland Rd.**  
**Slingerlands**  
**439-1141**

Securities and Advisory Services offered through Commonwealth Financial Network, Member NASD/SIPC, A Registered Investment Advisor.

**Asset Management**



**BRYANT ASSET**

## Are you ready for your mammogram?

**The Breast Care Center at Albany Med's South Clinical Campus** was specifically designed to provide women with outstanding medical imaging in an atmosphere created to inspire comfort and ease anxiety associated with medical exams.

**We are proud to offer:**

- Second generation digital mammography
- Comprehensive breast imaging services
- Private waiting area and consultation room
- Convenient location and free parking

The Breast Care Center strives to make it easy for you to receive the best possible care, whether your needs are preventative, routine, chronic or unexpected.

**Call today to schedule your mammogram (518) 262-1244.**

Same day appointments are available.

The Breast Care Center is located at Albany Med's South Clinical Campus, 25 Hackett Blvd., Albany.



**Albany Medical Center**  
Experience. There is no Substitute.

# Town

(From Page 1)

Hammond said the most important issue is taxes.

"For the past two years, taxes have risen, and I've talked to people who are afraid they can't afford to stay in town," she said. "I'm concerned with the town's current spending, like with the \$450,000 spray pool for kids. I'm concerned that it cost so much money, when that money could have been spent elsewhere, or the pool built for a lower cost."

She said residents are also concerned about the coming revaluation in 2006.

## Kyle Kotary

For Kyle Kotary, who is running on the Democratic and Independence tickets along with Sam Messina, regionalization on all issues, including water, is important.

"It's important to work with other towns, and we can address issues both regionally and internally, working together to produce better services," Kotary said. He sees the potential for the

Hudson riverfront to hold residential and mixed-use development, with the comprehensive plan as a guide.

"It's a perfect opportunity to manage growth," he said.

Kotary would attract businesses with the help of both local and regional chambers of commerce and re-using existing facilities for businesses.

"We have tax incentives in place, and new zoning codes will help direct locations," he said.

Kotary would also like to see a traffic study of the area, and work with the county and the state Department of Transportation on traffic concerns.

"Not all roads are under town supervision, and we should work with other levels of government," he said. Managing growth with the comprehensive plan while exploring alternate travel routes are other ways to help manage traffic, he said.

Slowing residential growth is a good problem, he said, because it says good things about the town.

"Again, we should utilize the

# Meet the Candidates: Town board



George Lenhardt



Mary Hammond



Sam Messina



Kyle Kotary

comprehensive plan," he said. "It's hard to predict growth, but it is important to have guidelines, and we don't want to discourage residential growth."

Kotary said consolidating fire departments as well as other taxing entities is a good idea.

"Bringing together several taxing entities that don't necessarily communicate is good, because it can help us find solutions," he said.

Kotary said that keeping open space would be accomplished by offering incentives for landowners and community participation. Establishing linkages between communities is essential, he said, as is gathering input to determine areas of the highest need.

Kotary agreed that taxes are the most important issue to town

residents, and said that improving efficiencies in town government and managing growth are ways to help reduce the tax burden. He also said the coming re-assessment will be a big issue for many residents.

"It's important that the town board really look closely at that," he said.

## Sam Messina

Sam Messina has believed in regionalization for many years, he said, and also encourages local control for issues such as the town water supply.

"You need a balance," he said. "The way to strengthen services is to share resources."

Messina said he would encourage businesses in town with the comprehensive plan, and by utilizing the Industrial Development Agency and Payment

in lieu of taxes programs.

"We are now in a position to tell developers exactly where and how we want to develop," he said.

Messina acknowledged that it's a challenge to fix the congestion on Delaware Avenue because the area is already developed, but said he would keep the area pedestrian friendly, get businesses together to deal with public access points, and do studies with the Department of Transportation, while looking at surrounding areas to divert traffic.

Messina said slowing residential growth would not solve any problems.

"We've got to keep our eye on the ball, which is what we want the character of the town to be," he said. "Proper density, cluster zoning, willing landowners to preserve open spaces, planning and being adaptive is how we'll keep growth in check."

He said he has advocated for 15 years for the comprehensive plan as a way to keep open space.

"Open space is key in that plan," he said. "Willingness to participate in the process is key, like with the citizen advisory committee on conservation."

Messina agreed that taxes are a major community concern, but said retaining community character is also a huge issue.

"We don't have to talk about just one, but both," he said. "In many cases, they are opposite sides of the coin. It gets back to developing businesses and economizing."

**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

<b>PREMIUM WHOLE PORK LOINS</b> 17 LB. AVG. WT. <b>\$139</b> LB. CHOPS • RIBS • ROAST	WE ARE NOW TAKING ORDERS FOR YOUR FRESH TURKEYS AND TURKEY BREAST, JUMBO SHRIMP, OYSTERS, GRANDMA'S PIES	<b>PREMIUM CENTER-CUT RIB PORK CHOPS</b> <b>\$189</b> LB.
<b>COUNTRY-STYLE SPARE RIBS</b> <b>\$169</b> LB.	<b>PREMIUM EASY-CARVE BONELESS PORK LOIN ROAST</b> <b>\$269</b> LB.	<b>ITALIAN STYLE TURKEY SAUSAGE</b> <b>\$199</b> LB.
U.S.D.A. CHOICE & HIGHER WHOLE N.Y. STRIP LOINS 15 Lbs. Avg. Weight <b>\$639</b> U.	U.S.D.A. CHOICE & HIGHER WHOLE TENDERLOINS PEELLED 5 Lbs. Avg. Weight <b>\$1259</b> U.	<b>10 LBS. OR MORE</b> GROUND CHUCK <b>\$199</b> U. GROUND ROUND <b>\$259</b> U. GROUND SIRLOIN Extra Lean <b>\$279</b> U.

Prices Good Thru 11/5/05 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday

*Country Elegance*

**Meadow View - Bethlehem from the \$380's**

BETHLEHEM SCHOOLS, New Custom Homes  
Standard features include: Solid Oak Flooring, Fireplace (gas and wood), Central A/C

Open as announced and by appointment.  
New plans added.

**WIFT BUILDERS**  
"A Family Tradition Since 1834"  
**439-4663**

Dir: Elsmere Ave. to L on Feura Bush Rd.,  
R on Wemple Rd., 1/3 mi. to Meadow View

Good Neighbor.  
**GREAT RATES.**

<p><b>SAVINGS ACCOUNTS</b></p> <table border="0"> <tr><td>\$0 - \$24,999</td><td>1.60% APY*</td></tr> <tr><td>\$25,000 - \$49,999</td><td>1.85% APY*</td></tr> <tr><td>\$50,000 - \$99,999</td><td>2.85% APY*</td></tr> <tr><td>\$100,000 +</td><td>3.00% APY*</td></tr> </table> <p><b>MONEY MARKET ACCOUNTS</b></p> <table border="0"> <tr><td>\$0 - \$99</td><td>0.00% APY*</td></tr> <tr><td>\$100 - \$9,999</td><td>1.50% APY*</td></tr> <tr><td>\$10,000 - \$24,999</td><td>1.60% APY*</td></tr> <tr><td>\$25,000 - \$49,999</td><td>2.10% APY*</td></tr> <tr><td>\$50,000 - \$99,999</td><td>3.00% APY*</td></tr> <tr><td>\$100,000 +</td><td>3.50% APY*</td></tr> </table>	\$0 - \$24,999	1.60% APY*	\$25,000 - \$49,999	1.85% APY*	\$50,000 - \$99,999	2.85% APY*	\$100,000 +	3.00% APY*	\$0 - \$99	0.00% APY*	\$100 - \$9,999	1.50% APY*	\$10,000 - \$24,999	1.60% APY*	\$25,000 - \$49,999	2.10% APY*	\$50,000 - \$99,999	3.00% APY*	\$100,000 +	3.50% APY*	<p><b>CERTIFICATES OF DEPOSIT</b></p> <table border="0"> <tr><td>90 Day</td><td>4.25% APY*</td></tr> <tr><td>180 Day</td><td>3.66% APY*</td></tr> <tr><td>1 Year</td><td>4.00% APY*</td></tr> <tr><td>2 Years</td><td>4.15% APY*</td></tr> <tr><td>3 Years</td><td>4.20% APY*</td></tr> <tr><td>4 Years</td><td>4.25% APY*</td></tr> <tr><td>5 Years</td><td>4.35% APY*</td></tr> </table>	90 Day	4.25% APY*	180 Day	3.66% APY*	1 Year	4.00% APY*	2 Years	4.15% APY*	3 Years	4.20% APY*	4 Years	4.25% APY*	5 Years	4.35% APY*
\$0 - \$24,999	1.60% APY*																																		
\$25,000 - \$49,999	1.85% APY*																																		
\$50,000 - \$99,999	2.85% APY*																																		
\$100,000 +	3.00% APY*																																		
\$0 - \$99	0.00% APY*																																		
\$100 - \$9,999	1.50% APY*																																		
\$10,000 - \$24,999	1.60% APY*																																		
\$25,000 - \$49,999	2.10% APY*																																		
\$50,000 - \$99,999	3.00% APY*																																		
\$100,000 +	3.50% APY*																																		
90 Day	4.25% APY*																																		
180 Day	3.66% APY*																																		
1 Year	4.00% APY*																																		
2 Years	4.15% APY*																																		
3 Years	4.20% APY*																																		
4 Years	4.25% APY*																																		
5 Years	4.35% APY*																																		

For more information, contact your local participating State Farm agent about State Farm Bank® or visit statefarm.com.®



**Elaine VanDeCarr**  
848 Kenwood Avenue  
Slingerlands, NY 12159  
Bus: 518-439-1292  
elaine.vandecarr.cklr@statefarm.com



**Jane Bonavita**  
210 Delaware Avenue  
Delmar, NY 12054-1221  
Bus: 518-439-6222  
jane.bonavita.btyd@statefarm.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

\*Annual Percentage Yields as of 10/25/05. Rates on all products subject to change without notice. Fees on Savings and Money Market Accounts could reduce earnings. Minimum opening deposits are \$100 for Savings Accounts and \$1000 for Money Market Accounts. For CDs, minimum balance to open an account and obtain the stated APY is \$500. CD rates apply to deposits less than \$100,000. 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.



# Insurance solutions for your home and business.



**First Niagara**  
RISK MANAGEMENT, INC.  
Insurance - Claims Services - Financial Solutions

Offices in Albany, Buffalo, Copake, Hudson, Ithaca,  
Plattsburgh, Rochester & Syracuse

1-888-428-2401

# Real Estate *in the* Spotlight



**Step by Step...**  
 Take the stress out of buying or selling your home. I'll stage your home for a fast sale or help you realize the potential of a new one.



**Carmen Clemence**  
 (518) 378-3276  
 CClemence@RealtyUSA.com

*Se Habla Español.*



343 Delaware Avenue  
 Delmar, NY 12054  
 518 439-4426  
 Pager: 518 446-8999  
 800 358-2651  
 William.Powell@TDBanknorth.com



**Bill Powell**  
 Assistant Vice President  
 Mortgage Loan Officer

**TD Banknorth Mortgage Group**  
 TDBanknorthMortgage.com/bpowell

Member FDIC. | TD Banknorth, N.A. | Equal Housing Lender | Loans subject to credit approval

**Classic Homes REAL ESTATE GROUP .COM** **320-8797**

**Now Hiring Sales Associates!**

*Serving buyers and sellers in your area!*

**\*\*\*4.5% Listing Plans\*\*\***



**Diane Sala**  
 Licensed Sales Office Manager

340 Glenmont Rd. Glenmont  
 www.classichomesrealestategroup.com

**Test Drive a Career in Real Estate.**

Visit our website [www.cbprime.com](http://www.cbprime.com), click "Albany" and take a free on-line test to see if you have the skills, abilities and personality to succeed in real estate.

**COLDWELL BANKER** **Jeanne Warzek GRI, CRB**  
 Director of Career Counseling  
 PRIME PROPERTIES, INC. **640-4234**

A CAREER IN REAL ESTATE CAN LEAD YOU DOWN NEW ROADS.

**Sell Your Home with the Brightest Star**



**Abbey Farbstein**

**For Sale COLDWELL BANKER PRIME PROPERTIES, INC.**

**SOLD ABBEY FARBSTEIN**

**Over \$17 Million in sales this year!**

For results in your next real estate move call Abbey at...

**439-9600**

**COLDWELL BANKER**  
 PRIME PROPERTIES, INC.

**TechValley Homes Real Estate**  
*"The forward thinking company"*



**Michele Stuto Burns**  
 Multi-Million Dollar Producer

**Sell with Michele**  
 20 years of experience  
**527-9770**

[MicheleB@TechValleyHomes.com](mailto:MicheleB@TechValleyHomes.com)

# 'Chicks with Sticks' click for charitable organizations

By STEPHANIE LUBIS

They may sound like a dangerous bunch, but "Chicks with Sticks" are far from it. The sticks in question are knitting needles, and the chicks are women that Jody Mason of Delmar got together to knit blankets, caps, and other yarn creations for charitable organizations.

"I wanted to use my God-given talents for something, so I chose this," she said.

Mason started the knitting group this past August, and the

"chicks" are friends of hers that she didn't get to see as often as she might have liked.

After retiring from Joyelle Jewelers in Main Square two years ago, Mason began knitting blankets for the Linus Foundation, which donates blankets to disaster victims, and to Head Huggers, a foundation based in Maryland which donates

caps to people who have undergone chemotherapy and have lost their hair.

"It got so I couldn't make enough, and so I wanted to get

people together and spread the word," Mason said.

Currently there are five members of Chicks with Sticks, but new members are welcome, even those who have never picked up or even seen a knitting needle.

Mason began knitting at age 10.

"It took me four years to make my first sweater," she said.

A combination of people taught Mason her skill, including her Italian grandmother, her mother, and her Norwegian neighbor who owned a yarn shop.

"I saw her knitting socks on four needles," she said. "It's really not that difficult."

Once a week, for two or three hours, the women get together to talk, laugh and knit. Mason said

so far the group favors simple designs that allow for less concentration and more conversation.

"We use a basic pattern so we can talk and not lose our place," she said. "This group is about fellowship, and the simple pattern still comes out beautifully."

So far, Mason has sent eight baby sweaters, three adult caps

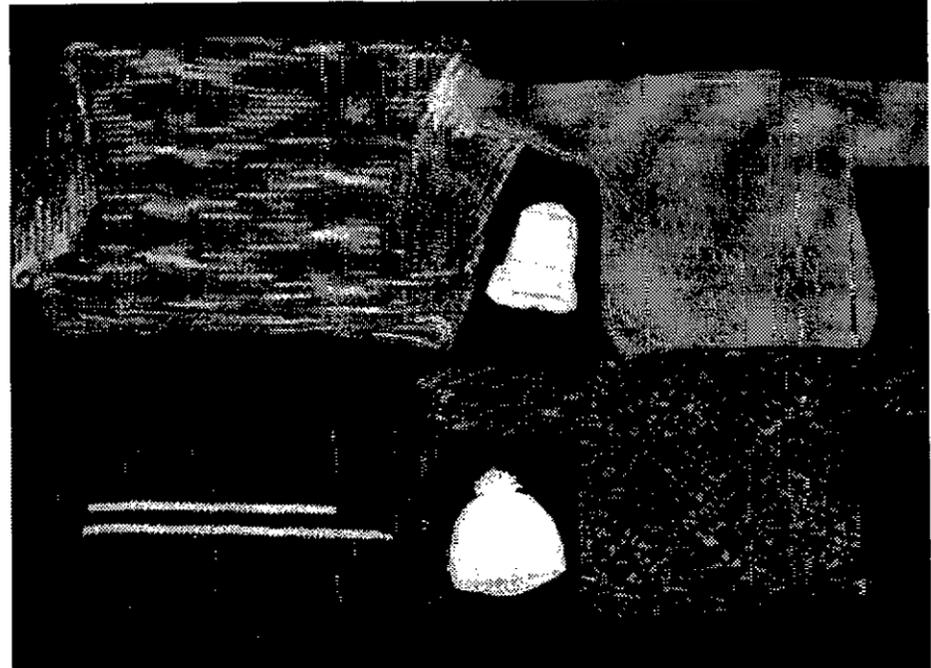
and three baby caps to charitable organizations. As a group, Chicks with Sticks has sent eight more chemotherapy caps, two Afghans, two shawls, and some hats with matching scarves.

"We buy our own materials," Mason said.

A skein of yarn costs between \$3 and \$6, she said. For a large Afghan, four to six skeins are used, and for baby blankets, two skeins are used. The yarn is available at craft stores like A.C. Moore and Michaels, and also at Wal-Mart.

"We hope that people see the amount of love that goes into what we knit," said Mason. "We sew a handmade tag with a prayer, and one lady who received a chemotherapy cap called to tell us she really appreciated the thought."

For information, e-mail Mason at [rmason02@nycap.rr.com](mailto:rmason02@nycap.rr.com).



Sweaters and hats made by "Chicks with Sticks" that will be donated to charity.

## Veeder's Tree Farm

### OPEN FOR THE SEASON

**CHOOSE & CUT**  **HUGE SELECTION**

**Tag your Christmas tree NOW!**  
Pick up at your convenience.

**Call 731-8585**  
1235 High Hill Rd., Earlton, NY  
Off Route 81, Greene County

REGISTER TO WIN!!

  
SOUTHWEST.COM  
A SYMBOL OF FREEDOM

## TWO FREE ROUND TRIP AIRLINE TICKETS

COMPLIMENTS OF SOUTHWEST AIRLINES  
And the Bethlehem Chamber of Commerce

### GOOD ANYWHERE SOUTHWEST FLIES

### NO BLACKOUT DATES!

YOU'LL BE TREATED LIKE ROYALTY ON SOUTHWEST AIRLINES!

Here's how to register to win:

- Visit the 2005 BETHLEHEM BUSINESS EXPO between 5-7 p.m. on Thursday, Nov. 10, 2005 at the American Legion Post, 16 W. Poplar Drive, in Delmar.
- Talk to over 40 local business people all under one roof?
- Complete your lucky ticket - and drop it in the basket on your way out!
- Enjoy complimentary appetizers and many other chances to win great door prizes donated by local businesses!

The event is free and open to the public. No purchase necessary. You must register in person on 11/10 between 5 and 7 p.m. at the Business Expo. Only one entry per attendee. The Bethlehem Chamber of Commerce reserves the right to determine eligibility. Bethlehem Chamber employees, Board Members and their families are ineligible.

SPONSORED BY:

The evening is free and open to the public. Contact the Chamber at 439-0512 for details

Got news?  
Call Spotlight at 439-4949.

## We offer professional services and competitive products.

Personal and commercial

Serving the community for over 45 years

 **BURT ANTHONY ASSOCIATES** Call for a quote today!  
**439-9958**  
FOR INSURANCE Greg Turner, President 750 Delaware Ave., Delmar

 **Rachmaninov In America**

Friday, November 11, 2005, 7:30 pm  
Palace Theatre, Albany, NY

Stefan Sanderling, Guest Conductor

Stephen Dankner: *The World of Yesterday*  
~Evenings with My Grandfather\*  
Prokofiev: *Violin Concerto No. 2*  
~ Yura Lee, violin  
Rachmaninov: *Symphony No. 3*

Tickets: \$21.00 - \$41.25 518-465-4663

Vanguard Prevue @ Noon—Nov. 10 at the Albany Public Library, Washington Ave Branch-gives you a FREE inside look at the upcoming concert.

Information 518-465-4755  
[www.albanysymphony.com](http://www.albanysymphony.com)  
"American Memories" Commission, underwritten by Paul Underwood

## Imagine getting a shampoo cut and manicure to end up looking like a dog.

Voted Best Pet Pampering



**BEST OF 05**  
Metroland

Dog & cat grooming, by appointment.

## PET SPA OF Delmar

Main Square Shops  
439-3670  
Visit our website at [petdaycare.info](http://petdaycare.info) and see your pet live

# The 'Mitten Tree' project day Saturday

To kick off the trimming of our Mitten Tree, all ages are invited to a project day on Saturday, Nov. 5, 1 to 3 p.m. with members of VPL's Nimblefingers. The library will supply polar fleece and instructions on how to create simple mittens, headwear and scarves from this fuzzy, easy-to-use material. Young people who want to learn to knit, sew, or start an easy quilt are also invited and will receive individual instruction. Kids, parents, grandparents - all are welcome.

Bring to the workshop:

- Pins, sharp scissors, and large-eyed embroidery needles to work with polar fleece.
- Miscellaneous trims, beads, yarn, ribbon and buttons for trimming headbands or mittens.
- Sharp scissors for quilting.
- Knitting needles and yarn if you want to learn this craft.

We'd like to overload the tree with mittens, scarves, and hats for the children at the Philip J. Schuyler Achievement Academy, an elementary school in the Albany City School District. Their needs are great. Your generosity last year was truly appreciated. Bring your donations of cold weather accessories to hang on the tree anytime before December 16.

### Artist reception

Artist Diane Wozniak invites you to see her work at an opening reception at the library on Sunday, Nov. 6, at 1:30 p.m. Meet the artist and enjoy refreshments as well as watercolors which will adorn the hall gallery for the month of November.

### On the road again

We're off to NYC with the FOL crew for the annual holiday lights tour on Saturday, December 3. Space is limited, so sign up now with your paid reservation at the library circulation desk. Price: \$25 for FOL members, \$30 non-members.

### Holiday craft fair at Ephesian House

The Ephesian House is holding a holiday craft fair and giftique Saturday, Nov. 5, from 8:30 a.m. to 4:30 p.m. at the Bethlehem Community Church, 201 Elm Ave., Delmar.

In addition to a variety of high quality, but affordable, hand crafted items, there will be an assortment of personal use, household gift booths for men, women and children, baked goods, silent auction and slightly used items in excellent condition.

All proceeds are to support the Ephesian House programs and enlarge its facility. The Ephesian House is a not-for-profit organization that provides shelter, intervention and advocacy and support services to care for women and children who are victims of domestic violence.

Vendors are still being accepted. For information, call 598-8347.



### Bookworm bookbags to benefit the friends

Our bookbags are on the move as holiday gifts. The sturdy canvas bags with the library's smiling worm are perfect for carrying craft and sewing supplies, library books, notebooks, mittens, sneakers, baby bottles, dog leashes, DVDs and other miscellaneous items. Purchase one for \$5, and have your bag hand lettered with a name for only \$1. Available now at the library circulation desk.

### Yoga

VPL offers a free yoga class every month with Mira Lechowicz, M.A. Learn to relax and restore a sense of internal balance to your busy life. Wear comfortable clothing, bring a mat or blanket. No sign-up is necessary. Please note: an incorrect date is listed in the VPL newsletter. The correct date is November 2 at 7 p.m.



Voorheesville Library's Adult Book Discussion Group recently traveled to the Saratoga Battlefield after reading *The Glorious Cause* by Jeff Shaara. University at Albany history professor Richard Kendall led the group.

### Book discussion

Copies of Case Histories by Kate Atkinson are now available for the next book discussion on Dec. 2. Sign up and pick yours up at the reference desk.

All library programming is free and open to the public. For program details and information, visit the VPL website at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

— Barbara Vink

The First United Methodist Church of Delmar presents its...

## ANNUAL AUTUMN FAIR

Saturday, November 5  
8:00 am - 3:00 pm

Crafts, Baked Goods, Books, Collectibles, Plants and More!

Pancake Breakfast Luncheon

### Merchandise Sale

Hundreds of Families  
Thousands of Quality Items

428 KENWOOD AVENUE, DELMAR  
Just West of Delaware Ave. (Rte. 443)

**Saratoga Obstetrics & Gynecology**

**Dr. Karen Schick**  
and  
**Dr. Peter Cole**

are pleased to announce a new addition to their practice

**Michelle Tarte, PA**

Michelle has returned to the practice and will be seeing patients in both the Malta and Saratoga Springs offices.

**Most Insurance Accepted**

**New and former Patients Welcomed**

899-1006  
Parade Ground Village  
Malta

587-1553  
7 Wells Street  
Saratoga Springs

A member of Community Care Physicians, PC

## Mike Mashuta's

- Personal Training Appointments
- Morning, Noon & Night
- First Come First Served
- From Physically Challenged To Pro-Athlete
- The Best Instruction Team
- Expanded Class Schedule
- Boot Camp, Pilates, Yoga
- Group Sculpting With A Kick
- Stability Ball Classes

Fresh Air, Bright, Clean, Sunny • More Parking

**\$1. Gets You Started** exp. 11/21/05

**Save Up To \$159.** (with this ad)

**Delmar Health & Fitness**  
28 Hudson Ave. 439-1200

# Open House

Saturday, November 12, 2005  
9:30 AM to 1:30 PM

[ STAND OUT ]

Meet students and faculty, learn about admission, take a guided tour, and spend some time in New York's scenic Champlain Valley.

Register today! Call Admissions at (888) 673-0012 or (518) 564-2040. Or register online at [plattsburgh.edu/fallopenhouse](http://plattsburgh.edu/fallopenhouse)

# Plattsburgh

STATE UNIVERSITY OF NEW YORK

# Danger at crosswalks worries Voorheesville board

By JIM CUOZZO

Pedestrian safety at several crosswalks in Voorheesville is forcing the village board to research the need to purchase signs warning drivers to stop.

Resident Michael Jarvis, in a letter to Mayor Jack Stevens, requested that trustees consider purchasing signs for

either side of the road where there are crosswalks that read "State Law, Yield to Pedestrian in Crosswalk."

"Local drivers do not grant pedestrians the respect for crosswalks they should," Jarvis wrote. "Drivers in Altamont and Delmar, I believe, have been effectively educated by these curbside

signs close to the crosswalk." The village has had several close calls in recent years at the crosswalk because drivers traveling east or west through the village on 85A refuse to yield to pedestrians.

"We had a young man run over two years ago right by the clock when a Jeep ran over him," Stevens said. "He was a lucky man to survive that."

Stevens said he understands residents' concerns. Stevens asked Public Works Superintendent Will Smith to look into the feasibility of purchasing signs that drivers will notice before they pass through the crosswalk.

"The crosswalk in the village is either on a county street or a state highway," said Smith. "You will have to have permission from both the county and the state to put these signs up."

Village Attorney Anne-Jo McTague said it is the responsibility of the village to consider the request even though state law says drivers must yield to pedestrians in

crosswalks.

"I think we have to make every effort," McTague said. "I see kids trying to cross by the park, and it's just terrible. People aren't stopping and it's the law. You have to stop."

"We have signs up now and drivers are ignoring them," said Trustee Robert Conway. "Something in the middle of the road is bound to get their attention."

There are six crosswalks in Voorheesville, with four crosswalks along 85A, one on Main Street and another on Voorheesville Avenue.

More land development is being considered in the village. Erik King has approached the board with a proposal to build six homes between Swift Road and Pro Ridge. King has

requested whether he can hook up to village sewer district No. 1.

"I have some reservations about a developer taking up any of our sewer capacity left in that sewer district," said trustee Richard Berger.

"Anyone outside of established boundaries of the sewer

district will have to pay for the cost of an engineering study first," Smith said. McTague asked if the village board has seen a survey or study of King's development plans.

"I think he should come before the board before you give any approval to these plans," said McTague.

The village tabled a resolution allowing King to acquire sewer access for his development until he meets with the trustees at the next village workshop on Nov. 22 at 6 p.m.

**Diane & Company**  
A full service salon.  
Diane E. Leo, Owner

Open Tuesday through Saturday  
518.782.7560  
637 New Loudon Road  
Latham, New York 12110

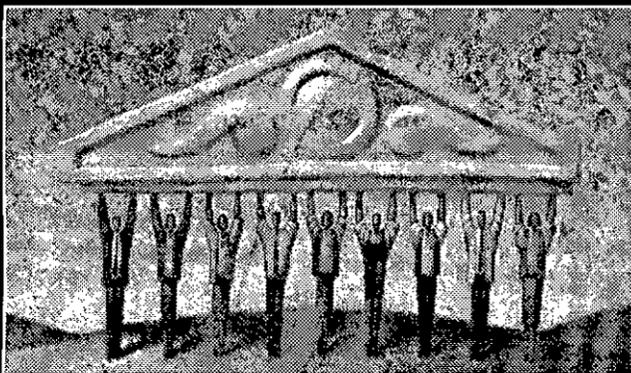
**20% Off First Time Service**  
- mention this ad -  
\* Gift Certificates Available \*  
*Feel Good From the Inside Out*

Joe Anne, Stylist • Eli, Stylist • Emily, Stylist  
Kathleen, Licensed Esthetician • Karen, Nail Technician

**"I think we have to make every effort. I see kids trying to cross by the park and it's just terrible. People aren't stopping and it's the law. You have to stop."**

Anne-Jo McTague

## QUESTIONS ABOUT THE LAW? We've got answers.



For most people, today's law is a jumble of legal statutes and court rulings, and can lead to much frustration and many questions for anyone trying to understand it. Now, the New York State Bar Association is offering a series of seminars on today's most important legal topics, presented in plain language by top legal experts. Don't miss this opportunity to learn what you need to know on key areas of the law.

Plus, those who attend will receive a complimentary copy of *Understanding the Law—A Practical Guide for New York Residents*.

### The People's Law School Schedule

#### Matrimonial Law

Tuesday, Nov. 15, 2005 — 2:00 - 4:00 p.m.

Includes grounds for divorce; child custody; and an overview of financial issues

#### Civil Law Suits

Tuesday, Nov. 22, 2005 — 2:00 - 4:00 p.m.

Includes your rights if you suffer an injury, and what to expect if you are being sued.

#### Wills and Estate Planning

Tuesday, Nov. 29, 2005 — 2:00 - 4:00 p.m.

Planning your Will and related documents; the process involved in settling an estate; the Surrogate Court process of probate and administration.

#### You and Your Lawyer

Tuesday, Dec. 6, 2005 — 2:00 - 4:00 p.m.

Myths and misconceptions about the legal profession; how to find a lawyer; what to expect in terms of financial arrangements with your attorney; and the Client's Bill of Rights.

#### Criminal Law and Traffic Violations

Tuesday, Dec. 13, 2005 — 2:00 - 4:00 p.m.

Includes what to do if you or a family member is arrested; what to do if you are pulled over by a police officer for a traffic offense.

Attendance is FREE if you pre-register, or \$5.00 at the door. These legal seminars are presented as a public service of the New York State Bar Association and no business will be solicited.

New York State Bar Center  
One Elk Street, Albany, NY

For more information, or to register please call 463-3200.



## Recycle this paper

### ITALIAN AMERICAN COMMUNITY CENTER

257 WASHINGTON AVENUE EXTENSION

ALBANY, NEW YORK

Membership Office (518) 456-0292, Ext. 17

EVENT SPONSORED BY THE WOMEN'S LEAGUE



## CRAFT FAIR



SUNDAY, NOVEMBER 6, 2005

10:00 A.M. to 4:00 P.M.

- ALL JURIED ARTISANS •
- FRESH BAKED GOODS •
- FOOD AND BEVERAGES •

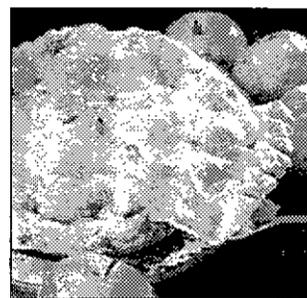


FREE ADMISSION/OPEN TO THE PUBLIC

## Don't be fooled by imposters!

REAL whipped cream CANNOT be frozen.

Tell your friends... if it's NOT in a Grandma's box...it's NOT a Grandma's pie!



## Grandma's Country Restaurant and Pie Shoppe

Open seven days a week!

1273 Central Avenue • Colonie • 459-4585

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

## Local grad wins scholarship

Shawn Bukowski of Glenmont has been chosen to be one of two recipients of the David Scaringe Memorial Scholarship awarded to a high school graduate attending Clarkson University.

The scholarship is a \$4,000 award to be paid in four increments of \$1,000 per year paid directly to Clarkson University toward tuition.

Bukowski attended Albany Academy.

## All your insurance in one place.

### The Schulz Agency

We're there when you need us. We're a single source for all your insurance needs.



### Douglas Schulz

163 Delaware Avenue  
Delmar, N.Y. 12054  
schulzd2@nationwide.com

(518)439-2492



Nationwide Insurance & Financial Services

Nationwide is On Your Side®

Life insurance underwritten by Nationwide Life Insurance Company, Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215-2220.



# Pretty fair 'My Fair Lady'

By W. K. AARON

Lerner and Lowe's American Broadway classic rendition of G.B. Shaw's classic book Pygmalion, "My Fair Lady," has landed on the boards of Cohoes Music Hall. The show is the story of the Cockney flower seller Eliza Doolittle, who linguist Professor Henry Higgins takes out of the slums of London and remolds into a lady fit to work in a flower shop, or, in this case, able to be passed off as a duchess at the Embassy Ball.

What is interesting about this production is the strength of the supporting cast; it doesn't match up to the talents of the leads. Jerry Christakos' rendition of Professor Henry Higgins, the "expert dialection and grammarian," who is responsible for the transformation process, has great command of the stage. His singing, while different than the spoken version Rex Harrison gave us in the famous movie, is more melodic, though it lacks a certain polish.

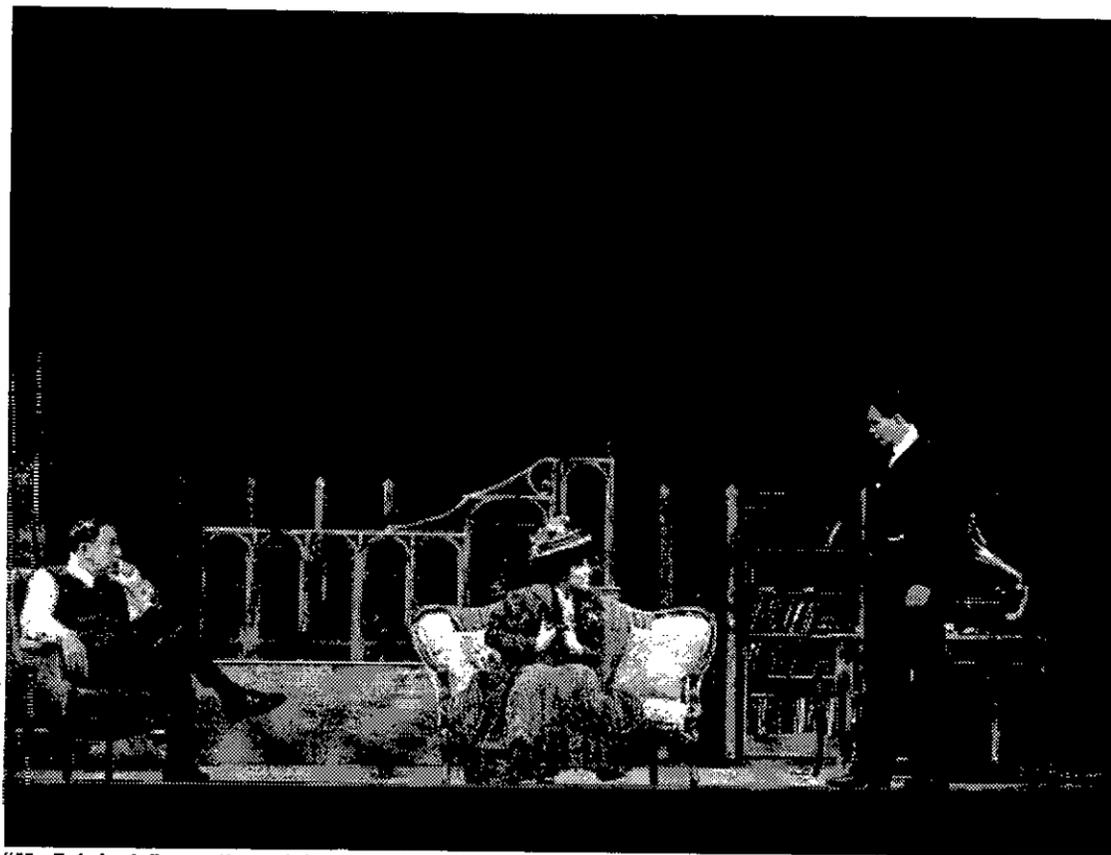
Erin Kruse blossoms as Eliza Doolittle after the "transformation" begins. She manages to portray the more polished Eliza with a certain joy and delight, perhaps more comfortable in those shoes than the earlier part of the show, as Liza the common flower girl. In fact, most of her first act performance, before the transformation, is both annoying and incredibly hard to understand. Her dialect is so thick, slurred and fast, that unless one knows the play, her speech is almost unintelligible. Once she morphs into the more properly speaking Eliza, her performance picks up pace. Her singing voice is quite pleasant, strong and enjoyable to hear. Her youth fits the character; traditionally one is

more accustomed to seeing a more mature actor in the very demanding role.

The small supporting cast that doubles up on roles to play characters like Mrs. Pierce, Mrs. Eynsford-Hill, the buskers, and household servants, are wonderful. Karla Shook provided one of the strongest voices and possesses excellent dancing skills. Victor Cahn's Colonel Hugh Pickering is buffoonish without ever crossing the line to clownish. Byron Dement as Freddy Eynsford-Hill, the boy who falls head over heels for Eliza, has a marvelously strong tenor voice. His rendition of "On the Street Where You Live" is one of the evening's high points.

Far and away, however, the show is stolen lock, stock and flowers by Steve Aron as Alfred P. Doolittle, a common chimney sweep and Eliza's father. His delivery, musical acumen and dancing skills present the audience with a complete package. His renditions of "Get Me to the Church on Time" and "With a Little Bit Of Luck" leave the audience wanting more.

Scott Aranow's set design is interesting and, for the most part works well. The show's costumes are well done, particularly the classic black and white Ascot scene, though for a show that is so concerned with "correctness," many minor points have been either overlooked or ignored. Col. Pickering would never have attended the Embassy Ball in black tie and a cummerbund when the evening was clearly white tie. None of the male characters would have ever left



"My Fair Lady" runs through Nov. 13 at the Cohoes Music Hall, 58 Remsen St., Cohoes.

their homes for such an event without the requisite white gloves to complete their attire.

Such small matters are easily overlooked if you are looking for a "lovely" evening out at the theater in Cohoes.

"My Fair Lady" will run through Nov. 13 at the Cohoes Music Hall, 58 Remsen St., Cohoes.

It runs Friday and Saturday evenings at 8 p.m., Sundays at 3 p.m. and there's a matinee Saturday, Nov. 12 at 3 p.m.

Tickets range from \$17- \$28. For information, call the box office at 237-5858 or go to the Web site, [www.cohoesmusichall.com](http://www.cohoesmusichall.com).

## Letters policy

Spotlight Newspapers 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 phone number.

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

**WE ACCEPT CREDIT CARDS**

**Mayone's**  
463-2546  
Wines & Liquors

Town Squire Plaza, Glenmont N.Y. 12077

SALE ENDS: 11-29-05

NEW YORK LOTTO NUMBERS  
MEGA MILLIONS  
WIN 4 PICK 10  
TAKE 5 SOLD HERE

AVAILABLE CHILLED WINES AND CHAMPAGNES  
15% DISCOUNT ON ALL CASES OF WINE - MIN OR MATCH YOUR CHOICE - 4 BOTTLES 750ml. OR 1.5L

SMIRNOFF 80° VODKA \$19.99	<b>OPEN SUNDAY 12-6</b>	THREE THIEVES \$9.99
BACARDI Silver, Gold, or Selects \$21.99	<b>MON.-SAT. 9-9</b>	CARLO ROSSI \$9.99
VAN GOGH Expresso or Mango Vodka \$25.99	EVAN WILLIAMS \$5.99	"BIG RED WINES"
PLAYERS EXTREME Caramel Infused or Cherry Vodka \$19.99	EGG NOG \$7.99	CLINE Red Truck \$8.99
BLACK VELVET \$16.99	RIUNITE LAMBRUSCO \$7.99	BIG MOOSE Red \$8.99
SEAGRAM'S 7 CROWN \$17.99	YELLOW TAIL \$10.99	FESS PARKER \$8.99
ABSOLUT 80° VODKA \$22.99	ALL TYPES \$10.99	GLENORA \$8.99
WHITESIDE BB-B SCOTCH \$17.99	GLEN ELLEN \$8.99	EMERIL'S Red \$4.99
IMPERIAL \$12.99	MELINI Chianti \$13.99	CYPRESS \$8.99
KARLUA \$22.99	BELLA SERA Pinot Grigio \$11.99	FOXHORN \$5.99
BEEFEATER \$31.99	CORBET CANYON Pinot Grigio \$9.99	STONEHAVEN Shiraz \$15.99
GILBEY'S 80° GIN \$15.99	White Zinfandel \$1.51	

**OUCH! Raising gas & oil prices hurting your wallet?**

**Don't pay high heating bills this winter!**

Get rid of those cold drafts, and high utility bills!  
Call today for a free estimate & consultation!

**Specializing in:**

- Blown Cellulose - Wall Spray
- Fiberglass
- New & Existing Construction

Servicing homeowners & contractors

**Matthew Gebe**  
Phone: 797-3475  
Cell: 365-9055

Fully Insured & Professionally Installed

**Enhanced Comfort Insulation**

**★ HOGAN ★**

**FULL-TIME DRIVERS**

**\$950 + per Week!**

**\$2000 Sign-On Bonus**

Decidated Freight • Home Daily!  
NO NYC, 98% No-Touch Freight  
Full & Part-Time Positions Available  
CDL-A w/2yrs experience required.  
Outstanding Benefit Pkg.

Our Priority is YOU!

**888-833-3142**

[www.hogan1.com](http://www.hogan1.com) EOE

**Alteri's**  
OF GLENMONT

... your family's Italian-American Restaurant

A wide variety of homemade food  
**Steak • Prime Rib • Seafood**  
Daily Lunch Specials Monday-Friday  
LiteFare, Italian Specialty Dishes,  
Wide Variety of Salads • Early Bird Specials

SPOTLIGHT COUPON

**\$5.00 OFF**

**Lunch Entrée**

(with the purchase of 2nd entrée) and receive a **FREE shrimp cocktail** with the purchase of a 2nd lunch entrée. Additional shrimp cocktail may be purchased for \$1.99 expires 11/30/05.

**Alteri's**  
OF GLENMONT

SPOTLIGHT COUPON

**\$8.00 OFF**

**Dinner Entrée**

(with the purchase of 2nd entrée) and receive a **FREE shrimp cocktail** with the purchase of a 2nd dinner entrée. Additional shrimp cocktail may be purchased for \$1.99 expires 11/30/05.

**Alteri's**  
OF GLENMONT

HOURS: Mon.-Thurs. 11:30-9:30  
Fri. 11:30-10:30 Sat. 5-10

**436-0002**

**IMAGINE** a new home that uses approximately

**30% LESS ENERGY**

every year you own it.

**DeGraff • Bloom**  
Custom Builders, Inc.

Tested, inspected and certified to be approximately 30% more energy efficient than conventional new homes; providing superior energy performance, comfort and value. With a New York ENERGY STAR labeled home enjoy lower utility bills and a healthier environment.

Visit our Model Energy Star Home. Open Sundays 1-4 Turning Point Subdivision, 48 Cavalry Course, Mechanicville. Route 146 towards Mechanicville, Left on Route 67, Right on Viall Ave., Right on Bancroft, Right on Cavalry Course.

Call our office for our other Energy Star Houses located in Waterford, Schuylerville, Wilton, Ballston Lake and Charlton. Ask for Gail (518) 882-6064.

**ENERGY STAR**

HOMES

# Fall Fair this Saturday

The annual Fall Fair presented by First United Methodist Church in Delmar once again will be bigger and better than ever.

The doors open at 8 a.m. on Saturday, Nov. 5.

A great selection of books, wood-working, linens, accessories, toys, sporting goods, plants, decorations, collectibles and treasures of every imaginable type will be available for sale at 428 Kenwood Ave.

The past year has presented challenges in keeping up with the quantity of items left in the shed and on our doorstep. A team of experts has worked weekly to try to keep up with the sorting, screening, storing and pricing. After 12 months of collection, the fair is the one seven-hour chance to get everything into the hands of people who appreciate it. To all this, church members will add baked goods, a pancake breakfast, a lunch, donated services at a silent auction, fresh cider donuts and more.

Although the church is

continuously connected to the larger community, the fair is the one time many people discover the church and its congregation.

The facility has been upgraded considerably over the past six years to better accommodate the many activities it hosts. The congregation's commitment to ongoing mission work and the Tuesday Treasure Trove take advantage of the continual inflow of items the church receives. The mission commission always has first opportunity at any donations the church receives to resettle displaced families and assist them with their needs.

Over the past 15 years, the fall fair has taken on a life of its own. We are happy to have help from non-members or potential members who are encouraged to call the church to find ways to get involved. The process is fun and full of adventures, challenges and good people.

Come join the festivities Nov. 5 and ask how you can participate all year long.



Ron Tinkler will be making balloon animals Saturday at First United Methodist Church's annual Fall Fair in Delmar.

## Local students to spend junior semester abroad

Elizabeth F Hamm and Leonard C. White, both of Delmar are participating in the Bates College Junior Semester Abroad program.

Hamm, an environmental studies major, is studying in Arusha, Tanzania, through the School for International Training.

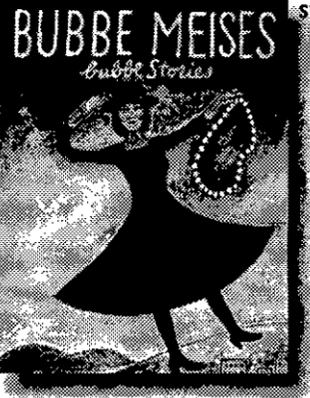
White, a psychology major, is studying at the University of KwaZulu-Natal, Durban, South Africa.

Students at Bates have the option of taking a semester or full year in a foreign country. Both programs provide them opportunities to study and conduct research at their choice of hundreds of colleges and universities throughout the world.

A dean's list student, Hamm is a 2003 graduate of Bethlehem Central High School and participated in the 2004 Bates fall semester in Japan.

Also a dean's list student, White is a 2003 graduate of Bethlehem Central High School.

### Don't miss this award-winning musical



starring writer/performer Ellen Gould

with post-performance Dessert Reception

November 10, 2005  
7:30PM  
The Egg

Tickets: \$36  
\$25 seniors, students a benefit for Daughters of SARAH SENIOR COMMUNITY  
(518) 724-3261  
(518) 473-1845

our event underwriters:

Reception Sponsor: **The Massry Family**

Performance Sponsor: **The Sidney & Beatrice Albert Foundation**

COOL INSURANCE MADE SIMPLE

KINTZ PLASTICS, INC.

digital

SCHUYLER

MORRISON

MANGIA

NEW YORK L.C. LUGGAGE CASES BOWLING, ETC.

Got news?  
Call Spotlight at 439-4949.

**ULTRAVIOLET CAFE**

290 DELAWARE AVE. ALBANY  
(next to the Spectrum 8 Theatres)

Monday - Friday ..... 8 a.m. - 10 p.m.  
Saturday ..... 11:30 a.m. - 10 p.m.  
Sunday ..... 11:30 a.m. - 10 p.m.

COFFEE ♦ TEA ♦ ESPRESSO  
PANINI ♦ DESSERT

434.0333

## Win a trip on Southwest airlines

The Bethlehem Business Expo will take place on Thursday, Nov. 10, from 5 to 7 p.m. at the Nathaniel Adams Blanchard American Legion Post on Poplar Drive just off Elsmere Avenue.

Visitors will have a chance to talk to more than 40 of the town's business owners, enter dozens of raffles, and win two Southwest airline tickets — no blackout dates — to any Southwest destination.

The Expo is free and open to the public.

"Bethlehem is such a vibrant community to live in and do business in," said chamber President Marty DeLaney.

At the Expo, you can see this enthusiasm while learning about products that

can save you money and winning raffle prizes.

"The generous donation from Southwest certainly adds to the excitement this year," DeLaney said.

The Bethlehem Chamber of Commerce, Captial District Physicians Health Plan, Verizon and Spotlight Newspapers are sponsoring the Expo.

A partial list of exhibitors includes Tangora Technologies, Del Lanes, Bethlehem Area YMCA, TD Banknorth, Re/Max Premier, Four Corners Pharmacy, Balance Massage Studios and Adams Station Apartments.

For information, contact the Bethlehem Chamber of Commerce at 439-0512 or visit the Web site, [www.bethlehem-chamber.com](http://www.bethlehem-chamber.com).

## The Bethlehem Partners of Maynard, O'Connor, Smith & Catalinotto, LLP



Thomas G. Daley



Bruce A. Bell

Representing your community since 1919.  
Call us to get the results you deserve.

Personal Injury  
Auto Accidents  
Construction Accidents  
Wrongful Death  
Defective Products  
Trials  
Employment Litigation  
Matrimonial Law



Concetta R. Lomanto



Stephen C. Prudente  
(Practice Concentrated in Matrimonial Law)

Other Partners: Michael E. Catalinotto, Christopher K. H. Dressler, James R. Schultz, Edwin J. Tobin, Jr., Michael E. Catalinotto, Jr., Robert A. Rausch.  
Associates: Aaron M. Baldwin, Michael T. Snyder, Anne-Jo Pennock McTague, R.N., Laura A. Sprague, Todd C. Roberts, William H. Baaki

6 Tower Place, Albany • 465-3553

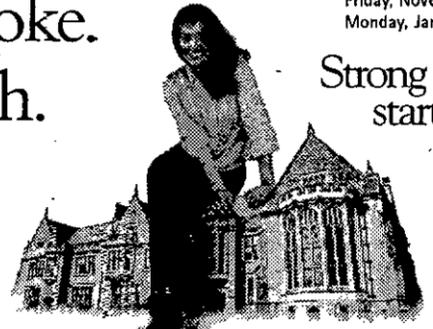
[www.moscllp.com](http://www.moscllp.com)

Emma.  
Maya.  
Elizabeth.  
Nao.  
Kaitlin.  
Brooke.  
Sarah.

Smart girls come here.  
They laugh here.  
They explore here.  
They excel here. And when they leave here, they go on to lead lives of accomplishment.

Admissions Open House Programs  
Friday, November 11  
Monday, January 16

Strong women start here.



## EMMA WILLARD SCHOOL

Rigorous college preparatory education for girls, grades 9-12.  
Boarding and day programs. Financial aid available.  
(518) 833-1320 E-mail: [admissions@emmawillard.org](mailto:admissions@emmawillard.org) [www.emmawillard.org](http://www.emmawillard.org)

# Senior

# Lifestyles

A Supplement to Spotlight Newspapers

## Inside:

- How to sharpen your mind and keep it that way

—Page 6



## Also:

- Drink to your health: Healing elements found in common tea —Page 5
- Creating fond memories with grandkids —Page 8

November 2, 2005

# Make retirement plans for the future today

Most of us envision retirement as a time to relax, spend time with loved ones, travel or start a new hobby. But it's difficult to reap the rewards of our hard-earned years of work without some careful financial and health benefits planning. A new national survey of pre-retirees and retirees reveals that Americans are not spending enough time planning for their retirement.

Plan for Your Health, a public education program from Aetna and the Financial Planning Association, sponsored a survey of more than 1,000 Americans ages 45 to 75 with health insurance to find out about their attitudes and habits regarding retirement planning. You may be able to relate to some of the findings.

- Of pre-retirees surveyed, nearly 20 percent have spent no time in the past year actively planning for retirement, and more than 30 percent don't know what to anticipate for health care needs.

- Sixty-six percent of pre-retirees who have spent time planning for their retirement, spend the same amount or more time on home improvement than on retirement planning. And 60

percent spend the same amount or more time planning for their children's college education.

- What's even more amazing, 31 percent of pre-retirees would rather clean their bathroom or pay bills than plan for retirement.

It's clear that pre-retirees have a lot of other financial priorities; however, it's important to start thinking about planning for retirement needs now because planning ahead protects your family's resources from what can be considerable health care costs.

One of the best steps you can take to protect and secure your financial future is to plan for your health and well-being. While both pre-retirees and retirees agree that 'good health' is most important to them in retirement, nearly 40 percent have spent less than one hour in the past year planning for health benefits in retirement.

Although most pre-retirees focus on the financial aspects of retirement planning, researching and understanding health benefits options seem to be left out of the equation.

- More than one-third of pre-retirees are most focused on contributing to a 401(k), 403(b) or IRA.



- Although 74 percent of respondents said they factored Social Security and Medicare benefits in their retirement plan, 77 percent are concerned about the financial issues facing these programs.

But, planning for retirement is not just about finances; it involves everything from re-evaluating your daily routine and budget, to your health care options — including Health Savings Accounts (HSAs), long term care

and life insurance.

- Eighty percent or more of pre-retirees and retirees expect to pay for prescription drugs and doctors' visits in retirement. Twenty-nine percent even anticipate costs related to alternative medicine and five percent plan for cosmetic surgery, a snapshot of consumers' health care preferences today.

- However, 52 percent of those surveyed expect to spend less than \$300 a month on out-of-pocket costs and health care-related expenses during retirement — less than half of the \$640 a month the average retiree actually spends.

It's obvious that many Americans have a lot to think about when it comes to planning for retirement, which may be why 63 percent say that people they know are very or somewhat confused about health benefits. But, it doesn't have to be this way. Below are two helpful tools to help you plan for a healthy and financially secure retirement.

Visit [www.PlanForYourHealth.com](http://www.PlanForYourHealth.com)

and check out the Healthy Retirement Readiness Tool, an interactive self-assessment that helps you plan for a healthy and financially stable retirement. Whether you are a pre-retiree or already retired, this tool will assess where you stand in the retirement planning process, matching advice to your current level of planning and offering realistic next steps. Along the way you will be directed to a story about a person in a similar life-stage, adding personal perspective to all levels of retirement planning.

In addition, because most of us don't realize how much money we spend each year on our medical needs, the Health Expense Calculator on the "Plan for Your Health" Web site estimates annual health expenses, including medical, dental, vision and prescriptions, both individually and for the entire family. Be sure to utilize this calculator to help you better understand approximately how much money you need to cover all your medical out-of-pocket expenses each year.

Exceptional service.

It's like being on a cruise all year round ...  
with a staff dedicated to making you feel special and pampered.

**Eddy Retirement Living. In a word ... extraordinary.**

To learn more, call 451-2103.

---

Please tell me more about Eddy Retirement Living:

Beechwood, Troy    Beverwyck, Slingerlands    Glen Eddy, Niskayuna  
 The Glen at Hiland Meadows, Queensbury    Hawthorne Ridge, East Greenbush

Name(s) \_\_\_\_\_ Age(s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Telephone (   ) \_\_\_\_\_

**Eddy Retirement Living Communities**  
**Northeast Health**  
 40 Autumn Drive • Slingerlands, NY 12159  
[www.NortheastHealth.com/EddyRetirementLiving](http://www.NortheastHealth.com/EddyRetirementLiving)

1102SPOT

## Long-Term Care Insurance

**Strategies to Lower the Cost of Long-Term Care Insurance**

Important information from the American Association for Long-Term Care Insurance. The booklet is free and describes ways you can save on this valuable protection.

**CALL, FAX, OR MAIL FOR YOUR FREE COPY**  
**518-371-5522 Ext. 116, Fax 518-373-9092**

**New York Long-Term Care Brokers, Ltd.**

11 Halfmoon Executive Park  
Clifton Park, NY 12065

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

(Also Agent/Broker Cpp or Limit.es)

---

Yes I would like more info on Long-Term Care!

Name \_\_\_\_\_  
 Spouse \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 DOB \_\_\_\_\_ Spouse DOE \_\_\_\_\_  
 Tel # \_\_\_\_\_

I would also like information on:

Life Insurance \_\_\_\_\_ Disability Plans \_\_\_\_\_ Annuity \_\_\_\_\_ Medicare Supplement \_\_\_\_\_

Signature\* \_\_\_\_\_

\* A representative with New York Long-Term Care Brokers may contact you

# Get answers about Medicare Part D prescription coverage

By VICTORIA E. JONES

Seniors age 65 and over can begin enrolling in the new Medicare Part D Prescription Drug Plans beginning Nov. 15.

But did you know there were more than 25 creditable plans to choose from with a variety of formularies ranging in price from \$4 to \$85? Did you know that there is "Extra Help" available to help pay for these plans based on your income? Did you know that as of Jan. 1, there will be no prescription drug coverage under Medigap Policies H, I & J? Seniors in Colonie can look to their Colonie Senior Network for answers on this important issue. The Colonie Senior Network has brought a knowledgeable group of experts together to help seniors make informed choices about the new prescription drug coverage mandated by Medicare Part D.

Seniors and their caregivers are invited to Colonie town hall on Thursday, Nov. 10, from 1 to 5 p.m. for a program that will answer many of your questions. Samantha Repke of

the Center for Medicare & Medicaid Services will cover "The Basics of Medicare Part D;" Candy Rivera-Whitehead, a representative from EPIC (Elderly Pharmaceutical Insurance Coverage) will discuss "EPIC & the Medicare Prescription Drug Plan;" Social Security Administration expert Michael Dinneen will talk about how to find out "Who is Eligible for Extra Help;" Rose Golden, Albany County HIICAP coordinator will speak about "How do I Make an Informed Choice?"

All speakers will take questions from the audience and will be available after the program to answer questions.

Refreshments will be served. For information about the event call 459-2857, ext. 301.

Important dates to remember: **Nov. 14** this is the deadline for your current prescription drug plan provider to notify you if your plan is "creditable." You can sign up for Medicare Part D Prescription Drug Coverage beginning Nov. 15.

The last day for seniors to sign up for Medicare Part D

Prescription Drug Coverage if they need coverage to begin on Jan. 1 is **Dec. 31**.

You can get individualized help on the second Friday of every month, beginning on **Dec. 9**, from 2 to 4 p.m. at Beltrone Living Center; call 450-5051 for information. You should check the Colonie Senior Network Web site ([www.colonie.org/csn](http://www.colonie.org/csn)) regularly for the latest information.



## Medicare handbook to come in the mail

### Medicare & You booklet provides drug plan information

The Centers for Medicare & Medicaid Services (CMS) has begun mailing Medicare beneficiaries a Medicare & You 2006 handbook. The handbooks are state specific and include a listing of the Medicare-approved prescription drug plans available in the beneficiary's state.

### Handbooks also explain the new benefit

A number of plans will be available in each state. In Tennessee, for example, some 23 organizations are offering Medicare-approved drug plans. Medicare consumers will be able to choose a plan that meets their needs and budget. Every state, except Alaska, will have a plan

available with a monthly premium of \$20 or less. All plans must meet Medicare's requirements for providing access to medically necessary drugs.

There are two basic types of plans. Stand-alone prescription drug plans can be added to the traditional Medicare plan (which covers doctor and hospital services). Medicare managed care plans cover healthcare, with prescription drug coverage included.

Most people in Medicare have traditional Medicare (for example, going to any doctor they choose, with Medicare paying 80 percent of the cost). Some 14 percent of people in Medicare are enrolled in managed care plans, many of which have either added prescription drug coverage or brought their current drug coverage up to Medicare's new

standards.

Those with traditional Medicare can also opt to switch to a Medicare Advantage plan in which prescription coverage is inclusive.

Enrollment begins Nov. 15. The benefit begins Jan. 1. The state-specific versions of the Medicare & You 2006 handbook are available on the CMS Web site at [www.cms.hhs.gov/partnerships/tools/materials/publications/state/handbook2006/default.asp](http://www.cms.hhs.gov/partnerships/tools/materials/publications/state/handbook2006/default.asp).

Extra handbooks can be ordered by calling CMS at (800) MEDICARE (633-4227) or they can be downloaded from the CMS Web site at <http://www.cms.hhs.gov/partnerships/>

The writer serves on Colonie Senior Network Public Relations, Marketing & Education Committee.

## Quick Tips to SAVE for Retirement Planning

**S** - Start by evaluating your current expenses.

**A** - Anticipate costs for health benefits, long term care and life insurance.

**V** - Verify your employer's retirement policies, including health benefits and pension options.

**E** - Establish a long term savings plan.



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

## NEW YORK ONCOLOGY HEMATOLOGY, P.C.

*The Capital District's Premier Cancer Care Provider,  
Close to home...*

**Specializing in: Medical Oncology • Radiation Oncology  
GYN Oncology • Hematology • Clinical Research Trials  
Stem Cell • P.E.T. Scans**

### 13 Convenient Locations:

Albany:	317 So. Manning Blvd., 3 <sup>rd</sup> Fl 317 So. Manning Blvd., 2 <sup>nd</sup> Fl 43 New Scotland Avenue, Cancer Ctr.	(518) 489-0044 and 489-2607 GYN. Office: (518) 458-1390 (518) 262-6695
Amsterdam:	1700 Riverfront Center	(518) 843-0020
Catskill:	159 Jefferson Heights	(518) 943-5314
Hudson:	69 Prospect Avenue	(518) 822-8484
Latham:	1003 Loudon Road	Med. Onc.: (518) 786-3122 Hematology (518) 786-7723
Rexford:	896 Riverview Road	(518) 399-4600
Schenectady:	1101 Nott Street 624 McClellan Street, #204	(518) 243-4114 (518) 393-5809
Saratoga:	31 Myrtle Avenue	(518) 587-7670
Troy:	2215 Burdett Ave., Cancer Tx Ctr.	(518) 271-3231
Johnstown:	700 South Perry St., Johnstown	(518) 762-6900

## INSTANT CASH for your gold, platinum, diamonds, antique jewelry and fine watches

**PHILIP ALEXANDER**  
Jewelers  
in Loudonville

**Fine Modern & Estate Jewelry**  
"Serving the Capital Region for over 25 years"

Free Evaluation! **Nov. 3 thru Nov. 12** Sterling Silver Flatware

**Premium Prices paid for**  
*Rolex • Tiffany • Cartier • Bulgari*  
*Patek Philippe • and all high quality pieces*  
471 Albany Shaker Road, Loudonville  
Phone 438-4810 or 438-6350

Directions: Northway I-87 Exit 4, East on Albany Shaker Rd. 1 1/2 miles, on left next to Pearl of the Orient (just before intersection of Osborne Rd.)  
Special Hours: Fri. 10-6, Sat. 10-6, Mon. 10-6, Tues. 10-8

# Tips to make a safe transition from the hospital to home

## Tips for creating a safe environment while recovering

Ahh, home sweet home. There's nothing more comforting than recovering in your own home after a hospital stay. But your humble abode can pose its own set of problems — even extending your recovery time — if it's not properly prepared.

Everyday household items — from kitchen counter tops to oven doors — can present new problems for people with limited mobility. Entering doorways and moving through narrow halls can prove to be difficult with a walker or wheelchair, and stairs can be tricky when relying on crutches for support and balance.

"And don't forget about bathrooms," says Kevin Jones, senior product/brand manager for the Home Care by Moen line of bath safety items. "The slick surfaces and hard edges can

make these small rooms the most dangerous spots in your house while recuperating."

The first few days of recovery are the most critical, and it is always recommended to have someone help you. But if that's not an option, here are some helpful tips to make your return home as safe, enjoyable and hassle-free as possible.

### • Create a comfort zone

Prior to your hospital visit, set up a "comfort zone" on one floor of your home — preferably near a bathroom, with a temporary bed, and make sure a telephone is within reach.

Other items including bottled water, food, TV remote, movies, magazines — even your favorite pillow — should be pre-stocked and nearby.

### • Enter and exit with ease

You're finally home and all you want to do is relax, but when you get to the stairs you realize

they're much harder to handle than before. Since most houses require the use of stairs to enter and exit, it's important to ensure the handrails are secure and can withstand pressure. If necessary, consider purchasing a ramp to accommodate a wheelchair or walker. Ramps are available through medical supply stores, or you can do-it-yourself by purchasing lumber from a local home improvement center.

Corridors in the majority of newer homes are large enough to accommodate crutches, a walker or a wheelchair, but older homes may have narrow passageways and stairs.

To move safely from one room to another, ensure that the space is clutter-free and remove all loose wires, carpets and rugs.

### • Make the bathroom accommodating

It's a fact of life — the bathroom is the one room you can't avoid while on your way to recovery, and it has the potential to be the most dangerous. Many people find the toilet seat is too low to accommodate their limited mobility and puts unnecessary stress on the legs, knees and back.

An elevated toilet seat increases comfort and safety levels, and locks sturdily into place with brackets.

### • Shower safely

If standing in the shower is not an option, an adjustable tub and shower chair will allow you to take a seat and bathe comfortably. Look for a chair with adjustable legs and a "no wobble" design with rubber feet, which provides additional stability.

In addition, consider purchasing a hand-held shower to more easily control the water flow. Choose an oversized, yet lightweight hand-held shower with several comfort spray settings and an anti-slip handle.

### • Dining dilemmas

Hungry? Before you venture into the kitchen, make sure your kitchen is safe for your limited mobility.

If standing at counter tops for lengthy periods is difficult, consider purchasing a portable/rolling kitchen table that will

allow you to sit while preparing food. Or a stool will allow you to sit at the counter.

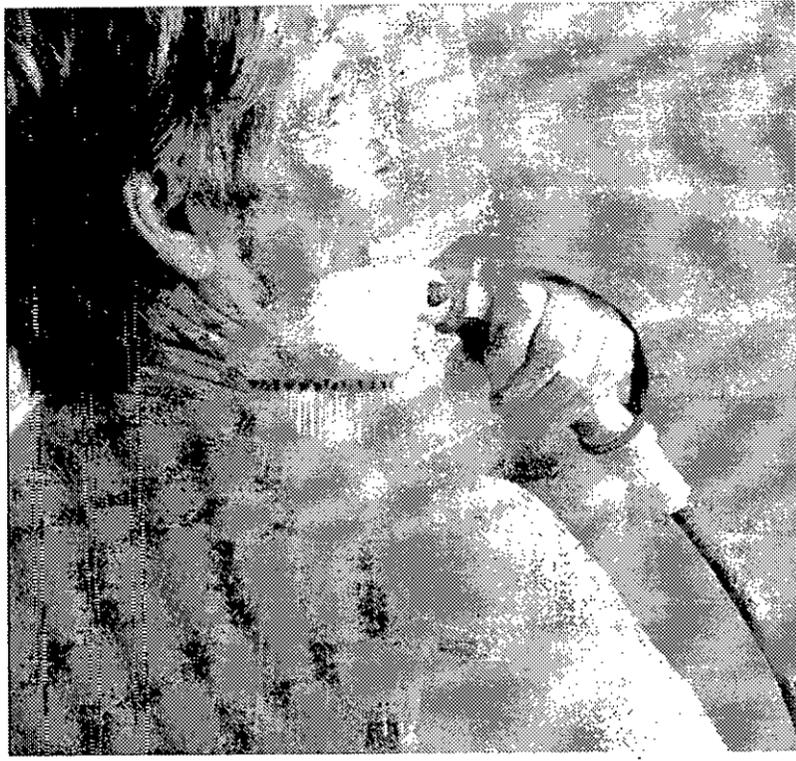
Keep areas surrounding counter tops well lighted and uncluttered.

Those hard-to-reach items in your overhead cabinets may prove to be more of a challenge than before.

Move frequently used items to counter tops or drawers below your cabinets. Have ready-made items — granola bars, yogurt, cut vegetables, cheese and crackers — easily accessible.

The best advice? Relax and take it easy. With a few, minor modifications, your home will be a safe haven for recuperating and you'll be well on your way to a full recovery.

For information on Creative Specialties International and the Home Care by Moen line of bath safety products, visit [www.homecare.moen.com](http://www.homecare.moen.com) or call toll free (800) 882-0116.





Hearthstone

a whole new idea in senior living

626A Watervliet Shaker Road  
Latham, New York 12110

Now accepting applications!  
Reserve your apartment home now!

Call today for a personal appointment  
or for brochure and floorplans

1.518.687.7393

The Law Office of



Margaret Z. Reed, Esq.

---

Margaret Z. Reed

Assisting clients of all ages with ...

ESTATE PLANNING & ESTATE ADMINISTRATIONS

Wills & Trusts ☞ Health Care Proxies ☞ Living Wills  
Powers of Attorney ☞ Estate and Trust Administrations (Probate)

ELDER LAW MATTERS

Planning for Long-Term Care ☞ Guardianships  
Planning for Persons with Disabilities ☞ Other Related Legal Matters

RESIDENTIAL REAL ESTATE

Representing Purchasers & Sellers

---

Wheel Chair Accessible ☞ Convenient Parking  
Easy Access From All Parts of the Capital Region

---

203 Delaware Avenue ☞ Delmar ☞ 439-6001

Remain Independent in Your Own Home.

We Can Assist You. You Can Stay!



Affordable Companionship & Domestic Care

437-0014 • Albany & Schenectady County
580-1042 • Saratoga & Warren County

Quality you have to see to believe

Senior Housing at the Albany Housing Authority

Access to bus lines, churches, shopping & entertainment ■ 4 convenient locations\*  
1 bedrooms/studios ■ 24-hour emergency maintenance ■ Electronic/video security  
Activities Center ■ Service Coordinator ■ Meals on Wheels ■ On-site mini-market\*\*

Rents: Income-based/flat fee (depending on location)



For information/application, call 641-7500

EQUAL HOUSING OPPORTUNITY \*Accessible units available/\*\*Westview and Ida Yarborough only  
Reasonable accommodation to complete the application process will be provided if necessary.



Albany Housing Authority

# Tea offers simple remedy for ailments and stress

In an era when responsibilities and obligations far outnumber hours in the day, it's no wonder many diseases are linked to stress.

In fact, according to the American Psychological Association, 43 percent of adults suffer adverse health effects from stress. Clearly, some forms of stress are essential — to win races, meet deadlines or increase productivity — but too much stress can cause a very different response.

The key is finding harmony, like strings on a guitar. Wound too tightly, the strings will break. Strung too loosely, they're off-key. Just the right amount of tension, however, creates beautiful music.

The American Academy of Family Physicians estimates that 75 to 90 percent of all visits to family physicians are for stress-related problems. But stress is manageable. Currently, 64 percent of Americans say they are taking steps to reduce the level of stress in their lives.

Whether it's learning time

management skills, practicing yoga or tai chi or getting regular exercise and sufficient sleep, these techniques can help reduce stress to achieve a more balanced lifestyle, peace of mind and improved health.

What you put in your body can be just as effective as the stress-reducing habits you practice. Consider tea, for example. Chilled or hot, tea has the potential to soothe the mind, body and soul, and taking a "tea break" to reduce stress can have tremendous health benefits. Some of America's top health concerns, like heart disease and diabetes, are greatly affected by stress. Plus, tea has additional health benefits.

Beth Israel Medical Center cardiologist, Dr. Suzanne Steinbaum, agrees. "Regular tea consumption has been shown to be protective to the heart. Studies indicate drinking tea may in fact lower LDL cholesterol, which can reduce the risk of developing heart disease."

For centuries, tea has been appreciated for its holistic health

and wellness properties, and in many cultures tea is a central part of daily rituals. But that shouldn't come as a surprise. Tea is the world's most popular beverage, second to water. According to Soshitsu Sen XV, one of Japan's highest-ranking tea masters, peace is found in a single cup.

While calm and serene feelings can go hand-in-hand with a cup of tea, scientific studies increasingly show that tea may also help manage weight, fight cavities, maintain a healthy immune system and support proper cell division and growth.

Tea contains naturally occurring antioxidants, called flavonoids. These antioxidants help the body combat stress and contribute to tea's long list of health benefits. In fact, research suggests that the antioxidants found in green, white and black teas are among the most powerful found in foods and beverages.

According to Charlie Baden, Blendmaster at Celestial Seasonings, "For 35 years, we've been creating delicious, healthful, natural products that nourish the body and uplift the soul, so it's encouraging to see more and more Americans discovering both the health and enjoyment properties of tea."

Science continues to support long-held notions about the benefits of tea. Herbal tea favorites including chamomile and hibiscus provide benefits



supported by powerful science. Whether it's research about chamomile's soothing effect on jangled nerves, irritated skin and upset stomachs or new information about powerful antioxidants found in hibiscus, the scientific findings confirm tea's wellness properties.

Adds Baden, "We monitor and respond to scientific research to ensure healthy and great-tasting teas. Our tea flavors are determined by tracking emerging trends, sourcing new and unique ingredients worldwide and evaluating special requests

from tea lovers. More than 100 different ingredients from 35 countries on five continents are skillfully blended to create our flavorful, natural teas that comfort and rejuvenate."

The benefits, like the variety of flavorful teas, are numerous, so enjoy a cup or two when tension mounts. Tea is a healthy, soothing habit that's hard to resist.

For ideas on how to reduce stress and renew with tea, visit [www.celestialseasonings.com](http://www.celestialseasonings.com).

## Tea for Any Mood:

Choose your tea to fit your mood. A simple cup of tea can calm, inspire or energize you.

Your Mood: Relaxed — Chamomile

Your Mood: Peaceful/comfortable — Vanilla

Your Mood: Centered/balanced — Green tea

Your Mood: Refreshed/renewed — Lemon

Your Mood: Carefree — Berry

Your Mood: Inspired — Spiced, Chai

Your Mood: Energized — Black, Ginseng

## Seniors...



- Only 1% of all Real Estate agents are trained and experienced with *Retirees - Empty Nesters - Widows(er)s*
- As your Capital Region Senior Estate Specialist (SRES), I can protect your home - your most valuable asset
- Downsizing can be painless

**Kathy Muscolino, CBR, SRES**

*Licensed Salesperson*

Albany Realty Group

(518) 857-1261 cell • (518) 459-4564 office

[Kathym@albanyrealtygroup.com](mailto:Kathym@albanyrealtygroup.com)

## ROSE DENTAL TODAY MEANS WINNING SMILES TOMORROW!

# ROSE Dental

ASSOCIATES

General Dentistry - 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 will process your dental insurance and we offer interest free payment plans."

## CHANGE IS IN THE AIR.

The  
PLASTIC  
SURGERY  
GROUP

*Confidence is Beautiful™*

1365 Washington Ave., Albany • 518-438-0505

[www.theplasticsurgerygroup.net](http://www.theplasticsurgerygroup.net)

*There's never been a better time to  
make some changes for the better.  
Call today for your private consultation.*

Gerald Colman, MD E. Scott Macomber, MD  
Steven Lynch, MD John Noonan, MD William DeLuca, Jr., MD  
Douglas Hargrave, MD Jeffrey Rockmore, MD Susan Gannon, MD



FREE BODY CONTOURING SEMINAR: Wednesday, October 19th at 7pm • Register online, call 438-0505 or just stop by.

# From infancy to elderly: Top 10 ways to maintain your brain

By DAVID PERLMUTTER, M.D.

Time and again, studies have shown how important exercise, regular mental stimulation and balanced nutrition are to growing minds during childhood.

In fact, scientists used to think all crucial development occurred between infancy and the teenage years. Current research, however, indicates that our brains continue to make new connections well into our senior years, and we now understand more than ever the value of nurturing our brains through every stage of our lives.

Babies, for example, are synaptic sponges. Each time you stimulate a baby's mind — with singing, talking or even cuddling — its busy little brain cells make another of the synaptic connections so critical to healthy development. As a child grows and learns to walk, talk, read, do

math and socialize, even more synapses, or connections, are made.

Amazingly, the same activities continue to build our brains as we age. People young and old can incorporate these 10 tips into their daily lives to help maintain better brain health and ensure peak performance:

1. Get mental exercise: Read. Write. Take up a new hobby.

Mentally stimulating activity strengthens brain cells and the connections between them, and may even create new cells.

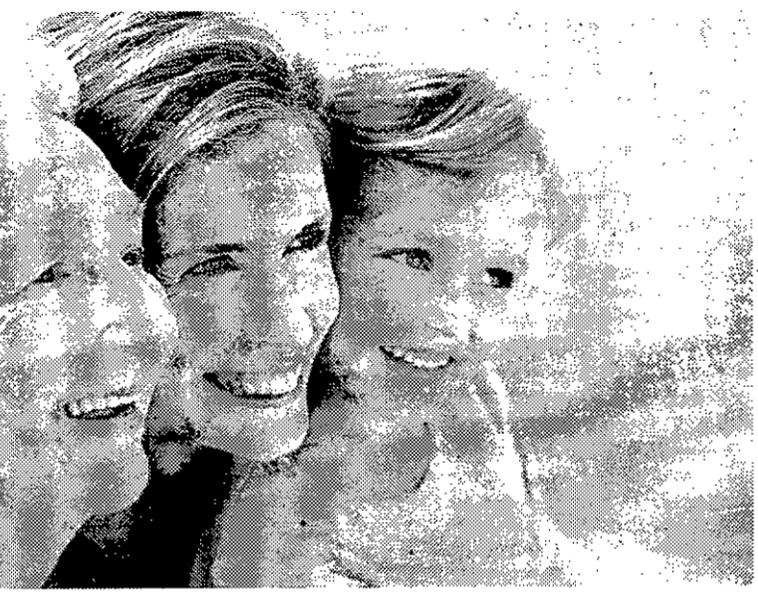
Children experience this almost constantly, but as we get older we need to deliberately challenge our brains. For example, don't just read a book; join a book club to discuss what you've read and share your experiences with others. Also, try a new hobby, like knitting or doing crossword puzzles.

2. Get physical exercise: It's about circulation.

Physical exercise oxygenates the blood, maintains good blood flow to the brain, and encourages the formation of new brain cells. If you can afford a gym membership or a personal trainer, then do so. Running or walking outside can also prove equally beneficial if you make it part of your daily routine.

3. Adopt a brain-healthy diet: Use your head while browsing the supermarket.

Shop the outer ring of your grocery store — you'll find yourself buying fresh foods, fruits and vegetables, and eating



a more brain-healthy diet.

A diet considered brain-healthy is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain and is low in saturated fat, cholesterol and calories. Studies have shown that high intakes of saturated fat and cholesterol lead to a higher risk of Alzheimer's disease.

4. Incorporate DHA into your diet: Get to know the good fats in your life.

While it is often said that Americans consume too much fat, we actually aren't getting enough of the fats that are good for us. Adequate levels of Docosahexaenoic Acid (DHA), the omega-3 fatty acid found in the brain, eyes and heart, is critical for optimal brain development and function in infants, and ongoing brain function in adults. DHA has also been associated with reducing the risk for

Alzheimer's disease, dementia and age-related macular degeneration, a major cause of blindness.

Fatty fish is the primary dietary source of DHA, making it difficult for most people to get enough of this important brain nutrient from diet alone. (Experts recommend about 220 mg a day for adults).

There is also concern about the environmental contaminants found in some fish and fish oils. Fortunately, there is a non-fish, vegetarian alternative — DHA from algae, also known as Martek DHA. Today dietary supplements and fortified foods with DHA from algae are becoming increasingly available.

5. Be aware of toxins: Keep your bloodstream clean.

Avoid exposure to environmental toxins, including tobacco smoke and stress. It is also important to be mindful of the toxins that may be in the foods you eat.

For example, certain fish may be extremely high in mercury, leading the U.S. Food and Drug Administration and Environmental Protection Agency to caution pregnant and nursing women, as well as children, to limit their fish consumption.

All of these elements can contribute to the formation of free radicals that, if left unchecked, will damage brain cell membranes.

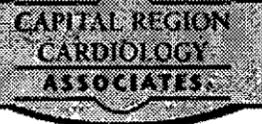
6. Make sure you get enough antioxidants: Eat your fruits and  
*Continued on Page S7*



ICABL  
Accredited Echocardiography Laboratory



Nuclear Cardiology  
Accredited Echocardiography Laboratory



CAPITAL REGION  
CARDIOLOGY  
ASSOCIATES

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

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

**WWW.CAPREGCARDIO.COM**

438-6236	383-2346	785-0734
845 Madison Avenue Albany	5 Southside Drive, Suite 400 Clifton Park	694 Troy-Schenectady Road Latham

When it's time to stop thinking about the house  
And the worry of living alone  
It's time for a new beginning.

**The good life. Friends and fun. Great food.**



With the support you need.  
A beautiful place to be.



Kingsway  
Community

323 Kings Road  
Schenectady, NY 12304  
**(518) 393-8800**  
www.kingswaycommunity.com



Celebrating  
30 Years

- ◆ Skilled Nursing
- ◆ Home Care

- ◆ Rehabilitation
- ◆ Adult Day Services

- ◆ Senior Apts.
- ◆ Respite

- ◆ Assisted Living
- ◆ Child Day Care

## Gail King Electrolysis

**Gail is back!**

*Permanent, Safe, gentle, latest equipment, experience, satisfied clients,  
Doctor recommended, private office, Current National Board Certification*

**Call for Appointment Today For Permanent Hair Removal  
Over 25 Yrs. Experience**

2215 Nott Street  
- Niskayuna, NY 12309  
(At Balltown Rd. near Coop Grocery Store)

518-382-1591  
ghairy@aol.com



**Gail King, LC, CPE**



**Older age should not mean  
isolation. At Greatdays, it doesn't.**

Greatdays Medical Adult Day Program



- help with Medications
- help with bathing
- Medicaid welcome
- engaging activities
- retain own physician
- hot meals

**(518) 724-3221**

Daughters of  
**SARAH**  
SENIOR COMMUNITY

180 Washington Ave. Ext.  
Albany, NY 12203  
a beneficiary agency of The United  
Jewish Federation of NENY

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

**Want your  
business to  
be seen?**



**Place your  
ad in the  
Spotlights!**

With over 100,000 readers every  
week, *Spotlight Newspapers*  
are the best place to advertise  
your services and sales.

**Call 439-4940**



## Prescription checklist helps in choosing drug plan

Senior citizens have been receiving information in the mail about the new Medicare prescription drug benefit from both Medicare-approved private plans and from the Medicare agency. The Centers for Medicare & Medicaid Services is sending every beneficiary in the country a "Medicare and You" guide, which includes information about Medicare's new prescription drug benefit. How will you know which plan is right for you?

Seniors advocates are urging Medicare beneficiaries to gather together all their prescription bottles and then write down with they are taking. Having a checklist of medications will help when reviewing the various Medicare-approved prescription drug plans, which begin enrollment on Nov. 15.

Seniors are also encouraged to write down what pharmacies are convenient — since different plans will have different pharmacy networks — and to write down if they currently have prescription coverage, since they will want to compare what they have with what Medicare is offering.

In addition, beneficiaries are urged to collect all the Medicare drug benefit-related mail they receive in one place so that it is centralized and readily available when they review the information. That will also make it easier for children, grandchildren, friends and neighbors to help Medicare beneficiaries sort through the material. Helping with putting together the checklist (or gathering prescription drugs in a bag) is also part of the all-important preparation that is key to making the sign-up process go smoothly.

Representatives are available to answer questions about Medicare's drug coverage at (800) MEDICARE (633-4227) and at local state health insurance program offices, which can be reached through the Eldercare Locator at (800) 677-1116.

The checklist should include:

1. The name of each drug, precisely as it appears on the prescription bottle
2. Dosage (e.g. 75 mg)
3. How frequently the medicine is taken (e.g., daily, twice daily)
4. Cost

An option is to put all medications in a bag, and to simply have that bag at hand when attending an enrollment

*Got news?  
Call Spotlight  
at 439-4949.*

yourself about living a healthy lifestyle.

According to the Alzheimer's Association, there is overwhelming evidence linking high blood pressure and diabetes with dementia. Insulin resistance, high blood sugar and other unknown factors in people with diabetes lead to deposits in vessel walls that inhibit blood flow to the brain, heart and other parts of the body.

The American Diabetes Association has found that 30 minutes a day of moderate physical activity, coupled with a 5 to 10 percent reduction in body weight, resulted in a 58 percent reduction of type II diabetes.

9. Wear a helmet. Protect your head. It's the only one you've got.

It seems obvious, but too many people arrive in the hospital with irreversible brain injuries that could have been prevented if they had only worn a helmet. When participating in contact sports or riding a bike or motorcycle, always wear a helmet.

10. Seek out positive emotional experiences: Laughter is the best

medicine.

Studies have shown that adults who lead stimulating lives — are social, have lots of hobbies and laugh a lot — develop more neurons, more connections between neurons and more efficiency in using their brain cells than those who lead sedentary lifestyles.

Dr. David Perlmutter is a board-certified neurologist who received his M.D. from the University of Miami School of Medicine. He serves as medical director of the Perlmutter Health Center and the Perlmutter Hyperbaric Center in Naples, Fla. Dr. Perlmutter is also an adjunct instructor at the Institute for Functional Medicine in Gig Harbor, Wash.

*Continued from page S6*

veggies.

Antioxidants help provide the body with tools to neutralize harmful free radicals and are directly involved in the process by which the brain makes its energy.

Good sources of antioxidants can be found in the produce, frozen fruit, vegetable and whole grains sections of your supermarket.

7. Monitor your homocysteine level: Ask your doctor about the state of your mind.

Another area important to cognitive function is your homocysteine level. Homocysteine, found naturally in your blood, is an amino acid that can negatively affect your cognitive functioning if present in excessive amounts.

Your physician can perform a simple test to determine your homocysteine level and recommend ways to lower it if necessary.

8. Prevent diabetes: Educate

## 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.

## Does your desire to get into shape have you feeling Desperate?



Come in today and learn about Gyrotonic training, the exercise that has helped to transform Teri Hatcher's body!

- Group Mat Classes
- Ashtanga Yoga
- Body Fusion Classes
- Private Pilates Apparatus / Gyrotonic®

### STUDIO G

1229 Central Ave.  
Albany, NY  
518.209.6810

Brenda Mitchell, Certified instructor in:

### PILATES & GYROTONIC

Only Studio offering Gyrotonics in the Capital District

Mention this ad and get 2 weeks FREE\*\*!

This limited time offer is valid with approved 6-week mat classes only. Offer applies to final 2 weeks of the class only, and cannot be combined with any other offer. Gyrotonic is a registered trademark of Gyrotonic Sales Corp. Desperate Housewives is a registered trademark of ABC, and is in no way affiliated with Studio G.

**Exercise Your Options at Avila**

The Capital Region's newest retirement community for active adults

**Call us! 452-4250**

Avila... a move in the right direction!

featuring Avila residents

**Avila**

Operated by DePaul Housing Management in affiliation with the Roman Catholic Diocese of Albany

**Now Open • Hurry for details or a tour!**

Off Washington Ave. Exit at Columbia Circle Drive  
100 White Pine Drive • Albany, New York 12203 • www.avilaretirement.com

Offering Plan available from the Sponsor

# When talking to your physician, don't leave anything out

**H**ave you ever gone to the doctor and left the appointment feeling like you didn't get the information or treatment you needed because like many people you left without discussing the impact of your symptoms of constipation, bloating and abdominal discomfort or pain?

Joanna Pedrosa of Brooklyn, New York suffered with recurring constipation, bloating and abdominal discomfort for more than 20 years.

"I told my doctor about my symptoms, but I often felt embarrassed. It was difficult to communicate just how much they all affected me," says Pedrosa. "Now I have been properly diagnosed, and I found a treatment that works

for me. I know how important it is to talk to your doctor without embarrassment. By speaking out, and encouraging others to do the same, I hope to help those who are suffering with the symptoms of chronic constipation."

A survey conducted in April 2005 by Roper ASW found that eight out of 10 Americans suffering from common gastrointestinal (GI) disorders remain undiagnosed. Of the 1,000 randomly selected men and women between the ages of 18 and 64 surveyed, 87 percent who were experiencing symptoms hadn't told their doctors. Of those who did bring it up, 78 percent said they neglected to discuss how the symptoms were affecting their daily lives.

The survey findings led

Novartis Pharmaceuticals Corp. to work together with the National Women's Health Resource Center to help those suffering find relief. "Take 10 for GI Health" seeks to help sufferers with chronic constipation and irritable bowel syndrome with constipation (IBS-C) get effective care by offering tools that will help them get past the stigma. Among them, "Take Ten: Tips for Talking with Your Doctor about GI Health," a tool sufferers can download from [www.Take10forGIHealth.org](http://www.Take10forGIHealth.org). The document includes tips and questions designed to help sufferers prepare for their appointment and improve the quality of their visit.

"By taking 10 minutes to have a focused discussion with their doctor, patients can describe the

impact of all their symptoms — how they affect their work, their family and their social lives," says Amy Niles, president and chief executive officer of the National Women's Health Resource Center. "I recommend sufferers of recurring constipation, abdominal discomfort and bloating prepare in advance for their doctor's visit in order to overcome the embarrassment of their symptoms."

Like the many sufferers surveyed, Pedrosa tried numerous treatments to help manage all of her symptoms. "Before my doctor and I found a treatment that worked for me, I relied on laxatives for my constipation. I also tried fiber, lots of fiber, but nothing helped with all my symptoms. I'd get so

bloated my clothing often didn't fit comfortably, and I spent way too much time in the bathroom," Pedrosa continues. "After speaking with my doctor, he prescribed Zelnorm. Zelnorm helped to relieve all of my symptoms."

Zelnorm is the first and only medicine approved for men and women less than 65 years of age with chronic constipation (constipation lasting more than six months with no known cause) and for women with IBS with constipation. Zelnorm mimics the natural effects of serotonin by activating receptors which normalize impaired motility in the GI tract, inhibit visceral sensitivity and stimulate intestinal secretion. Full prescribing information is available at [www.zelnorm.com](http://www.zelnorm.com).

## Looking for ways to relate to grandkids? Spend some time being creative

Grandparents have a special role in the lives of their grandchildren. They provide unconditional love and support, and they also serve as a link to the extended family and a child's history. A great way to spend one-on-one time with your grandkids is by passing on a craft, skill or special knowledge. It gives you an opportunity to talk, listen and get to know each other better.

Sewing is a fun skill to pass on that your grandchildren might not otherwise have a chance to experience. Kids are fascinated by today's sewing machines, and advanced technology like that found in Bernina's aurora 440 sewing and embroidery system. It makes it easier for new sewers to get the hang of using a sewing

machine a lot quicker.

For example, Bernina recently introduced to the home sewer the world's first stitch regulator foot (BSR) with a sensor that 'reads' the fabric. When the fabric moves, the foot sensor is activated and the stitches are regular and consistent. This allows the sewer to draw, thread paint, or just write their name across a piece of fabric with ease. This technology is similar to that of a computer mouse. Features such as these, embroidery machines and digitizing software are interesting many young people in sewing as a creative outlet and means for expressing their individuality.

"Just mastering a straight seam gives kids a great feeling of accomplishment," said Gayle

Hillert, vice president of training of Bernina of America. Using other tools to add special touches to their projects only adds to the pride they feel. Embellishing clothing — taking purchased clothes and adding special touches like embroidery or sparkles to make them unique — is very popular right now. "Imagine how excited your grandkids will be if they can spell out their name in stitches with the BSR foot, or digitize a design of their choosing with software," said Hillert.

Use these tips and you and your grandchildren can spend memorable time together creating something special.

• When choosing a project to work on with your grandkids, consider letting them help you pick the project to ensure that it's something they'll want to work on. Keep in mind that their

attention span is short, and depending on age, their manual dexterity might make certain tasks difficult for them.

• Be sure to allow plenty of extra time to complete the project and avoid frustration for either of you. You might want to break the project up into several manageable parts and take a break for lunch or a snack. There are many easy projects that you can share with your grandkids — a simple stuffed animal, a pillow, even a quilt.

• Make sure the project is age appropriate. A younger child might enjoy working on a stuffed animal while an older one might like to design a project of their own. A younger child might also need to sit up on a phone book or the foot control may need to be raised instead.

• To avoid injuries to inexperienced sewers, Bernina offers a finger guard that helps protect against needle injuries and is great for use with children as well as for people with disabilities.

• Supervise all stitching and cutting and if necessary have items cut and prepared ahead of time, all ready to go when your grandchild arrives.

• Another thing to think about when working with younger sewers is that they want to dig right in. Use sewing rules sparingly and get the party started to engage your grandchild's interest right away!

• Smile, encourage, enjoy!

For information, visit [www.berninausa.com](http://www.berninausa.com).

Center Commercial Services



**Upstate  
Rehabilitation  
Products**

63 Karner Road • Albany, New York 12205

**(518) 869-9372 ext. 27**

*Over 16 years of Providing  
"Quality" Products and Service*

Power and Manual Wheelchairs

Commercial & Custom

Seating Systems • Patient Lifts

Pediatric Mobility • Specialty Bathing

Ambulatory Aids (Walkers, Canes)



We directly bill Medicare,  
NYS Medicaid, CDPHP, MVP,  
BSNENY, APA Partners, GHI,  
AETNA, FIDELIS,  
and most private insurance

*MillView*

ASSISTED LIVING RESIDENCE

*When You're Here... You're Home*

New  
Two Room Suites  
Coming  
January 2006!



Choosing the right assisted living residence for someone you love is an important decision.

Millview's commitment to exceptional care and intimate setting help make that decision easier.

Come and enjoy lunch and a personally guided tour of our wonderful community. Call Angela DePasquale (518) 365-0459

Latham • 514 Old Loudon Rd. • (518) 785-7788

Conveniently located off of Rt. 9 in Latham with easy access to I-90, 87 & 787.

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

### Tips for denture wearers:

Receiving new dentures can often be a wonderful experience; one that is usually met with both excitement and apprehension. Like all new things they will take some time to get accustomed to, but with proper care and maintenance it will be much easier.

Any time the appearance of the teeth are improved, we see an increase in a person's confidence, comfort, and overall

well-being. Denture wearers, however, must often go through a period of adjusting to them, during which the fit may affect comfort and speech. This typically lasts anywhere from 2 to 6 weeks and you may need to see your dentist for adjustments. While dentures are typically made out of acrylic and cannot succumb



Dr. Gabriel McGarry DDS

to tooth decay, they will still collect bacterial plaque which needs to be removed daily. During the day, dentures should be cleaned and rinsed after each meal or when convenient. Any remaining natural teeth should be brushed with fluoride toothpaste at this time as well. During the night, or at bedtime, remove the dentures and scrub them thoroughly with toothpaste containing baking soda. Make sure to clean any metal parts if you wear a partial denture. Following cleaning, all dentures should be soaked in cold water overnight — the tissues in the mouth need time to "breathe" so that infection does not occur. Finally, make sure to keep regular hygiene checkups so that your dentist can evaluate the fit of the denture and the overall health of your mouth.

**Charles M. Tramontana, D.D.S., P.C.**

576 Sand Creek Rd. • Albany, N.Y. 12205 • (518) 869-5348 • [www.doctortsmilezone.com](http://www.doctortsmilezone.com)  
email your questions to [info@doctortsmilezone.com](mailto:info@doctortsmilezone.com)

# Lighting For Aging Eyes

**Albany, NY** - Lighting can make the difference between seeing and not seeing for older adults with deteriorating vision. The human visual system weakens with age and as one grows older, less light reaches the back of the eyes. The lens scatters more light, which reduces the contrast and sharpness of objects, as well as the vividness of colors.

How do you design lighting in the home to address these realities? Start by increasing light levels by placing fixtures close to your task, or by selecting light bulbs with more lumens (look for lumens rating on the package). Place light fixtures over the sink, stove, countertops, and other fixed work areas. Locate these fixtures to the side and slightly in front of the position where a person would usually stand to see the task. If you have upper cabinets, light your countertops with thin, under-cabinet lighting fixtures mounted on the underside of the cabinets.

Take advantage of color contrast. Paint the bathroom doorframe a dark color to contrast with white or light colored walls. Use light color finishes on walls and ceilings to soften the effects of bright light sources, and to reduce shadows. You can also avoid shadows by placing the light source on the side opposite to your writing hand. Right-handers should place lighting to their left and vice versa. Place task lights to your side to avoid reflected glare from your work surface or glossy magazines. Bright objects in your field of view impair your ability to see. Place some kind of opaque or translucent material between you and the light bulb if you can see the bare bulb while standing or sitting. Avoid using clear glass light fixtures and use shades, blinds, or curtains to minimize glare from windows.

Fluorescent fixtures are a good choice for residences. Choose a light bulb or fixture with an electronic ballast; they're flicker free and quiet. Request fluorescent light bulbs with a CCT (correlated color temperature) of 2700-3500 K and a CRI (color rendering index) of at least 80

or above. Compact fluorescent light bulbs (CFL's) can produce the same amount of light for a third of the wattage of a common incandescent fixture, burn much cooler, and last about 10 times longer. And always look for the ENERGY STAR® label on fixture and CFL packaging.

For more information on lighting for older adults, log on

to [www.lrc.rpi.edu](http://www.lrc.rpi.edu). To find out general information about ENERGY STAR® lighting or other New York Energy \$mart<sup>SM</sup> programs, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org).

All New York Energy \$mart<sup>SM</sup> programs are funded by a System Benefits Charge (SBC) paid by electric distribution customers of Central Hudson Gas & Electric,

Consolidated Edison, New York State Electric & Gas, Niagara Mohawk - a National Grid Company, Orange and Rockland, and Rochester Gas and Electric. NYSEERDA, is a public benefit corporation established by law in 1975, administers SBC funds and programs under an agreement with the Public Service Commission.

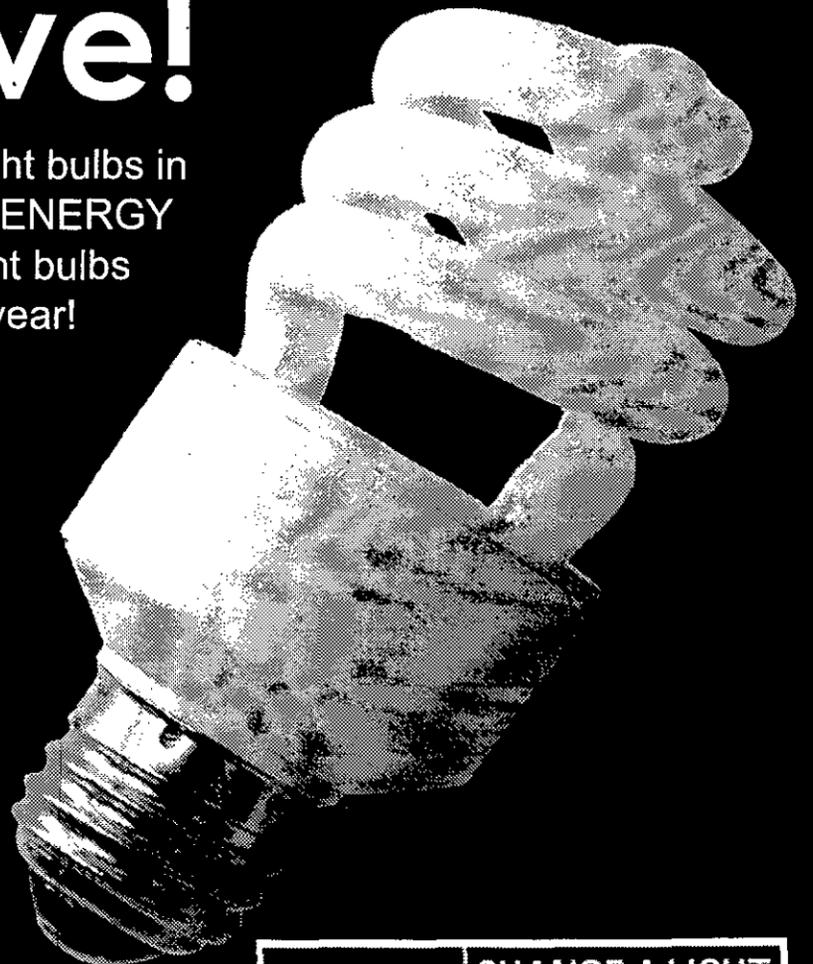
New York Energy \$mart<sup>SM</sup> programs are designed to lower electricity costs by encouraging energy efficiency as the State's electric utilities move to competition. The programs are available to electric distribution customers (residential, commercial, and industrial) who pay into the SBC.

## Take the Change a Light Challenge

## And \$ave!

By replacing the 5 most used light bulbs in your home with energy-efficient ENERGY STAR® compact fluorescent light bulbs (CFLs), you'll save over \$50 a year!

**IMAGINE**  
what you'd save  
if you switched  
them all!



Join fellow New Yorkers and Americans all across the country! Take the Change a Light Challenge to save energy and reduce your home lighting bill by up to 66%!

Energy-efficient CFLs last up to 10 times longer, produce more natural-looking light for truer colors, and operate cooler and safer than standard incandescent bulbs!

Ask about CFLs and ENERGY STAR fixtures today! Then go to the interactive Web site at [www.GetEnergySmart.org](http://www.GetEnergySmart.org) and make your pledge to take the challenge!

# The dish detectives track down hard-to-find china

Is the set of dishes you inherited from your grandmother missing a gravy boat? Or perhaps a plate from your wedding china was broken last Thanksgiving. Maybe you lost an entire place setting during your last move. Trying to track down those missing pieces can be aggravating and time consuming, especially if the china pattern is no longer made.

Freya Shaffer knows that frustration all too well. She spent an amazing 41 years looking for dishes from her wedding set. "My kids love my dishes, and I wanted to pass a complete set of eight place settings on to both of my daughters," says Shaffer. Little did she know how difficult tracking down the dishes would prove to be.

Shaffer, who lives in Johnstown, Pa., estimates that

she has scoured antique stores and malls in 25 to 30 states looking for her dishes. "We're retired, and our kids live all around the country, so we travel a lot," she says. But despite her best efforts, Shaffer never came across any of the dishes she was searching for.

On one of her scouting trips, an antique dealer suggested Shaffer contact Replacements, Ltd., a company that specializes in locating hard-to-find tableware. Shaffer was skeptical until she logged on to [www.replacements.com](http://www.replacements.com) and almost immediately found her pattern.

"We have over 10 million pieces in stock," said Replacements, Ltd. spokesperson Liam Sullivan. "It is like Christmas every day around here because we are locating

pieces of history for families they thought were lost forever."

The company uses a network of Dish Detectives to search missing pieces. "It's like a giant scavenger hunt," said Sullivan. "We take your request and put our team to work"

Shaffer has just about completed one full set of dishes and is working on the second. She buys pieces as they become available and appreciates the e-mails she gets from Replacements whenever a new piece of her pattern is in stock.

Customers who are searching for a specific pattern can simply call (800) REPLACE (737-5223) or visit the company's Web site, where they'll find over 200,000 digital images that make it easy for people to identify their china. "If they know the manufacturer and the name of the pattern, that



makes it really easy," says Sullivan.

However, the experts at Replacements can also research china using a photo or a photocopy of the front and back of a dinner plate. "We have the world's largest inventory of china, crystal, and silver so if uncle Fred dropped a fork down the garbage disposal or you dropped a piece of your wedding crystal we can help you out. We replace the irreplaceable," says Sullivan.

In addition to looking for pieces from her wedding set, Shaffer has also turned to Replacements for help collecting pieces from her mother's china pattern as well as completing sets of Seneca glasses to pass on to her sons. She and her husband pur-

chased the glasses originally in West Virginia in the 1960s. Before discovering Replacements, they even took a trip back to West Virginia to see if they could purchase glasses from the original manufacturer, who was no longer in business. Shaffer also helped a friend find a piece she was looking for through Replacements.

Although she enjoys the thrill of the hunt, and still visits antique stores on her travels, Shaffer is glad to know that she can rely on Replacements to help find the pieces she needs.

For information, or to find your china pattern, contact Replacements at (800) REPLACE (737-5223) or visit [www.replacements.com](http://www.replacements.com).

## New tool helps seniors play it safe behind the wheel

Americans are living longer than before. If you're over 65, you are part of the fastest growing population in the U.S., thanks to today's advanced medicine and healthier, active lifestyles.

If seniors can be found swimming, jogging and golfing, then who's to say when they become too old to get behind the wheel?

By 2020, there will be more than 40 million licensed drivers age 65 and older, according to AAA Hudson Valley. Although they are more likely to wear their seatbelts, less likely to drink and drive, and less likely to speed, senior drivers are more likely to be seriously injured in a car crash.

Seniors have the second-highest crash death rate per mile next to teenagers, and are at the

highest risk for intersection crashes. They also are more likely to injure themselves than others in a crash.

In a recent AAA survey of more than 1,000 seniors, nearly 90 percent said they drive themselves to get around on a daily basis. And next to financial security and the cost of health care, seniors are most concerned about their ability to get around in the future.

"This concern, and the apprehension many families share over whether older loved ones should drive, has prompted AAA to make efforts to help seniors improve driver safety," said Tammy Melo, public relations manager, AAA Hudson Valley.

The automobile association has developed "Roadwise Review:

A Tool to Help Seniors Drive Safely Longer," a computer-based screening tool that enables older drivers to test their cognitive, physical and visual abilities in the privacy of their own homes.

The tool helps identify physiological changes that could affect driving and problem areas correlated with crash risk. For instance, it tests flexibility, the ability to see in low light and to scan across a field of view, all functional abilities critical for safe driving. "Roadwise Review" also offers practical suggestions for improvement.

The measures in AAA Roadwise Review were scientifically validated in a study of crash risk in nearly 1,000 seniors.

For information, contact AAA Hudson Valley by calling 426-1000 or visit [www.aaahv.com](http://www.aaahv.com).

**Bill Uhl D.C.**  
637 New Loudon Rd., Rt. 9 • Latham, NY  
Phone- 518.783.3031 • Fax- 518.783.3032  
Accepting New Patients  
Convenient Office Hours

**NEW LOUDON**  
CHIROPRACTIC & REHABILITATION

Specializing In:

Chronic Back, Bone & Joint Pain • Headaches/Migraines  
Herniated Discs • Sciatica • Numbness & Tingling  
Nerve Pain • Sports & Auto Accident Injuries  
Drug Free Relief from Arthritis Pain

Experience the healing nature of light! Call today to schedule your FREE Laser Consultation.

**NOW OFFERING LOW LEVEL LASER THERAPY**  
FOR MUSCLE, NERVE & JOINT PAIN

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

**Senior Housing**

## DePaul Housing Management

We Provide A Variety of the Best in Senior Housing

- ◆ One & two bedroom apartments & cottages for middle-income seniors, some rents at market rate
- ◆ One bedroom apartments for lower-income seniors, rent & utility subsidies available
- ◆ Entrance fee Retirement Community with one & two bedroom apartments and spacious cottages

Our Senior Housing Communities are located in the Town of Colonie, Halfmoon, Albany, Slingerlands, Rensselaer, Schenectady, Wynantskill and Rotterdam.

The Comfort & Privacy of Home without Homeowner Headaches

Appointments for private tours of our communities are available daily. Call DePaul Housing Management at **(518) 459-0183** for more information or visit our web-site at: [www.depaulhousing.com](http://www.depaulhousing.com)

## Take good care of your china

Here are some tips from the experts at Replacements for protecting your china as you enjoy it.

1. Fine china should always be washed by hand with warm water and a mild detergent.
2. Before washing place a rubber mat in the bottom of the sink to avoid chipping.
3. To avoid stains, rinse off plates as soon as possible. Strong acids and alkalines in food can cause staining.
4. Do not put china in a microwave unless it states on the china it is microwave safe. Dinnerware with metallic banding should never be placed in a microwave.

## CONFUSED ABOUT THE NEW MEDICARE PART D PRESCRIPTION DRUG COVERAGE?

Look to your COLONIE SENIOR NETWORK for answers!

CSN has brought the experts together to help seniors in Colonie make informed choices about the new coverage.

**Thursday, November 10, 2005**  
1 p.m. TO 5 p.m.

At Colonie Memorial Town Hall

**"The Basics of Medicare Part D"**

Samantha Rapke  
Center for Medicare & Medicaid Services

**"EPIC & the Medicare Prescription Drug Plan?"**

Candy Rivera-Whitehead  
EPIC (Eldery Pharmaceutical Insurance Coverage)

**"Who is Eligible for Extra Help?"**

Michael Dinneen  
Social Security Administration

**"How do I Make an Informed Choice?"**

Rose Golden  
Albany County H.ICAP

**CSN** Your COLONIE SENIOR NETWORK  
A working alliance... coming together to support seniors and their families!

For further information visit [www.colonie.org/csn](http://www.colonie.org/csn) or call 459-5051

## ASK THE PHARMACIST

### How can I use medication safely?

Contributed by,

Jennifer Cerulli, Pharm.D., BCPS, Associate Professor, Albany College of Pharmacy, Clinical Pharmacist, Four Corners Pharmacy, Delmar

Macary Weck Marciniak, Pharm.D., BCPS, Assistant Professor, Albany College of Pharmacy, Clinical Pharmacy Specialist, Price Chopper Pharmacy, Slingerlands

Recent media stories have highlighted unwanted effects that can occur with medication use. However, use of medications can also be life-saving. To take an active role in your health care, follow these tips to work with your doctor, pharmacist and health care team to use medication wisely.

#### 1. What questions should I ask my doctor and my pharmacist when medication is prescribed for me?

Use the following questions to learn as much about your medication as possible:

- What is the medication's name and strength?
- What is the medicine used

for and what should it do?

- How do I take this medication? (example: number of times per day, with or without food)
- How long before I see the effects of this medication?
- How long do I need to take this medication?
- Are there foods, alcoholic drinks, other medicines (including over-the-counter medications, natural or dietary supplements) or activities I should avoid when taking this medication?
- What are the possible side effects of the medicine and what should I do if they occur?
- What do I do if I miss a dose?
- How should this medication be stored?

#### 2. What should I tell my health care team about my medications?

Your health care team includes you, your family, doctors, nurses, pharmacists and other health care professionals involved in your care. Each member should know the name and strength of your medicines and how you take them. Tell them how you feel the medicine is working for you and any problems you have with the medication.

Keep a list of questions to ask during your visit. A good relationship with your health care team is important so select your pharmacist as carefully as you choose all the members of your team.

#### 3. How can I remember and share all that information about my medications?

Keep a personal medication record (PMR) that includes the information above and includes allergies to medications, foods or

#### counter medications or herbal/dietary supplements on my PMR?

Over-the-counter medications are powerful and help treat a number of medical conditions; however, sometimes they can

dangerous. It is important that your doctor and pharmacist know what over-the-counter and herbal supplements you are using – they can identify which products are safe and effective for you and the medical conditions you have.

#### 5. Why should I know my pharmacist's name?

**KNOW YOUR MEDICINE, KNOW YOUR PHARMACIST**

If you do not know your pharmacist's name... you should. The American Pharmacists Association recently released the results of a national patient survey ([www.aphanet.org](http://www.aphanet.org)) that indicated consumers who knew their pharmacist's name had better medication use habits. These consumers were more likely to tell their pharmacist other medications they were using, read product labels, know the main ingredients of their prescription medications and use their pharmacist as a source of information on medicines.

#### 6. Where can I get accurate, up-to-date and unbiased information about my medications?

Start by using the tips above to get the most out of your visit to your pharmacist and to your doctor. For information about medications and how to take an active role in your health care, visit the FDA ([www.fda.gov](http://www.fda.gov)), Medline PLUS (<http://medlineplus.gov/>) and AHRQ (<http://www.ahrq.gov/consumer/>).



products (such as latex). Bring the PMR to your health care visits and be certain your pharmacist has the list.

If you need help making a list, some pharmacies offer this service or sample PMRs are available (<http://www.ahrq.gov/consumer/safemed/safeform.pdf>).

#### 4. Why include over-the-

duplicate prescription medicines you already take, interact with your medicines or worsen an illness you have. Herbal and dietary supplements are not regulated by the Food and Drug Administration (FDA), and studies are not required to determine if they work or cause drug interactions or adverse effects. While some herbal products are beneficial, others do not help or are known to be

# Business at a snail's pace?

Place an Ad in  
the Spotlight Newspapers



Give Us A Call At:  
**439-4949**

**The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight  
Niskayuna Spotlight • Rotterdam Spotlight • Scotia-Glenville Spotlight  
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight**

## Long-Term Care: More Than a Health Issue

As lifespans lengthened, so too has the time Americans spend in retirement. Healthy retirees can realistically expect to spend 20 or even 30 years in retirement. This trend, coupled with the ever-rising cost of health care and nursing home care, can become a significant factor in planning for a financially secure retirement. As Americans struggle to get financially prepared for retirement, many underestimate the expenses associated with health issues as they age.

According to two studies released by Prudential Financial earlier this year—the “Workplace Report on Retirement Planning” and “Roadblocks to Retirement”—7 in 10 Americans feel rapidly rising health care costs in the recent past have hurt their prospects for a comfortable retirement. In addition, the research found that 2 in 10 anticipate they might need nursing home care in the first 10 years of retirement; when considering the second 10 years of retirement, that number swells to more than 4 in 10.

### Rising costs, rising concerns

According to the research, among those who expect to need nursing home care in retirement, more than 9 in 10 are concerned that they could exhaust their savings. For those closest to retirement,

their most important goals are to remain financially independent and not become a burden to loved ones. In fact, 7 in 10 near-retirees feel it is ‘very important’ to be able to afford necessary medical care or nursing home care.

### Long-term care insurance remains a mystery to many

Although the public is increasingly aware of long-term care needs, long-term care insurance is not yet well understood. Even among those who are closest to retirement age, just 1 in 5 claims to have a sound understanding, and nearly half need help with understanding the coverage and options.

Here are a few tips to help you get started when considering the benefits of a long-term care insurance policy:

- Go to [www.prudential.com/insurance/longtermcare](http://www.prudential.com/insurance/longtermcare) to research the current costs of long-term care in your community and how those costs are likely to grow over time.

- Consider how you would pay for long-term care if you needed it today.

- Determine how much of your retirement savings and income you’d be willing and

able to spend on long-term care services such as home care (home modifications, home health aids); care in a nursing home, or care in an assisted living facility.

- Investigate your options for purchasing long-term care insurance in a group plan, through your employer or association, or individually, through a financial professional.

- Buy long-term care insurance from a company with the financial strength and stability to be there when you need it.

The elderly population, many of whom could require long-term care services, will more than double in the next 25 years to more than 70 million. With the costs of nursing home care running \$61,000 a year on average, it is prudent for Americans to make long-term care insurance an integral part of their overall retirement and financial planning to protect their assets, their choice of care and their independence should the need for long-term care arise.

For more information on the long-term care report, the studies, and long-term care insurance go to [www.prudential.com](http://www.prudential.com).

## Stay flexible with gyrotonic expansion

If you have flexibility in your spine, you are young. It doesn’t matter what your physical age is, the way your body serves you is the key to youth. A supple flexible body is young, and a stiff body is old. Pretty simple, but not so simple to achieve.

The Gyrotonic Expansion System may sound like some new spin on a favorite cocktail, but it is far from it. Juliu Horvath created this system from his own catastrophic injuries, including two destroyed discs in his spine, and ripping his achilles tendon, rendering him basically crippled and in constant pain. Unlike traditional exercise methods which can actually work against agility in the body, the combination of yoga, swimming, gymnastics and tai chi, that are the basis for this system, the Gyrotonic System, gently enables you to regain the movement that we all started out with. The best part of this system is the fact that you are never too old, or out of shape or heavy to begin changing your life and your body.

The beginning of the session is done in a comfortable seated position which is much less intimidating than lying down. From the beginning you will feel the effects of the increased blood flow in the spine, the gentle stretching of the muscles of your entire body. You will feel energized, not fatigued.

Exercises are done on the “Gyrotonic Expansion System”, sometimes, lovingly referred to as THE RACK..... this hand crafted tower and pulley system

is, in itself, a piece of art.....The smooth weight and pulley system creates a nonstressful way to work the body in a circular movement, thus rejuvenating the joints, and ligaments, while the carefully choreographed movements will remind you of the effortless feel of swimming. But, make no mistake the spiraling movements, which stretch and strengthen the muscles along their natural line, go deep into the body. It’s been likened to a deep internal, as well as, external massage. Corresponding deep breathing engages the abdominal muscles in a undulating movement, as they continuously cause extension and flexion of the spine. The system enhances coordination, strength and flexibility that will allow total freedom of movement. Through the spherical awareness and circularity of movement enable the user to perform, under variable controlled resistance, and real sports simulation with no limitation to speed and impact. The results are impressive, an increase in the functionality of the spine, and a well-proportioned body that is less prone to injury.

The Gyrotonic Expansion System has been used successfully in Europe for rehabilitation of joint surgeries and injuries, such as frozen shoulder, rotator cuff injuries, arthritis of the joints. Also, increasing evidence has shown that the system actually improves bone density, by allowing more blood circulating through the marrow, rather than the compression of the bones through the “weight bearing” exercises that are widely touted. Among other conditions that have had remarkable improvement, are Fibromyalgia, Parkinsons Disease, as well as great improvement of those stricken with strokes. The involvement of the constant left, and right side of the brain, which are in most of the exercises builds new synapsis in the brain. Picture the patting your head at the same time you are circling your belly with the other hand, that is somewhat the type of movement that is incorporated into each exercise, at the same time moving the arms or legs in a certain fashion. This is not a passing fad, currently the Gyrotonic Expansion System is used worldwide with great success amongst dancers, sports people, rehabilitation facilities, as well as general conditioning amongst people from all walks of life, from children to senior citizens.

## 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**

## DIABETES?

Your feet are at 10 times greater risk for amputation.

MEDICARE RECIPIENTS -

- For diabetes, comfortable, well-fitting shoes can prevent amputation.
- If you qualify, Medicare with most secondary insurance will provide you with comfortable shoes - at NO COST to you.
- Expert shoe fitting by podiatrist.
- No Medicare paperwork to file.

To see if you qualify, call TODAY for an appointment:

261 Delaware Ave.  
Delmar • 439-0423

Medicare-covered Diabetic Shoes. Medicare and most insurances accepted.  
[www.bethlehemfootcare.com](http://www.bethlehemfootcare.com)

# Living Here Never Grows Old.

DELMAR PLACE  
Assisted-Living Residence

Call today to arrange for a tour. • 434-HOME (4663) • [delmarplace.com](http://delmarplace.com)  
467 Delaware Avenue • Delmar, NY 12054

Equal Housing Opportunity © Delmar Place, 2005

# Air, water quality focus of NYSERDA conference

By GRAHAM S. PARKER

Environmental advocates and researchers joined representatives from leading federal and state environmental agencies to discuss the latest developments in current environmental research and policies at a conference in Colonie Oct. 25 and 26.

About 300 environmental leaders met to hear 20 speakers ranging from environmental engineers of the U.S. Environmental Protection Agency to senior researchers with NASA's Goddard Institute, discuss air and water quality issues associated with fossil fuel consumption.

"We support research to increase our understanding," said Janet Joseph, program manager of environmental research for the New York state Energy Research and Development Authority (NYSERDA). "The purpose of this conference is to bring everybody together to share information."

NYSERDA and the New York Energy Smart Environmental

Monitoring and Environmental Protection (EMEP) program sponsored the event. Energy Smart is funded through the state's Public Service Commission.

This year's EMEP conference was titled "Linking Science and Policy." By bringing together scientists and policy makers, the conference sought to highlight the latest research on air quality and related health issues, ecosystem responses to atmospheric pollutants, and climate change issues of the region. The EMEP conference has taken place every other year since 1998.

A sunset provision on the state Energy Smart program makes this year's conference the last one, unless legislation extends or makes permanent such meetings and the program, said Joseph.

Two weeks ago, a state commission concluded its comment period on the program. Whether or not the Energy Smart program and meetings like last week's are successful is the topic of those comments, said NYSERDA President Peter

Smith.

In his opinion, they are successful, and the programs have done a lot to bring current environmental research to the public.

Since the meetings began, environmental advocates have joined researchers and policy makers to better gauge the state's direction on environmental policies.

**"These are issues of extreme importance to myself and every citizen of New York. It definitely needs to be supported."**

Frank Eadie

"These are issues of extreme importance to myself and every citizen of New York. It definitely needs to be supported," said Frank Eadie, a member of the energy committee for the Atlantic chapter of the Sierra Club. "The studies are heading in a good direction. They are needed to constantly educate the public on

what's been learned so far." He drove up from New York City to attend the conference.

New York State accounts for 4 percent of the country's total consumption in British Thermal

Units (btus) of primary energy sources. Those sources of energy are associated with petroleum, natural gas, nuclear

power, coal, hydropower and biofuels, according to NYSERDA. A little more than a quarter of that consumption is associated with the production of electricity.

Some of this year's research topics focused on acid rain, mercury pollution, climate change and fine particulate pollution, said Joseph. The focus

on those topics stemmed from how researchers are linking certain methods of electricity production to the various forms of pollution, she said.

A lot of the work associated with the studies is well developed, said Eadie.

Smith is hoping that the merits of the program, and the success of the conferences, carry the energy program on another eight years.

"We were very pleased with the turnout and dialogue. The best thing about the conference is taking very technical research and making it so policy makers can understand it," said Smith.

The research and outcomes have become very straightforward, and there are some very talented environmental researchers throughout the state, he said.

"This (the EMEP conference) is by and far the epitome of public research," he said.

**Got news?**

The *Spotlight Newspapers* welcomes announcements of programs or events.

All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be faxed to 439-0609, e-mailed to [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com), or mailed to *Spotlight*, P.O. Box 100, Delmar 12054.

The deadline for all editorial copy is Friday at noon.

**FREE or LOW-COST health coverage from Fidelis Care.**

Family Health Plus, Child Health Plus and Medicaid are New York State-sponsored health insurance programs offered by Fidelis Care.

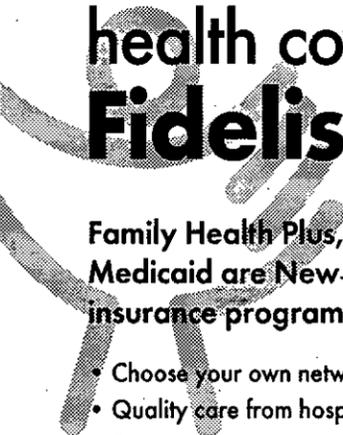
- Choose your own network doctor or pediatrician
- Quality care from hospitals and specialists
- Emergency services, eye care, dental care and more

Health insurance from Fidelis Care provides the benefits of quality healthcare, and the security of knowing your family is protected. So if you're a New York State resident and don't have health insurance, or need coverage for your child, call Fidelis Care today and see how we can help.

**FIDELIS CARE™**

**1-888-FIDELIS (1-888-343-3547)**

Proof of age, income and address necessary to enroll.







**Nichols' MARKET & PHARMACY**  
765-2629  
5 Maple Rd. (Rt. 85A), Voorheesville  
OPEN: Sun.-Sat., 7am-9pm

**Village Medicine Shop Pharmacy**  
Ready to Serve Your Health Care Needs...  
OPEN: Mon.-Fri. 9am-7pm; Sat., 9am-5pm; Sun., 10am-2pm  
765-4399  
Fax 765-3846

**The Village Butcher Shop**  
~ featuring Oscar's Smokehouse products ~

Split Chicken Breasts <b>99¢ LB.</b>	Perdue Whole Frying Chicken <b>69¢ LB.</b>	Boneless Top Round London Broil <b>\$2.49 LB.</b>
---	---	--

**The Village Deli & Substation**  
~ featuring Boar's Head products ~

Sara Lee Turkey Breast <b>\$5.99 LB.</b>	Sahlen's Ham off the Bone <b>\$5.99 LB.</b>	Shurfine Deli Gourmet American Cheese <b>\$4.59 LB.</b>
---	--	--

**Grocery Specials**

Ocean Spray 48 Oz. Bottle <b>Cranberry Juice</b>	By One Get One FREE	Edy's Ice Cream 56 Oz. Assorted Varieties <b>By One Get One FREE</b>
---	---------------------	---

All sale prices good through Saturday, November 5, 2005

**FREE HOT DOGS with all the fixins**  
Saturdays 11-2 • A little thank you from us to you.

**Did you know we cater? ... NICHOLS' CATERING**  
Grand job at an amazingly affordable rate. Sit back & enjoy your party this Holiday Season. Full service catering for all size gatherings. Call 765-9317.

**SERVICE... as good as it gets.**  
We accept all major credit cards. NYS Lottery, Gift Certificates, ATM, Money Orders, Postage Stamps, Photo Copying, Fax Service, UPS Service, Utility Payments, Free Knife Sharpening, Shoe Repair, Dry Cleaning, Film Developing, Coins for Cash, Gift Baskets, Flower Delivery by Teleflora.

We are a community marketplace specializing in doing the usual unusually well. Make a special request and most likely, that product will be here by the next time you shop. We want our market to be everything you need in a friendly shopping environment.

Visit our website and see all our weekly specials at:  
[www.nicholsmarket.com](http://www.nicholsmarket.com)

# New sidewalk connects to town's pedestrian paths

By STEPHANIE LUBIS

A town amenity that has been talked about for years has finally come to be. Last Friday morning, 10 town employees were at the corner of Elsmere and Fernbank avenues to celebrate the completion of the sidewalk which will connect to the Delmar Bypass to approximately just past Norge Road, where it will connect to existing sidewalks.

"Last week alone I received five phone calls from seniors and young mothers, thanking us for constructing the sidewalks," said Supervisor Theresa Egan.

"Sidewalks are a big priority in town."

The sidewalk at Elsmere Avenue had been in the planning stages for many years before construction began last summer.

Egan said sidewalk construction is prioritized based on which areas are connected already.

"We have a restrictive pool of revenue to do this, and we're committed to continue the network, for safety and for connectivity," she said.

Areas where sidewalks should go were discussed years ago, Egan said, and there is talk now

of re-establishing a list of those areas.

"Winter is coming, and that is the planning season," she said. "It's all being done with strict budget restrictions, and we're trying to find priority areas because of that."

Residents interested in serving on the citizens advisory committee on conservation to help identify open space and preserve connectivity throughout town, or who want to work on the Route 9W corridor study committee, should send a letter of interest to the town hall by the end of November. Also, a meeting is scheduled for Dec. 1 at 7 p.m. in the town hall to discuss areas of concern in the new zoning code for the comprehensive plan.

"We want to re-engage the public on both small and large issues," said Egan.



Elsmere Avenue Sidewalk Ribbon Cutting on October 28. Left to right: Highway Superintendent Gregg Sagendorph, Councilman George Lenhardt, Andy Stokes of Callanan Industries, Councilman Tim Gordon, Marty DeLaney of the Bethlehem Chamber of Commerce, Engineering technician Tim Ryan, Town Supervisor Theresa Egan, Senior engineering technician Mike Kaulfuss, Town Engineer Eric Deyse, and DPW Commissioner Oliver Holmes.

## "There's been an accident."



Terence P. O'Connor, Esq.

Four little words that cause enormous pain. If you hear them, call us.

O'CONNOR • O'CONNOR • BRESEE • FIRST PC  
ATTORNEYS AND COUNSELLORS AT LAW

20 CORPORATE WOODS BLVD., ALBANY • (518) 465-0400

Auto Accidents • Construction Accidents • Catastrophic Injuries  
Wrongful Deaths • Workplace Injuries

There are no fees unless we win your case or reach settlement.



Dennis A. First, Esq.

# NEW SIMPLIFIED BUSINESS CHECKING ACCOUNTS

- Business Checking Designed to Fit Your Business Needs •
- Free Internet Banking • Free Debit Card for DBAs •

Stop in to any of our local branch offices or call for more information.



1-800-670-3110 or (518) 377-3311



Member FDIC

## Got sports news?

Spotlight Newspapers welcomes articles on community sports events and updates on athletes in college.

Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at [jonasr@spotlightnews.com](mailto:jonasr@spotlightnews.com).

## AMSTERDAM OVERHEAD DOOR COMPANY, Inc.

Sales • Installation • Service

Serving the Capital Region since 1924

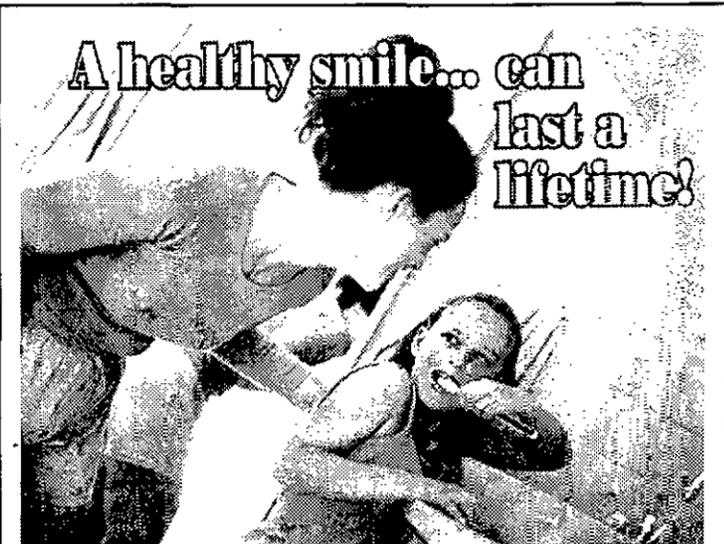
- Residential & Commercial Garage Doors & Openers
- Carriage House Doors
- Retractable Awnings
- Springs, Cables & Sections Replaced
- Rolling Grilles & Fire Doors
- High Speed Doors
- Loading Dock Equipment

842-7370

800-842-7370

Visit our Showroom at  
403 West Main St., Amsterdam, NY

Lou Mosher, Owner, Commercial Specialist Beth Apholz, Residential Sales



A healthy smile... can last a lifetime!

- Preventative Care • Periodontal Therapy
- Implants • Oral Reconstruction • Tooth Whitening
- Cosmetic Dentistry

Thomas H. Abele, D.M.D.

Most insurances accepted as partial payment

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

Mon. Thru Thurs., 8 a.m. To 5 p.m.



439-4228

# Court

(From Page 3)

Supreme Court, The Good News Club v. Milford Central School, which allowed the religious club to meet at the school. The Supreme Court ruled in favor of the Good News Club by a 6-3 vote. Marcelle argued that it was wrong for the school district to allow the Boy Scouts and the Girl Scouts to meet on school grounds but not the religious youth group Good News, and said that it was wrong to either favor or discriminate

## Deer program at Five Rivers

A program on the natural history of deer will be held on Saturday, Nov. 12, at 2 p.m., at the New York State Department of Environmental Conservation's Five Rivers Environmental Education Center, 56 Game Farm Road, in Delmar.

Mid-November is a very active time for deer. Join center naturalists on a field study of white-tail, searching for tracks, trails, pellets, rubs, scrapes, beds and mast, all good indicators of deer and their activities in the fall season.

This program is free. Participants should dress for the outdoors. For information, call Five Rivers Center at 475-0291.

## Cornell Cooperative has annual meeting

Cornell Cooperative Extension of Albany County will hold its annual meeting Thursday, Nov. 3, at 6 p.m. at the William F. Rice Extension Center, 24 Martin Road, Voorheesville.

This meeting is open to the public and includes a business meeting, educational exhibits and provides an opportunity to meet with extension personnel.

Albany County residents older than 18 are eligible to vote for members of the board of directors and various program committees. Ballots will be available the night of the meeting. For information or to make a reservation, call Cornell Cooperative Extension at 765-3500.

## 16th Annual Olde Tyme Gifts craft fair

The 16th Annual Olde Tyme Gifts craft fair is being held Saturday, Nov. 5, from 9 a.m. to 4 p.m. and Sunday, Nov. 6, from 9 a.m. to 3 p.m.

The fair is located at 38 Whitehead St., Selkirk. For information, call 767-3304.

based on religion.

He and his wife Elena have three children.

Paul Gruner, a Republican from Stone Ridge in Ulster County, has a private practice, which has consisted of litigation in Supreme and County courts. He graduated from the University of Connecticut and Albany Law School. He served as Ulster County Court judge from June to December 2004 and was assistant district attorney in Ulster County from 1974-78 and was chief assistant district attorney from 1978-80.

Gruner's areas of specialty include personal injury litigation,

commercial litigation, estate practice, real estate law and prosecution and defense of felony criminal cases, including murder cases. He has argued appeals before the Appellate Division and the Court of Appeals of the State of New York. He is married and has three children.

Democrat Michael C. Lynch of Loudonville has been a partner with his twin brother, Peter, with Lynch and Lynch since 1989, and served as Albany County attorney since June 1995.

"I have been fortunate during my 25 years to have such varied experiences," he said.

He served as a prosecutor for

the Albany County District Attorney's Office and served nine years as principal clerk to former Appellate Division Justice Leonard A. Weiss until 1989.

He served as counsel with the Albany County IDA, was assistant Albany County attorney and assistant Albany County district attorney.

"I believe this experience qualifies me for the office of Supreme Court justice, and if elected, I will endeavor to diligently and fairly serve to the best of my ability," he said.

John C. Egan of Albany, also a Democrat, is a City Court judge in Albany. He worked as assistant

corporation counsel for the city of Albany from 1981 to 1996, and served as a law clerk in Albany County Surrogate's Court from 1983 to 1996. He also had a private practice from 1981 to 1996.

Egan graduated from Bryant College in 1976 and Albany Law School in 1980. He has been married for 29 years and is the father of four children.

"I have worked hard to gain the experience necessary to become a Supreme Court justice, and I believe my work ethic and experience will serve the people of the state of New York well if I am elected as a Supreme Court justice," he said.



## KEEP YOUR FAMILY CONNECTED!

# ADD LINES \$9.99

monthly access per line after 2 lines for \$69.99

GET THIS GREAT FAMILY VALUE!

UNLIMITED MOBILE TO MOBILE

To any Verizon Wireless customer with IN Calling.

UNLIMITED NIGHTS & WEEKENDS PLUS 700 SHARED ANYTIME MINUTES! \$69.99 monthly access for 2 lines!

All when calling from within the America's Choice™ Coverage Area. With new 1 or 2-year Customer Agreement. Activation fees, taxes and other charges apply.\*

UNLIMITED TXT & PIX ONLY \$5 monthly access per line!

To any other Verizon Wireless customer from within the National Enhanced Services Coverage Area. Unlimited IN Messaging is not available throughout the America's Choice Coverage Area.

SAMSUNG SCH-a850

BRAND NEW MODEL! BUY 1 CAMERA PHONE \$49.99

after rebate

Samsung SCH-a850: \$99.99 retail price - \$50 mail-in rebate. 2nd phone Samsung SCH-a630: \$59.99 retail price - \$29.99 instant rebate - \$30 mail-in rebate. With new 2-year Agreement per phone.

GET A SUPER COLOR FLIP FREE!

after rebates



SAMSUNG SCH-a630



CALL NOW!

1-800-811-7600

FREE SHIPPING!

with purchase of \$39.97 or more of accessories.

VISIT ANY VERIZON WIRELESS COMMUNICATIONS STORE OR [www.verizonwireless.com/offers](http://www.verizonwireless.com/offers)  
See store for Return/Exchange Policy.

<p><b>ALBANY</b> 1770 Central Ave. 518-452-8491 Crossgates Mall 518-862-6400</p>	<p><b>CLIFTON PARK</b> Shopper's World Plaza Next to Kmart 518-373-6050</p>	<p><b>NISKAYUNA</b> Mohawk Commons 402-404 Balltown Rd. 518-688-1444</p>	<p><b>SARATOGA SPRINGS</b> Wilton Mall 3065 Rt. 50 518-691-2800</p>	<p>Or visit the new Verizon Wireless Store at</p>  <p>Albany 518-464-9699 Syracuse 315-428-0141 Vestal 607-797-8412</p>
<p><b>QUEENSBURY</b> Aviation Mall 578 Aviation Rd. 518-615-0615</p>				<p><b>RENSSELAER</b> Shoppes at Greenbush Commons 600 N. Greenbush Rd. 518-687-0777</p>



Teamed with  
Lucent Technologies

BUSINESS CUSTOMERS,  
PLEASE CALL 1-800-899-4249

**AUTHORIZED RETAILERS** Equipment prices, rebates and return policy vary by location. Authorized Retailers may impose additional equipment-related charges, including cancellation fees.

<p><b>A WIRELESS SOLUTION</b> ALBANY 1122 Central Ave. 518-454-0008</p> <p><b>HALFMOON</b> 1581 Rt. 9 518-348-0800</p> <p><b>SCOTIA</b> Skyway Plaza Rt. 50 518-399-8808</p> <p><b>TROY</b> 449 N. Greenbush Rd. 518-286-3228</p>	<p><b>AMERICA'S WIRELESS COMPANY</b> ALBANY Colonie Center Mall 518-454-9700</p> <p><b>BRUNSWICK ELECTRONICS INC.</b> BRUNSWICK 870 Hoosick St. 518-279-3653</p>	<p><b>CCS TELECOM AND ENERGY CORP.</b> AMSTERDAM 120 Polar Plaza 518-843-2200</p> <p><b>GO WIRELESS CATSKILL</b> 210 W. Bridge St. 518-943-7800</p> <p><b>HUDSON</b> 207 Fairview Ave. 518-828-9990</p>	<p><b>GO WIRELESS (Cont'd)</b> RENSSELAER 340 Columbia Tpke. 518-477-9900</p> <p><b>TOTAL COMMUNICATION NETWORK</b> LATHAM Peter Harris Plaza 952 Troy/Schenectady Rd. 518-220-9535</p>
---	--	---	---



VISIT ANY LOCATION OF:



## Letters policy

Spotlight Newspapers 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 phone number.

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

\*Our Surcharges (incl. 2.13% Federal Universal Service (varies quarterly), 5¢ Regulatory and 40¢ Administrative/line/mo., and others by area) are not taxes (details: 1-888-684-1888); gov't taxes and our surcharges could add 8% to 35% to your bill. Activation fee/line: \$35.  
**IMPORTANT CONSUMER INFORMATION:** Subject to Customer Agreement, Calling Plan, rebate form and credit approval. \$175 termination fee/line, up to 45¢/min. after allowance, other charges and restrictions. Usage rounded to next full minute. Offers not available everywhere. Camera phone required for Unlimited PIX offer. Network details, coverage limitations and maps at [verizonwireless.com](http://verizonwireless.com). See [verizonwireless.com/bestnetwork](http://verizonwireless.com/bestnetwork) for network claim. Nights: 9:01pm-5:59am M-F. Phone offers expire 11/27/05. Shipping charges may apply. While supplies last. Max. 5 lines on same account on Family SharePlan.\* Rebate takes 8-10 weeks.  
 © 2005 Verizon Wireless.

# Obituaries *in the* Spotlight

## Arlene Solnick

Arlene M. Solnick, 69, of Delmar, died Friday, Oct. 29. Born in Bronx, she lived in the Albany area for more than 40 years.

She received a bachelor's degree from Hunter College and a master's degree from SUNY Albany.

Mrs. Solnick was an elementary school teacher for over 35 years at both the Delmar and Slingerlands schools in the Bethlehem Central School District. After retiring, she tutored students at Elsmere and Arbor Hill schools.

She was a volunteer at the Capital Repertory Theatre. Survivors include a daughter,

Helene Brower of Peoria, Ariz.; a sister, Nora Stern of New York City; and two grandchildren.

Services were from Cedar Park Cemetery in Westwood, N.J.

Contributions may be made to the American Cancer Society.

## Jennie Quay

Jennie Mabel Quay, 87, of Delmar, died Saturday, Oct. 29.

Miss Quay was a secretary for the State Bank of Albany for 30 years.

Survivors include two nieces, Rose Strope of Albany and Joan Cooper of Ohio; and a cousin, Margaret Gilbert of Voorheesville.

Services were from Meyers Funeral Home in Delmar.

Burial was in Bethlehem Cemetery.

## Thomas Acker

Thomas J. Acker, 53, of New Scotland, died Saturday, Oct. 29, at his home.

Born in Albany, he was a lifelong resident of the Capital District.

He was owner/operator of Acker Construction in Voorheesville.

Mr. Acker was an Army veteran of Vietnam.

Survivors include his wife Shirley McIntyre Acker of New Scotland; his father, Leon Acker of Johnstown; a daughter, Tonya Acker of Rensselaer; two sons, Thomas J. Acker of East Greenbush and Jason Acker of Rensselaer; five sisters, Arlene Sill, Nichole Fyan, Brenda Martin, Linda Tuck and Lori Slingerland; five brothers, Leon Acker, Howard Acker, Dennis Acker, Raymond Acker and Henry Miller; and a grandson.

Relatives and friends are invited to attend his funeral 11 a.m. Thursday, Nov. 3, from the Rockefeller Funeral Home, 165 Columbia Turnpike, Rensselaer.

Friends may call in the funeral home on Wednesday from 4 to 7 p.m. Interment will be in New

Rural Cemetery in East Greenbush.

Contributions may be made to Community Hospice of Albany County, 445 New Karner Road, Colonie 12205.

## James Dundon

James K. Dundon, 74, of Delmar, died Friday, Oct. 28, at St. Peter's Hospital.

Born in Troy, he was a graduate of Catholic Central High School and Siena College. Mr. Dundon was an Army veteran. He was an accountant with the state Public Service Commission for 35 years, retiring in 1993.

He was a communicant of the Church of St. Thomas the Apostle.

He was an avid golfer and New York Yankees fan.

Survivors include his wife, Patricia Roche Dundon; a daughter, Paula Martelle of Delmar; a son, James R. Dundon of Delmar; two sisters, Loretta Witbeck of Troy and Anne Lukovits of Hoags Corners; and two grandchildren.

Services were from Daniel Keenan Funeral Home and the Church of St. Thomas the Apostle.

Burial was in Our Lady Help of Christians Cemetery in Glenmont.

Contributions may be made to Wildwood Programs Inc., 2995 Curry Road Ext., Schenectady 12303.

## Louis Proper

Louis C. Proper Jr. of Selkirk died Tuesday, Oct. 25. Born in Albany, he was a resident of Selkirk.

Survivors include his mother, Anna Pitcher Proper of Feura Bush; a son, Louis C. Proper III; a daughter, Kaylyn Proper DuPont; a brother, Timothy Proper; two sisters, Elsie Croteau and Anna Rennell; and three grandchildren.

Services were from Norman E. Dascher Funeral Home in Albany.

## Michael Hadsell

Michael T. Hadsell, 51, of New Salem Road in Voorheesville died Tuesday, Oct. 25.

Born in Albany, he was the son of Evelyn Anderson Hadsell of Voorheesville.

Survivors, in addition to his mother, include two daughters, Aileen Hadsell and Meaghan Hadsell, both of Stillwater; two sons, John Hadsell and Michael Hadsell II, both of Stillwater; a brother, James Hadsell; and a sister, Debra Spanhake.

Services were from Reilly & Son Funeral Home and St. Matthew's Church, both in Voorheesville.

Burial was in Mt. Pleasant Cemetery in New Scotland.

Contributions may be made to the Voorheesville Area Ambulance or the National Multiple Sclerosis Society, 421 New Karner Road, Colonie 12205.

**EARLY BIRD SNOWBLOWER SPECIALS**

**\$69<sup>95</sup>** All Makes & Models

Includes - Change Engine Oil • Tune Engine • Check Carb Check & Adjust Belts • Check Auger Gear Lube • Check Shear Bolts • Adjust Tire Air Pressure • Adjust Drive System • Check Bearing & Bushings • Lube As Needed • Check for Proper Operation & Test Run • Parts, Pick-up and Delivery Extra

**475 - 9660**

Pick-up and Delivery Available



**TOLSENS POWERAMA**  
SALES • SERVICE • RENTAL  
OUTDOOR POWER EQUIPMENT

We Accept Trade-Ins

**1900 New Scotland Road, Slingerlands**

# Youth Network

BETHLEHEM NETWORKS PROJECT

## Get Involved

Research shows that school success can prevent substance abuse among youth.

Here are some strategies to help parents become involved in their children's education:

- Affirm the value of a good education early and often. A student's attitude toward learning is all-important.
- Arrange a comfortable study area and regular homework time, away from distractions such as the TV and play area.
- Ask questions about school every day. Look at school papers and make positive comments. Ask what they learned and what they liked or disliked. Consistent interest is essential.
- Assist them when they are stuck because frustration can sabotage learning. Encourage your children, but please don't do their homework for them. Drive them to the library; suggest forming a study group or asking a teacher for extra help.
- Attend open houses and parent-teacher conferences, which help establish an open line of communication. It's hard to be partners without personal contact.

For information, call Bethlehem Networks at 439-7740 or visit us online at <http://bcsd.k12.ny.us/community/networks/networks.html>.



Column sponsored by  
**GE Plastics**   
 and  
**SELKIRK COGEN**

Corporate neighbors committed to serving the community

Purchase a Pedicure, get a Manicure **FREE!**

*Anne's* NAIL 

Welcomes Any Nails

No electric drills used

\* Personal nail file for every client\*

\* Specializing in Nails and Wax

\* Special Senior Rates

Tuesday - Saturday

by appointment

**475-0759**

257 Delaware Ave.  
Delmar

\* offer good through 11/22/05 with this ad

First time clients only

 **STEINER'S SPORTS**  
SKI, BIKE & KAYAK SPECIALISTS

**Season Ski Lease**  
only **\$99<sup>99</sup>**

**Season Snowboard Lease**  
only **\$99<sup>99</sup>**



while supplies last

**427-2406 Glenmont Town** Squire Plaza

Rt 9W - 3 miles South of Thruway Exit 23

# Colonie officials praised for Towpath Byway efforts

By GRAHAM S. PARKER

Colonie officials were among the first to receive a commemorative plaque thanking them for their efforts in maintaining the historic Mohawk Towpath Byway last month.

Members of the nonprofit Mohawk Towpath Scenic Byway Coalition are making their way along the towpath from Waterford to Schenectady to thank them for being members, and an integral player in the historic areas recent federal designation.

In September, the Federal Highway Administration's Scenic Byway Program named the Mohawk Towpath as one of the 96 nationally recognized byways in 39 states.

"We really have some good resources (along the byway) and we convinced (FHA) reviewers that we had some good stories to tell," said Eric Hamilton, chairman of the coalition's board of directors.

The Mohawk Towpath Byway is a series of state, county, and local highways that hugs the banks of the Mohawk River. It follows the historic Erie Canal route from Waterford to

Schenectady. It is called a towpath because barges were towed by hand, horse — or one particular mule made famous in song — along the canal's banks, through the canal and its locks as it extended west through the state to Lake Erie.

Colonie's portion of the byway extends along the entirety of Cohoes Crescent Road as it leaves the city of Cohoes. The road ends at the Crescent Bridge where the Erie Canal route crossed the Mohawk to run along the north side of the river until it reaches Schenectady.

The byway passes through Waterford, Cohoes, Schenectady, Colonie, Halfmoon, Clifton Park and Niskayuna. A representative from each municipality is a member of the coalition.

"Working with the Towpath will be exciting and beneficial to the town in different ways, including signage and grant money," said town of Colonie historian Kevin Franklin.

Franklin took over the post in

2003 after former historian Paul Russell retired. Russell worked hand in hand with Hamilton and coalition members, and Franklin plans to continue Colonie's involvement with the coalition. Franklin also wants to continue restoration and preservation of the byway.

Franklin is hopeful that the designation as a federal program will lead to a central idea among neighboring municipalities to further promote the Mohawk River. The towpath is more than the actual path, but is also the sights along it, he said. Colonie alone has more than 10 miles of shoreline along the river. For now, discussion with coalition members is focusing on different ideas for funding future projects and seeing what is viable, and what is not, he added.

"One of the steps in the whole process (in applying for the designation) was to come up with a corridor management plan to describe what the assets are along the byway...the historical resources," said

Hamilton. "The things that compel you and I to visit the byway and learn more about it."

As those areas are identified each city, town, hamlet and village along the byway takes on its own identity regarding its historical link to the canal route, he added. Through the federal designation, state and federal grants are available to make sure those resources are protected, he said.

Robin Dropkin, executive director of Parks and Trails of New York, a statewide nonprofit parks and trails advocacy group

has not worked alongside coalition members. She commends their work as volunteers in securing the designation, and the further preservation of the byway the designation will allow.

"It gives them more visibility and ability to get grants and extra points toward federal grants. It also adds another hook to draw tourists into the area," she said.

"It's another venue to get some visibility for the historical resources of the area."

**"Working with the Towpath will be exciting and beneficial to the town in different ways."**

Kevin Franklin

## Progress Club announces meetings

The Delmar Progress Club announces November meetings:

Nov. 7, Monday — General meeting in the town library. 10 a.m.

Nov. 9, Wednesday — Creative Arts to Salem, Washington, County 9:30 a.m.

Nov. 10, Thursday — Card party at town hall. 7 p.m.

Nov. 15, Tuesday — Literature group meeting in town hall room 101 at 2 p.m.

Nov. 16, Wednesday — Performing Arts Revue at the library. 7 p.m.

Nov. 17, Thursday — Travel around the Horn and Alaska in Town Hall. 2 p.m.

Nov. 30, Wednesday — Garden Group holiday table decorations in town hall. 9:30 a.m.

## Holy Names to host Boutique Noel fair

The Academy of Holy Names' annual Boutique Noel craft fair will be held Saturday, Nov. 5, from 9 a.m. to 3 p.m. in the Upper School.

The event will include over seventy specialty craft vendors. The fair will feature high quality handbags, jewelry, jackets, scarves, soaps, lotions and oils, gourmet food items and much more. Café Noel will serve breakfast and a homemade Italian lunch, while Claus' Kitchen will offer specialty bake goods.

There will be a children's activity room and Santa will be paying an early visit.

Admission is free. The Academy is located at 1075 New Scotland Road, Albany. For information, call 438-7895.

Make your friendship more rewarding.



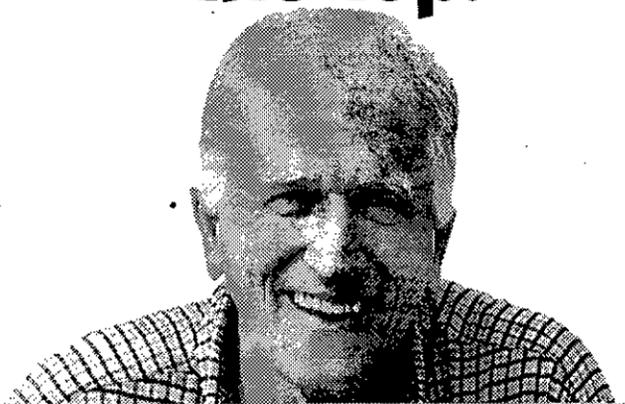
Curves is 30-minute fitness, commonsense weight loss program with all the support you need to achieve your goals.

**Join Now 2 for 1**  
Valid thru Nov. 16, 2005

**GLENMONT** Price Chopper Plaza 427-0725  
**RAVENA** Faith Plaza 756-1800

*\*Offer based on first visit enrollment, minimum 12 mo. c.d. program. Not valid with any other offer. Valid only at Glenmont location.*

**Seniors, take 20% Off the top.**



**It's Gregory's 20% Off senior's haircut special. Hey, you've earned it.**

Between now and December 31st, we're offering a 20% Senior Citizens\* discount Tuesday through Friday between the hours of 9AM and 2PM. So stop by and have a little taken off the top and a lot taken off the price.

Main Square, 318 Delaware Avenue  
Delmar, NY 12054 • 439-3525  
www.gregorysbarbershop.com

**Gregory's BARBERSHOP**  
Masters of Barbering

*\*Must be 55 years of age or older. Delmar location only. Walk-in service only.*

**Gregory's, because your haircut says alot.**

**GUILDERLAND HOMEOPATHIC MEDICINE**  
An alternative medical approach

**Larry Malerba, D.O.**  
**Mary Malerba, R.N.**

Safe, non-toxic medical treatment for health conditions such as anxiety, depression, headaches, PMS, allergies, asthma, eczema, attention deficit disorder, ear infections and many other common chronic ailments.

**2592 Western Avenue, Guilderland, NY (518) 357-4210**

Advertise Your Business - with -  
**Spotlight Newspapers**

Give us a call at: **439-4949**

*The Spotlight; Colonie Spotlight; Loudonville Spotlight; Guilderland Spotlight; Niskayuna Spotlight; Scotia-Glenville Spotlight; Rotterdam Spotlight; Clifton Park/Halfmoon Spotlight; Burnt Hills Spotlight; Malta Spotlight; Saratoga Spotlight*

**Hannaford**

**book play**



A partnership between Proctor's and Hannaford Supermarkets is designed to promote literacy and inspire an appreciation for the live performing arts.

Offering **FREE** books linked to the following performances:

**A CHRISTMAS CAROL**  
(Book: A Christmas Carol by Charles Dickens)  
December 20th at 10am & 7pm  
December 21 at 10am

**THE PHANTOM OF THE OPERA**  
(Book: The Phantom of the Opera by Gaston Leroux)  
February 2 & 9, 2006 at 2pm

**THE STINKY CHEESE MAN and Other Fair(l)ly (Stoopid) Tales**  
(Book: The Stinky Cheese Man and other Fairly Stupid Tales by Jon Scieszka and Lane Smith)  
March 15, 2006 at 10am and 12pm

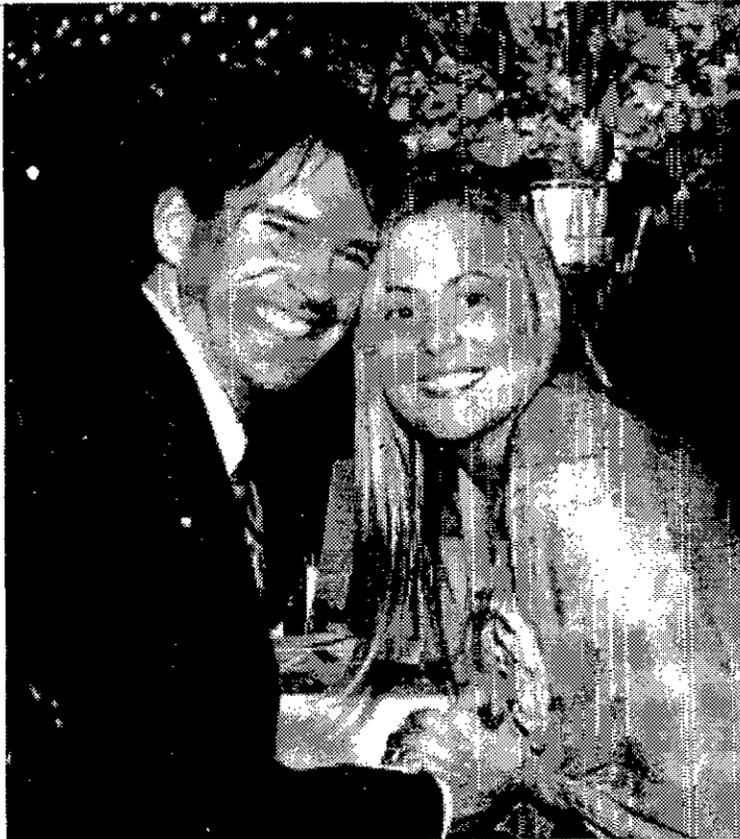
**SONES DE MEXICO**  
(Book: Canto familiar by Gary Soto)  
May 4, 2006 at 10am and 8pm





**PROCTORS EDUCATION** Visit [proctors.org/Education](http://proctors.org/Education) for more information.

Got news?  
Call Spotlight at 439-4949.



Peter McGinty and Kelly Palmer

## Palmer, McGinty engaged

Kelly Catherine Palmer, daughter of Ross and Sue Palmer of San Antonio, Texas and Peter Andrew McGinty, son of Peter and Ann McGinty of Glenmont, are engaged to be married.

The bride-to-be is a graduate of Texas Tech University.

She works for the Real Estate

Affiliates of Telluride.

The future groom is a graduate of St. Thomas School in Delmar, Christian Brothers Academy of Albany, and SUNY Binghamton.

He is a partner in Elevation Vacations, property managers in Telluride.

The couple plans a June wedding in Telluride.

## Iwanoski, Kochem mark 70th anniversary

Julia and William Kochem Sr. recently celebrated their 70th wedding anniversary at a party given by their six children at the Colonie Golf and Country Club in Voorheesville.

They were married on Oct. 12, 1935 at St. Luke's Church in Schenectady, officiated by Father Renni.

The former Julia Iwanoski was a homemaker. Her hobbies include reading and cooking.

William Kochem Sr. previously worked for Connelly Brothers Dairy and the Schenectady and Niskayuna school districts. His hobbies include woodworking, reading and gardening.

Their children are Richard Kochem of Schenectady, Gary Kochem of Slingerlands, William Kochem Jr. of Delaware, Patricia Bonk of Schenectady, Karen Morris of Schenectady and Helena Penny Every of Schenectady.

They also have six grandchildren: Jacqueline and David Every, Gregory Morris, Sharon Bonk Sheehan, and Michael and Timothy Kochem. They also have one great granddaughter, Sarah Sheehan.



William and Julia Kochem

## Everson, Mayer marry

Kristin Everson, daughter of Terry and Shirley Busch of La Conner, Wash., and Alexander Mayer, son of Edward and Judith Mayer of Delmar, were married July 23.

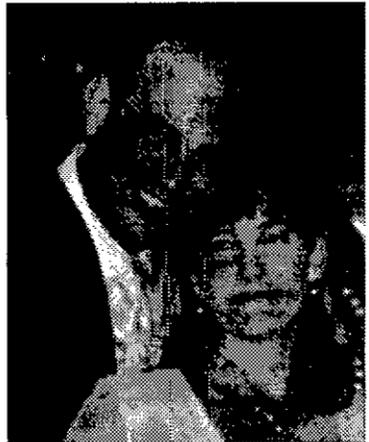
The ceremony was performed by Lance Romo at the Golden Gardens Park in Seattle, Wash., where a reception followed.

The bride is a graduate of

Western Washington University in Bellingham, Wash. She is the owner of Blue Beagle Design.

The groom graduated from Ithaca College in Ithaca. He is a publisher for the Bell Town Messenger newspaper in Seattle.

After a honeymoon to the San Juan Islands, the couple resides in Seattle.



Alexander and Kristin Mayer

## ZYPREXA<sup>®</sup> ALERT

Scientists report that ZYPREXA<sup>®</sup> has been associated with developing **Diabetes, Death, Hypoglycemia, Ketoacidosis, and/or Pancreatitis.** As a result the manufacturer has announced a **proposed settlement.** Call us today toll free at 1-877-746-4369 to discuss your potential ZYPREXA<sup>®</sup> claim.

THE FOX LAW FIRM, P.C.

WWW.FOXFIRM.COM

Consult your physician before discontinuing any medication. Zyprexa<sup>®</sup> is a registered trademark of Eli Lilly and Company.

Available 7 Days a Week

1-877-RING-FOX

Principal Office—Dallas, Texas.

## IT'S TIME TO ORDER YOUR THANKSGIVING PIES

Apple, Dutch Apple, Cranberry Apple, French Apple, Sugar-Free Apple, Pumpkin, Mince, Sweet Potato, Squash, Blueberry, Raspberry, Cherry, Peach, Strawberry-Rhubarb.

**Let's Talk Turkey:** November 19th.

See the Eastern Wild Turkey, Turkey Walk, Turkey Calls, Thanksgiving Recipes, Winter Squash Cooking Demos.

**Yellow Rock Café & Bakery:**

Home-cooked lunch & brunch featuring locally-produced meats, cheeses, fruits & veggies.

**Live Acoustic Music:**

Weekends 11 to 3

Apples, fresh-pressed cider, winter squash, locally-produced milk and cheeses, gourmet foods, unique gifts, fair-trade coffees & chocolate.



**INDIAN LADDER FARMS**

342 Altamont Rd.,  
Altamont, NY 12009  
Farm Market: (518) 765-2956  
Pick Your Own (866) 640-PICK

info@indianladderfarms.com • www.indianladderfarms.com



*Cheryl*

*will see it through...*

You can count on me when you're ready to buy or sell a home.

RealtyUSA  
.com

**Cheryl Ginsburg** (518) 225-1751  
Licensed Real Estate Agent      cginsburg@realtyusa.com

**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**

## Wedding Directory for Bridal Services

FLORISTS

Floral Garden Specializing in Weddings 339 Delaware Ave. Delmar, 478-7232 www.thefloralgarden.com Catering to all budgets

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.

E.B. Photography Special Occasion Photography & Video, 281-3113 or 384-0997

TOOTH WHITENING

Dr. Kabinoff, 458-1892, 1465 Western Ave., Guilfordland. Professional Teeth Whitening.

VIDEO SERVICE

Edward Thomas Productions — Digital Multimedia Services. Professional Video Service - Personalized Wedding Video on DVD. Customized for your special day. Call (518) 368-6131. E-mail: etprod@juno.com

WEDDING INFORMATION

Bridal Show Dates, Articles: 1st Planning Step, Bridal Experts, Pre-marital Stress, Past Relationships www.PocketWeddingGuide.com

# Entertainment *in the* Spotlight



## Wonderfully 'Egg'cellent

*The Egg presents the 'Family Wonders' Series*

By KATHERINE MCCARTHY

If you're wondering if there's something wonderful to do with your family this weekend, check out the "Family Wonders" series at The Egg in Albany's Empire Plaza.

The series kicks off this Saturday, Nov. 5 at 2 p.m. with the Shangri-La Acrobats, who are more than tumblers and high wire flyers.

The Hai Family from China has directed and led the Shangri-La Chinese Acrobats for over 20 years, and their physical feats of daring and skill encompass acrobatics, balancing feats and martial arts displays. Members of the troupe begin training when they are 5 or 6, and have traveled throughout the world.

On Sunday, Nov. 6, at 3 p.m., three performers from the Capital District will team up to show just what can come out of a conversation on a front porch.

"Modern dance is very family friendly," said Peter Lesser, executive director of The Egg. "I thought it would be a good idea to do something with dance that was related to stories."

The Ellen Sinopoli Dance Company has been in residence at The Egg for 14 years, and Lesser talked to its founder,

Sinopoli, about his idea.

"With Ellen, you knock on the door, and she blows it wide open," Lesser said.

"I do a lot of collaboration with other artists," Sinopoli said. "Peter had suggested storytelling, and wanted something in the smaller Swyer Theater. Pleasant DeSpain is a neighbor of mine in Troy, and Brian Melick is somebody I'd worked with before."

Sinopoli invited storyteller DeSpain and percussionist Melick to her home, and in the course of some conversations on her front porch, they came up with the ideas that will be this Sunday's performance, Ellen Sinopoli Dance Company Telling Tales.

Sinopoli said she had used DeSpain's books and stories as the subject of performances the troupe has performed at story hours in the area. She also likes Melick's combination of stories, movement and sound.

Sunday's hour-long performances will combine dance, percussion and storytelling. There will also be some "straight" storytelling, and the audience will be treated to music and dance up close and personal as pieces like "Dance, Granny, Dance" and "Animal Rhythms" take over the theater.

"We rehearsed a lot in the Swyer

Theater," Sinopoli said. "I wanted to move off the stage in some of the pieces. Brian will be so close to the audience, I want people turning around in their seats to see where he'll be next."

Sinopoli is confident that audiences will enjoy the collaborative effort.

"Children love stories, and so do adults," she said. "We've got a diverse number of stories, and the percussion and movement allows kids to think about how the stories are told."

There's also an energy and interaction with the audience."

Lesser first created the Family Wonders series in the early 1980s, and its programming is designed to offer families theater experiences ranging from classical tales like Cinderella to innovative puppet theater from Europe...or as different as Chinese acrobats and three Capital District artists working together to tell stories.

The Shangri-La Chinese acrobats will perform Sunday, Nov. 5 at 2 p.m. at



the Egg. Tickets are \$18 for adults and \$12 for children. "Telling Tales" will take place on Sunday, Nov. 6, at 3 p.m. Tickets are \$10 \$8 and \$6.

For information, call the Egg at 473-1845 or visit the Web site, [www.theegg.org](http://www.theegg.org).

The remaining Family Wonders performances are Trout Fishing in America on Nov. 13; Riders in the Sky on Nov. 20; The Zucchini Brothers on Dec. 4; Pinocchio on Jan. 22; Comedy Pet Theater on Jan. 28 and The Toy Castle on April 9.

# Arts & Entertainment

## Theater

### SYNCOPIATION

Allan Knee play, presented by Capital Repertory Theatre, 111 N. Pearl St., Albany, \$15 to \$40. Information, 445-7460.

### THE UNEXPECTED GUEST

Agatha Christie murder mystery presented by the New York State Theater Institute, Schacht Fine Arts Center, Russel Sage College, Troy, through Nov. 5, \$20 adults, \$10 students. Information, 274-3256.

### STEEL MAGNOLIAS

Comedy set in the south presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through Nov. 26, \$18. Information, 877-7529.

### BELL, BOOK AND CANDLE

Supernatural comedy presented by Albany Civic Theater, 235 Second Ave.,

Albany, Fridays through Sundays through Nov. 19, \$12. Information, 462-1297.

## Music

### SEVENTEEN MEMORABLE SEASONS IN ONE MAGICAL NIGHT

A retrospective concert featuring songs from past Park Playhouse seasons, featuring vocalist John Anthony Lopez, Nov. 3-5, 7:30 p.m., Swyer Theatre at The Egg. Information, 434-2035.

### DOYLE LAWSON AND QUICKSILVER

Acclaimed bluegrass band, with the Gibson Brothers opening, Nov. 4, 8 p.m., Troy Savings Bank Music Hall, \$23 and \$26. Information, 273-0038.

### TRISHA YEARWODD

Country singing sensation, Nov. 5, 8 p.m., Palace Theatre, Albany, \$37.50 to \$47.50. Information, 465-3334.

### NORTH MISSISSIPPI ALLSTARS

Roots rock band makes return to region, Nov. 10, 8 p.m., Revolution Hall, Troy; \$15 in advance, \$18 at the door. Information, 273-2337.

### THE ROBERT CRAY BAND

Blues man and his sidekicks, Nov. 11, 8 p.m., The Egg, Albany, \$28. Information, 473-1845.

### JOHN & BUCKY PIZZARELLI

Jazz guitarists, Nov. 13, 3 and 7 p.m., WAMC Performing Arts Studio, Central Avenue, Albany. Information, 465-5233, ext. 4.

### DEREK TRUCKS BAND

Roots rock band, with Molro opening, Nov. 13, 7 p.m., The Egg, Albany, \$22. Information, 473-1845.

### JEFF TWEEDY

Wilco frontman brings solo acoustic show to area, with Glenn Kolche opening, Nov. 14, 7:30 p.m., The Egg, Albany, \$26. Information, 473-1845.

## Comedy

### BRIAN REGAN

Nov. 6, 7:30 p.m., The Egg, Albany, \$36. Information, 473-1845.

## Dance

### PASCAL RIOULT DANCE THEATRE

Performing "The Ravel Project," a series of dances to the music of Ravel, Nov. 4, 8 p.m., The Egg, Albany, \$24 adults, \$20 seniors, \$12 children. Information, 465-3334.

### ELLEN SINOPOLI DANCE COMPANY

Performing "Telling Tales," a composition featuring the words of storyteller Pleasant DeSpain and the music of percussionist Brian Melick, Nov. 6, 3 p.m., The Egg, Albany, \$10 adults, \$8 seniors, \$6 children. Information, 465-3334.

### BRAVE NEW DANCES

Maude Baum and Company presents first drafts of new compositions, 8 p.m. Nov. 5, 11 and 12, 6 p.m. Nov. 6, eba Theater, corner of Lark Street and Hudson Avenue, Albany, \$8 adults, \$6 students and seniors. Information, 465-9916.

## Visual Arts

### NEW YORK STATE MUSEUM

"Mammals Revealed: Discovery and Documentation of Secretive Creatures," through Dec. 31; "Sports: Breaking Barriers and Breaking Records," through Jan. 8; "Ann Zane Shanks: Behind the Lens," through Feb. 26; "Miracles: New York's Greatest Sports Moments," through March 26. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

### THE CLARK

"Pastels," featuring works by late 19th- and early 20th-century artists, through June 18; "The Clark: Celebrating 50 Years of Art in Nature" and "50 Favorites," through May 16, 2006; and other ongoing exhibitions. Information, 413-458-0524.

### ALBANY INSTITUTE OF ART

"Alice Morgan Wright: Sculptor and Activist," through Dec. 31, plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

### SCHENECTADY MUSEUM

"Visions of China," a collection of photographs by Dr. Clinton Millett, through Jan. 8; "Metamorphosis: Then and Now," works by Stanwyck Cromwell, through Dec. 18, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

### ALBANY AIRPORT GALLERY

Site-specific installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

### COLLEGE OF SAINT ROSE ART GALLERY

"As I Lay Dreaming," featuring Katarina Wong's drawings and sculptures, through Dec. 4, 324 State St., Albany. Information, 485-3902.

### THE HYDE COLLECTION

"Adolph Gottlieb: 1956," through Dec. 11, plus ongoing exhibits, 161 Warren St., Glens Falls. Information, 792-1761.

### NATIONAL MUSEUM OF DANCE

"Dancing Rebels," an exhibit about the New Dance Group, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

### NATIONAL MUSEUM OF RACING AND HALL OF FAME

"Peb: The Art of Humor," featuring horse racing-themed cartoons by Pierre "Peb" Bellocq, through Dec. 31; "Golden Memories: 50 Years of the Racing Hall of Fame," through Dec. 31, 191 Union Ave., Saratoga Springs. Information, 584-0400.

### NEW YORK STATE MILITARY MUSEUM

"New York's Fighting Zouaves," through October; "Battleground for Freedom: New York during the Revolutionary War," and "To the Standard: Civil War Cavalry Flags from the New York State Battle Flag Collection," ongoing, 61 Lake Ave., Saratoga Springs. Information, 581-5100.

### SARATOGA AUTOMOBILE MUSEUM

Ongoing exhibits including "East of Detroit" and New York racing featuring race car driven by 1951 Indianapolis 500 champion Lee Wallard of Altamont, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

### PERRELLA GALLERY

"It's My Life," featuring Betty Pieper's oil and acrylic paintings, through Nov. 4, Fulton Montgomery community College, Route 67, Mohawk.

## Call for Artists

### DELMAR COMMUNITY ORCHESTRA

Openings in the string, horn and percussion sections. Information, 439-7749.

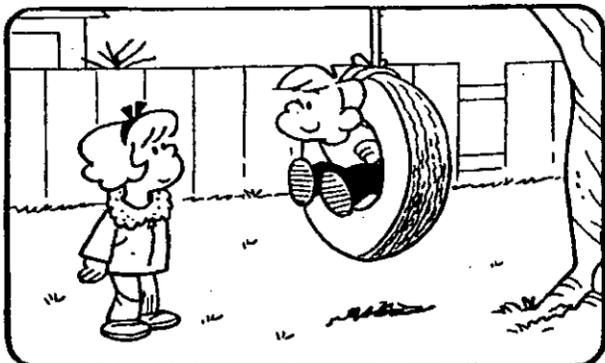
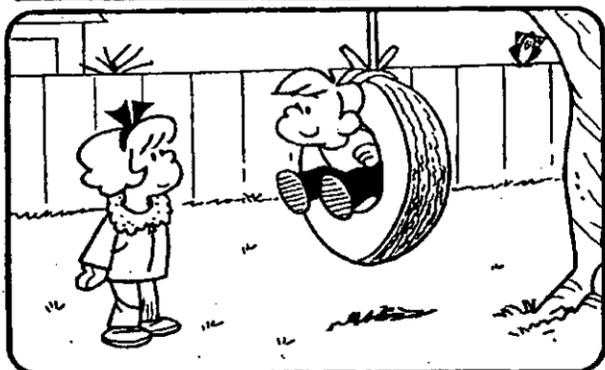
### COLONIE TOWN BAND

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

## HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Bow is smaller. 2. Mitten is missing. 3. Leg is moved. 4. Rope ends are shorter. 5. Board is missing. 6. Bird is missing.

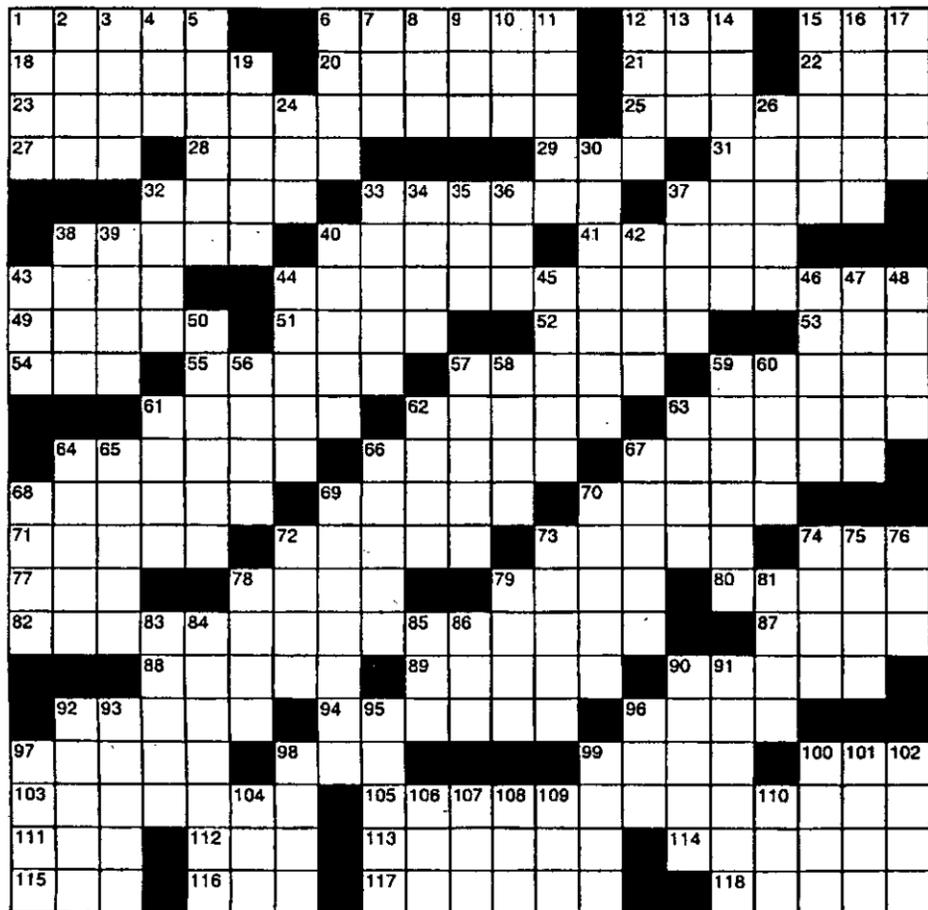
## MAGIC MAZE ● CREDIT

I R O L I E B Y V S Q N K H E  
 B Y W T I R O L W J G E B Y W  
 U R P N N K I A O G D B Z X V  
 B S Q O S M K G R I E S G E R  
 U A E R U B C E T A Y N W A U  
 S Q L P R N G N H L L O T J H  
 F E C A A A U C Y C I A R Y  
 X V U S N O Q Y P N N M M Y  
 S D R A C C K J H G E U F I E  
 C B M C E Z E E U Q S M R E T  
 Z Y A X V U T R Q P O M L C K

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

- |         |           |         |        |
|---------|-----------|---------|--------|
| Account | Cards     | Lines   | Terms  |
| Agency  | Crunch    | Manager | Unions |
| Balance | Entry     | Rating  | Worthy |
| Bureau  | Insurance | Squeeze |        |

# Super Crossword



### ACROSS

- |                              |                              |                            |                                 |                                 |                              |
|------------------------------|------------------------------|----------------------------|---------------------------------|---------------------------------|------------------------------|
| 1 Beauty's beau              | 54 Tablet                    | 92 Dennehy or Keith        | 9 Pigskin prop                  | 47 Greek vowels                 | 78 Office plant              |
| 57 Nodded off                | 55 Commodious                | 94 Firstborn               | 10 "Tell — No" ('65 hit)        | 48 Renowned seamstress          | 79 Egyptian deity            |
| 59 Cocky kids                | 61 Exodus edible             | 96 Rachel's sister         | 11 Happen next                  | 50 Daddy ducks                  | 81 Hat's home                |
| 62 Annoyed                   | 62 Annoyed                   | 97 Zagreb native           | 12 Writer Hunter                | 56 Step — (hurry)               | 83 Nom de crime?             |
| 63 Melee                     | 63 Melee                     | 98 Needle feature          | 13 Sass                         | 57 Blue-dress wearer?           | 84 Detested                  |
| 64 Illinois city             | 64 Illinois city             | 99 Sharp                   | 14 Lasting effect               | 58 The yoke's on them           | 85 With 93 Down, "Air Music" |
| 66 Riddle: Part 3            | 66 Riddle: Part 3            | 100 — Dhabi                | 15 Trolley sound                | 59 Like some stairs             | 86 First lady?               |
| 67 Votes in                  | 67 Votes in                  | 103 In a rough manner      | 16 Trattoria treat              | 60 Taxi                         | 90 Goes after                |
| 68 Grand relative            | 68 Grand relative            | 105 Answer to riddle       | 17 Iowa city                    | 61 — Blanc                      | 91 Poet                      |
| 69 — of Fools" ('67 hit)     | 69 — of Fools" ('67 hit)     | 111 Broad st.              | 19 Sonata movement              | 62 Lab equipment                | 92 Tenor's tribute           |
| 70 Prowl                     | 70 Prowl                     | 112 Bend someone's — (yak) | 24 Adversary                    | 63 Word with circus or collar   | 93 See 85 Down               |
| 71 Injures                   | 71 Injures                   | 113 Emulate Earhart        | 26 Big revolver?                | 64 Cold-shoulder                | 95 "The Merr Widow" composer |
| 72 Stuffleable pasta         | 72 Stuffleable pasta         | 114 Tranquil               | 30 Hit the hay                  | 65 Ballet company               | 96 Rock's — Zeppelin         |
| 73 Big wheel on "Wheel"      | 73 Big wheel on "Wheel"      | 115 Petty or Poston        | 32 TV's —                       | 66 — Fall in Love" ('62 hit)    | 97 Gab                       |
| 74 Peckinpah or Wana-maker   | 74 Peckinpah or Wana-maker   | 116 HST's successor        | 33 Soft                         | 67 Savor                        | 98 Thomfield governes        |
| 77 Granada gold              | 77 Granada gold              | 117 Conkling or Ates       | 34 Ages                         | 68 "Scat!"                      | 99 Elbow's counterp:         |
| 78 Goatish gambler           | 78 Goatish gambler           | 118 Thorough-fares         | 35 "A — in the Dark" ('88 film) | 69 Rampur relish                | 100 On the briny             |
| 79 Shake-spearean villain    | 79 Shake-spearean villain    | DOWN                       | 1 Holler                        | 70 "The Dragons of Eden" author | 101 Curve                    |
| 80 New Mexico's state flower | 80 New Mexico's state flower | 2 Narcissus' nymph         | 2 Narcissus' nymph              | 102 Applicati                   | 104 Little guy               |
| 82 Riddle: Part 2            | 82 Riddle: Part 2            | 3 Melville monomaniac      | 3 Melville monomaniac           | 105 "Ab —" (from the beginnin   | 106 "A —"                    |
| 87 Heavy reading?            | 87 Heavy reading?            | 4 Plop down                | 4 Plop down                     | 107 "M*A*S*": extras            |                              |
| 88 Pontif's partner          | 88 Pontif's partner          | 5 Monotony                 | 5 Monotony                      | 108 Cul-de-                     |                              |
| 89 French spa                | 89 French spa                | 6 Read quickly             | 6 Read quickly                  | 109 From —                      |                              |
| 90 Roofing material          | 90 Roofing material          | 7 Tolstoy title start      | 7 Tolstoy title start           | 110 Theater sign                |                              |
|                              |                              | 8 Branch                   | 8 Branch                        |                                 |                              |

# Calendar of Events *in the* Spotlight

## Wed. Nov. 2

### BETHLEHEM

#### DELMAR ROTARY

Normanside Country Club, 7:30 a.m., Information, 767-2930.

#### MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., information, call Jennifer at 439-9929 or e-mail, [info@drchurch.org](mailto:info@drchurch.org).

#### 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.

#### CHENREZIG PRACTICE AND MEDITATION

Meditation on the Bodhisattva of Compassion, at the KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 7 p.m., information, 374-1792.

#### 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

#### 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.

## Thu. Nov. 3

### 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

#### 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. Nov. 4

### 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.

#### NEW SCOTLAND

#### 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. Nov. 5

### BETHLEHEM

#### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

### BETHLEHEM

#### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

### 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.  
Gospel Fellowship, 10 Rocketteller Road, Delmar, 482-2132.  
King's Chapel, 434 Route 9W, Glenmont, 426-9955.  
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.  
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.  
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.

#### NEW SCOTLAND

#### WORSHIP INFORMATION

All Nation's Baptist Church, 2558 Western Ave., Guilderland, 475-9086, ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m.  
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, 439-5454.  
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.

## Mon. Nov. 7

### BETHLEHEM

#### PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

#### DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 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.

#### ELMWOOD PARK FIRE DISTRICT

Board of fire commissioners meeting, North Bethlehem firehouse, 589 Russell Road, 7:30 p.m.

#### 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.

#### BLANCHARD LEGION POST

Meeting, 16 Poplar Drive, 8 p.m. Information, 439-9819.

#### 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.

## Tue. Nov. 8

### BETHLEHEM

#### TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 10:45 a.m. to 12:30 p.m. Information, 465-8732.

#### 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.

#### PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rocketteller Rd., Delmar, beneath Normans Kill 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. Nov. 9

### BETHLEHEM

#### DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

#### MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., information, call Jennifer at 439-9929 or e-mail, [info@drchurch.org](mailto:info@drchurch.org).

#### SECOND MILERS

Normanside Country Club, noon, Information, 439-2752.

#### SOLID ROCK CHURCH

evening prayer and Bible study, 7 p.m., 1 Kenwood Ave. Information, 439-4314.

#### CHENREZIG PRACTICE AND MEDITATION

Meditation on the Bodhisattva of Compassion, at the KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 7 p.m., information, 374-1792.

#### 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.

#### DELMAR FIRE COMMISSION

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.

#### 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.

updated weekly  
discussion forum  
easy navigation

local letters  
photos & editorial  
community news



Quality news  
in print and  
on-line.

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

a guide to services for your home

# Services *in the* Spotlight

**APPLIANCE REPAIR**

**Joseph T. Hogan**  
Appliance & Electric Service  
**756-9670**

**CLEANING SERVICES**

Make your house  
**Camille Clean**  
Camille's House Cleaning Service  
**892-8073**

Affordable Advertising  
**A Great Idea for Local Businesses**



**The Business Directory**  
Call **439-4940**

**COMPUTER REPAIR**

**PC 911**  
Dan McCrea  
PC Repair and Help



4 Oak Ct., Voorheesville  
ph: 518.878.1709 • fax: 518.765.8083  
danmccrea@gmail.com

**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

**Advertise in the Spotlight Newspapers Service Directory!**

Is your ad here?  
Do you want to advertise with us?  
Call **439-4940**

Finishing Touches by:  
**A.T.'S CUSTOM CONTRACTING**  
RESIDENTIAL & COMMERCIAL PAINTING & REMODELING  
FREE ESTIMATES FULLY INSURED  
**SPECIALIZING IN:**  
ROOFING • INTERIOR AND EXTERIOR PAINTING • WALLPAPERING  
**767-3269**

**CONTRACTING**

**PLATINUM REMODELING**  
"Quality Work at the best prices."  
Kitchens & Baths  
Flooring & Tile  
Carpentry & Painting  
Decks & Fencing  
Windows & Doors Installed  
**518-366-9410**  
Fully Insured Free Estimates

**Things Slowing Down At The Office?**

Give Us A Call at **439-4940**  
to place your ad in the Spotlight Newspapers  
**DISCOUNT**  
These LITTLE ads can make a BIG difference for your business.

**ELECTRICAL**

**Labbie Electrical Contractors**  
Electrical Work - Professional, Fast & Neat

- New Services
- Generators
- Pool/Hot Tub Wiring
- Ceiling Fans
- Bedroom Exhaust Fans
- Garden Lighting
- Security Lighting
- AC Circuits
- Recessed (Hi-Hat) Lighting
- Roof/Gutter Heaters
- Auto/Whole House Fans
- Door bells
- Telephone, Computer & Cable Wiring
- Lamps Repaired/Revised

Service Calls & Repairs

All Phone Calls Returned  
Call **475-1491**

**GRAVES ELECTRICAL CONTRACTING**  
Over 20 Years Experience - Licensed & Insured  
**439-0352 + 424-7224**

Communicate to Our Readers



**Advertise in the Business Directory**

Call Today!  
**439-4940**

**FIREWOOD**

**426-WOOD.com (9663)**  
Dry • Cut • Split  
"PREMIUM WOOD FROM A PREMIUM WOOD SERVICE"  
(Includes Pallet & Cover)

- Free Delivery
- Cords/ Face Cords
- Stacking Available

Wood/Heat - For Home Warmth

**FURNITURE REPAIRS**

**Kingsley Greene**  
Furniture Repair & Restoration:  
• Stripping & Refinishing  
• Free Estimates & Pick-Up  
SINCE 1974  
**756-3764** (eves. & weekends)

**HANDYMAN**

**Handyman - Plus**  
Painting, Repairs, Remodeling Inside and out. You name it!  
**Plus...**  
Estate Sales, moves, clean-outs  
References from your neighbors  
Richard Longley 439-5831

**A Handyman Service**  
Large Jobs or Small  
Completed with the Highest level of Integrity  
**864-5913**

**ATTENTION CAPITAL AREA BUSINESSES**



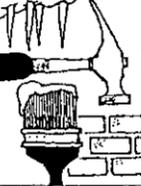
**ADVERTISE WITH THE SPOTLIGHT!**

Call: **439-4940**

**HOME IMPROVEMENT**

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.

**Stephen E. Colfels**  
Carpentry  
Remodeling  
Kitchens & Bathrooms  
Painting  
Masonry

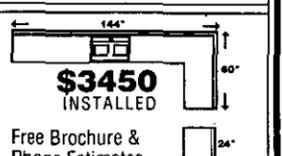


No Job Too Small  
Fully Insured Ceramic Tile  
**469-1973 or 732-3302**

**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

**SEN Construction**  
All Types of Interior & Exterior Carpentry, Home Improvements, & Repairs  
• Siding & Windows  
Free Estimates - Insured  
Quality Work - Experienced  
Scott E. Neal  
Feura Bush  
**423-5544**

**GRANITE COUNTERTOP COMPANY LTD.**



**\$3450 INSTALLED**

Free Brochure & Phone Estimates  
Open 7 Days 8 a.m. - 7 p.m. (518) 663-5143  
www.granitecountertopcompany.com

**HOT TUB & REPAIR**

**SPA WORKS**  
Hot Tub & Spa Repair  
Servicing all makes & models  
leak repair, electric repair, covers sales  
**DELMAR 253-6162**

**INTERIOR DESIGN**

**Window Treatment**  
Slip Covers,  
Cushions & Pillows  
**Johan Interiors**  
785-1576  
Custom Sewing  
25 yrs experience 100% guaranteed

**JUNK CLEANOUTS**

**Choice Cleanouts**  
Free estimates for:  
• Homes & Yards  
• Attics & Basements  
• Barns & Sheds  
• Brush & Tree Removal  
**767-3693**

**JUNK REMOVAL**

**ATTICS, CELLARS, GARAGES, ESTATES**  
Houses Emptied - Rack Truck can hold 75 banana boxes or 6 refrigerators or 24 mattresses \$140/ load Appliances \$30.00  
**'NO SHINGLES'**  
**869-8088**

**LANDSCAPING**

**HORTICULTURE UNLIMITED LANDSCAPING**  
**FALL IS FOR PLANTING**  
PROFESSIONAL LANDSCAPE DESIGN & INSTALLATION  
Since 1977  
"WE DO THINGS RIGHT"  
**767-2004**  
www.hortunlimited.com  
Nursery Hours By Appointment



Do you want to advertise with us?  
Call: **439-4940**

**Secret Gardens**  
Consultation Hardy Plants  
Design Patios & Pathways  
Installation Garden Structures  
Maintenance Water Features  
Educational Seminars and Private Sessions  
Hannacroix, NY 12087 • 756-8973



**LAND SERVICES**

**VICTOR MANILENKO CONTRACTING**  
Screened Topsoil  
Stone, Crusher Run  
Excavating, Land Grading  
Drainage Work  
Pool Filling - Demo/ Dirt  
No Delivery Too Large or Small  
**463-4062**

Don't let these little ads fool you!  
They can really work for your business.  
Call **439-4940**

**LAWN CARE**

**Fall Back With Seven Zocks Lawn Care**  
Fall Clean-ups & Snowplowing  
Weekly/ Bi-Weekly Maintenance  
Free Estimates - Excellent References  
**265-1883 253-7129**

**NICK'S LAWN CARE & LANDSCAPING**  
Fall Clean-ups  
Fire Wood  
Get It While It Lasts!  
Mowing  
Senior Discounts  
Fully Insured • Free Estimates  
**767-3101 / 378-8288**

**Delmar Lawn Care**  
Call now for prices on fall clean-up & Snow Removal  
**475-1419**

**LAWN & GARDEN**

**Lawn & Landscaping**  
• Fall Clean-Ups • Mowing  
• Decks • Fence • Sheds • Etc.  
• Flower Gardens & Mulch  
• Shrubs • Trees • Pruning & More  
Free Estimates - Fully Insured  
Reliable & Courteous Service  
**MARION MOWERS 439-8056 • Delmar**

**MASONRY**

**TITAN CONCRETE**  
POURED CONCRETE  
• FOOTINGS • FLATWORK  
• 4 FT. FOUNDATIONS • CONCRETE DRIVEWAYS  
• PATIOS  
**858-0398**

**COLD WEATHER IS APPROACHING!**  
Call John for all of your masonry needs.  
FREE ESTIMATES  
**429-6737**

**PAINTING**

**WM H. ROTHER PAINTING**  
INTERIOR - EXTERIOR  
Fine Quality Workmanship  
INSURED • REFERENCES • FREE ESTIMATES  
**381-6618 364-2007**

**FRANK'S PAINTING**  
- Quality Work -  
Interior and Exterior  
RESIDENTIAL/COMMERCIAL  
Make your home's interior shine for the holidays.  
Great prices starting at \$175 & up per room.  
Insured • 25 Yrs. Exp. • Free Estimates  
**756-1045**

**Awesome Colours**  
Painting & Wallpaper  
Staining & Faux  
Quality Work, Reasonably Priced  
Fully Insured  
Contact Ruth or Perry  
**381-1809**

**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**

**3 Teachers (Retired) Painting & Staining**  
• Decks • Interior/Exterior  
Fully Insured **373-8836** Free Estimate

**MURRAY PAINTING**  
Free Estimates  
Interior & Exterior  
Residential • Commercial • Industrial  
If you count on quality count on us  
**439-4466**  
All Calls Returned • Fully Insured

Call to place your ad today!  
**BUSINESS DIRECTORY 439-4949**

**Rhatigan Painting**  
Residential Interior Specialist  
• Plaster Repair  
• Wallpaper Removal  
• Taping  
~Meticulous~  
Call now for FREE estimate  
Insured - References  
**478-9632 (cell) 810-4892**

**ASAP PAINTING**  
Professional Painting Service  
Interior/ Exterior  
Stain - Poly - Taping  
Wallpaper Removal  
Call now for a FREE estimate  
Insured - References  
**756-8438 Cell 275-8309**

# a guide to services for your home **Services** *in the* **Spotlight**

**PET CARE**

**Cat Boarding**



**PET SPA OF Delmar**

Main Square  
439-3670  
Visit our website  
[petdaycare.info](http://petdaycare.info)  
Nicest Cattery in the Capital District

**Voted Best Pet Pampering**

**BEST OF 2005**

**PET SERVICES**

**DELMAR DOG BUTLER**  
Pet Waste Removal  
Weekly Service:  
\$10/week (one dog)  
\$15/week (two dogs)  
Free estimates for one-time clean-ups.  
Steve Relles, Owner • 229-2320

**Kuhl's Kennel**  
State of the Art Boarding  
Free Bath with a 5 Day Stay or More  
318 Garnsey Rd., Delanson, NY  
**895-8063**

**Canines & Felines**  
Companion Animal Photography  
Candid Relaxed Pet Photos in Your Home  
439-2721  
[caninesfelinesphotography.com](http://caninesfelinesphotography.com)

**REMODELING**

Established 1965

**IF YOU NEED IT — WE DO IT**

Excellent Work  
Fair Prices — Repairs

- Ceramic Tile • Wallpapering
- Bathrooms • Painting
- Kitchens • Decks • Etc.

**A TO Z**  
REMODELING CONTRACTORS  
**DELMAR • ED KAINE**  
— Free Estimates —  
**768-2686**

*Spotlight Newspapers*  
*Getting the News to You*

**REMODELING**

**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**

**Business Directory Advertising**  
Call 439-4940

**ROOFING**

**GRADY ROOFING**

For All Your Roofing Needs  
**439-1515**  
Free Estimates Fully Insured

**PAVING**

**QUALITY PAVERS**  
Selkirk, NY 12158  
Commercial & Residential  
Free Estimates/ Fully Insured

Office: **767-9118**  
Cell: **470-5931**  
Owner: Sam Lambert IV

**PAVING THE WAY INTO OUR 4<sup>TH</sup> GENERATION**

**SNOWPLOWING**

**JZT**  
Professional Mowing & Landscaping

- Seasonal Mowing Program
- Spring and Fall Clean-ups
- Landscaping/Patios • Tree Shrub Trimming & Planting • Lawn Thatching • Aeration & Overseed
- Prompt Free Estimates

**SNOW PLOWING**  
Contact Michael Welton @ 689-0500

**SNOWPLOWING**  
Residential/Commercial  
Per Storm or Contract  
— Fully Insured —  
**526-1527**

**SNOW REMOVAL**  
Residential ~ Commercial  
Salting Optional  
Sidewalk Snow Removal  
**788-4139**

**SNOWPLOWING**

**SNOWPLOWING Seasonal Contracts**  
Residential/Commercial

**439-7864**

**TNT SNOWBLOWING**  
Seasonal Contracts/Per Storm

Small/Large Driveways & Sidewalks  
Free Estimates — Reasonable Rates  
**434-0406**

**RECYCLE**

**TREE SERVICES**  
Tree & Stump Removal  
Tree Maintenance • Land Clearing  
Brush Hogging

**AAA Enterprising**  
Serving the Capital District & Surrounding Areas

Free Estimates • Fully Insured  
Residential • Commercial  
[www.AAAEnterprisingTreeservice.com](http://www.AAAEnterprisingTreeservice.com)  
**872-2966 • 365-0878**

**TREE SERVICES**

**TRE Tree Services**  
Stump Grinding  
Trimming  
Total Removal  
Free Estimates

**872-1078 • 598-8275**

**TREE SERVICE**  
• COMPLETE REMOVAL • TRIMMING  
• BRUSH CLEARING • STUMP GRINDING  
• GUTTER CLEANING  
FREE ESTIMATES FULLY INSURED  
**OUTDOOR PROFESSIONALS**  
**295-8985**

**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**

**TUTORING**

**TUTOR AVAILABLE**  
NYS Certified — Grades 4-12  
Language Arts, Social Studies,  
Homework Problems  
**479-0823**

**WINDOW CLEANING**

**FALL GUTTER CLEANINGS**  
Experienced, Fully Insured  
Gary Olliver • 439-4856



**Ring up more \$ales!**

When you call us and put our **Services in the Spotlight** ads to work for you!

*These little ads can make a BIG difference for your business!*

Call **439-4940** to place your ad today.

a guide to services for your home **Services** *in the* **Spotlight**

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight • Niskayuna Spotlight • Rotterdam Spotlight  
Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight

# Spotlight Classifieds

**ADOPTION**

ADOPT: A happily married, financially secure couple will LOVE & CHERISH your baby. Stacie & Stephan 1-800-561-9323. Expenses paid.

**ANNOUNCEMENTS**

Annual Make It, Bake It, Buy It Charity Auction  
It's one night you can't miss. Please join the Welcome Wagon Club of Clifton Park for our annual Make it, Bake it, Buy it Charity Auction on

Wednesday, November 9 starting at 7 pm in the Hearth Room at Shenendehowa United Methodist Church, 971 Route 146, Clifton Park. It's a festive night of competitive bidding on many home made items and gifts from area businesses. You may even find that perfect present for the holidays. All are welcome. Auction proceeds will help support local and national charities.

**BUSINESS OPPORTUNITIES**

**WORK FROM HOME:** Need an extra \$36,000 a year? Vending business for sale. Sell \$5,000. 1-800-568-1281 or vendingfriends.com

**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.

**GOLF- Serious Bus. X-PGA**

Tour Players seek Dealers. Yr round bus. Dealers make up to \$300K yr. Est. co. w/ success stories \$69K invest req'd, 800-805-4583

**CLEANING**

**ANNA'S CLEANING SERVICE.** Basement/Attic. Commercial & Residential. If you Do Not feel like cleaning your house, Let us!! No Job too Big or too Small. Call Now: 518-331-6016 (Mobile) or 518-729-5420 (Office)

**CLEANING SERVICES**

**DELMAR RESIDENT 16 YRS EXPERIENCE.** Exceptional Cleaning, Excellent References. 439-2796.

**HOUSE PAINTING, HOUSE WINDOW CLEANING & GUTTER CLEANING.** Free estimates, Low prices. Call 452-1551.

**PERSONALIZED CLEANING PACKAGES** for Home or Office. Daytime, Evenings, Weekends. Ongoing service, Fall cleanings, Holiday preparation. Free estimate. Jennifer: 459-0646.

**CLEANING SERVICES, ERRANDS-** Weekly/biweekly.

Available Days. Houses, Apartments, Small-offices. Free Estimates Ask for Lori 785-6374.

**COMPUTERS**

**COMPUTER CLINIC:** Technical support for your PC. Non-technical support for you. PC tune-up, health check & repairs. Call Rick: 518-459-0646.

**CRAFT FAIR**

**DELMAR: FIRST UNITED METHODIST CHURCH,** 428 Kenwood Ave. Saturday, November 5, 8am-3pm. Annual Autumn Fair.

**SHOP TIL YOU DROP!** Craft & Business Fair, Sat 11/5, 10-4. St. Thomas School, 42 Adams Place, Delmar. No admission fee.

**EMPLOYMENT**

**SECRET SHOPPERS NEEDED** Pose as customers for store evaluations. Local stores, restaurants & theaters. Training provided. Flexible hours. Email Required. Call Now! 1-800-585-9024 ext 6146

**EQUIPMENT FOR SALE**

**SAWMILLS - \$2,795.00-** 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**

**\$\$CASH\$\$ Immediate Cash** for Structured Settlements, Annuities, Law Suits Inher-

itances, Mortgage Notes & Cash Flows. J.G. Wentworth- #1 1-(800)794-7310.

**FIREWOOD**

**A-1 HARDWOOD, Seasoned, Cut, Split, Delivered. Full/Face. 861-8566.**

**DREAM WOOD SERIES- NO PAPER NEEDED!** Face & Full Cords. Call 426-WOOD (426-9663). Free Delivery, stacking available.

**HARD WOOD:** Ash, Oak & Maple. Face cords & Half cords ONLY. Call Bud 768-2373.

**SEASON FIREWOOD \$175.00** Truck Load delivered. 518-767-3269. Adam

**SEASON FIREWOOD \$175.00** TRUCK LOAD DELIVERED 518-767-3269 ADAM

**SEASONED HARDWOOD-Cut, Split, Delivered. \$75 Face Cord. 756-9419.**

**FOR SALE**

**FREE HOME/ FARM POWER!** CANCELLED ORDER! Manufacturer MUST SELL: 6 only, Air-O-Power Wind Turbine Systems. Government programs. 5-year warranty. www.emarkelectric.com Details: 1-800-973-WATT, leave message. SACRIFICE!

**FOUND**

**CAT,** White & gray. Found near Clarksville around 9/14. 768-2908.

**PORTABLE VIDEO GAME DEVICE AND CASE** Found 10/20 on Kenwood Ave. near BCMS in Delmar. Call 439-0101 to identify.

**FURNITURE FOR SALE**

**COMPUTER DESK,** \$75. Chrome Craft Kitchen table with 4 chairs, \$100. 6pc. Oak BR set, \$300. 478-2269 after 5pm.

Elegant pastel regency style sofa table, 2 drawers, repair to leg, \$200. Large pine harvest table, painted legs, modern, some refinishing needed, \$75. Call 872-9720 or 322-8569.

Impressive antique American (early-mid 1800's) chest of drawers, excellent condition, good patination, cherry, deep drawers. Ideal "low-boy" height. 48" (h)x

21"x 41". \$1200. Call 872-9720 or 322-8569.

**NEW WHITE PLUSH MICRO-FIBER SOFA & MATCHING LOUNGE CHAIR.** (Sofa 6ft.) Just paid \$1500. Asking \$1200 O.B.O. 312-9742.

**GARAGE SALES**

**HABITAT FOR HUMANITY Warehouse Sale.** Building materials- Doors, Windows, Light fixtures, Kitchen cabinets, Sinks, Appliances. New and quality used. 696 Delaware Ave., Albany. Friday & Saturday, 9-1.

**HANDYMAN**

**BEST BET HANDYMAN,** Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

Door frames, windows, railings, & decks. No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

**HOME IMPROVEMENT**

**Scott Olsen Handyman Services LLC,** Home maintenance, repairs and remodeling. Call 381-6022.

**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

**LANGUAGE**

**SUCHE DEUTSCH** regelmässig mit jemandem sprechen, vorzugsweise in der Nahe Delmar, NY. Habe Deutsch in der Universität studiert aber ich spreche und schreibe kein fließendes Deutsch; mochte gern main gesprochenes und schriftliches Deutsch verbessern. Wenn Sie interessiert sind, senden mir ein email jharvey@nycap.rr.com oder ruf mich an 439-8722 in Delmar. JDH.

**LEGAL**

**DIVORCE or MARRIAGE** in as little as one day. With or without travel or spouse's signature. Fully Guaranteed \$1400 978-443-8387 www.divorcefast.com

## Classified Information



**Office Hours Deadline**  
8:30 AM - 5 PM  
Monday-Friday  
**Deadline:** Thursday at 4PM for following week



**Mail Address • In Person**  
Spotlight Newspapers  
P.O. Box 100  
Delmar, NY 12054  
  
125 Adams St.  
Delmar, NY 12054



**READERSHIP:**  
11 Newspapers;  
**113,400**  
Readers



**Phone • Fax**  
(518) 439-4940  
(518) 439-0609 Fax

**E-MAIL: spotclas@nycap.rr.com**

### Classified Ads Appear In All Eleven 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 • Saratoga Spotlight

Class info AD

### Classified Rates

**Private Party Classifieds - Line Ads - Eleven paper combo - \$15.00** for 15 words 50 cents for each additional word.

**Commercial Classifieds - Line Ads - Eleven paper combo - \$17.50** for 15 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 eleven newspapers, as well as on the internet for the number of weeks requested.*

### Order Form

Classified Category: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Number of Weeks \_\_\_\_\_

MasterCard or Visa# \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

### Magic Maze Answers

CREDIT —

### Super Crossword Answers

**Would You Like To Advertise Your Business In Our Papers?**

**Give Us A Call At:**

# 439-4949

**To Place Your Ad Today!**

*The Spotlight • Colonie Spotlight • Loudonville Spotlight  
Guilderland Spotlight • Niskayuna Spotlight • Rotterdam Spotlight  
Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight  
Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight*

# Spotlight Classifieds

**LOST**

3 LOST DOGS- Fawn Lake, Berne, NY. 7/22/05 1 tri-color beagle, 2 black & tan German shepherds. All males, all neutered, all micro-chipped. Could be traveling, or separated. 788-7845.

FIND SOMETHING? Advertise it free. Call 439-4940.

PET DOG LOST: SMALL WHITE MALE 5-7lb. CHIHUAHUA Named Keko. Lost in area of York Rd., Glenville on 7/05/05. 13 yrs. old- takes heart medication. Reward. 384-0150.

**MERCHANDISE FOR SALE**

Little Tykes Table w/4 chairs-

\$20 Little Tykes basketball hoop adjustable- \$15 Playskool Toy Chest- \$20 Little Tykes easel- \$10 Little Tykes turtle sandbox -\$5 Phonics game- most cards still in wrappers. Paid \$200 asking \$50. Call 877-6514

**MISCELLANEOUS FOR SALE**

AMANA WASHER: 1 year old, stainless tub, super capacity, soft sound system, 3 speed, 710RPM, 4 temp. settings, asking \$400. 426-9720.

HOT TUB/SPA. Never used. Still in wrapper. Full warranty. Loaded. Seats 6 w/ lounger. Therapeutic jets.

Delivery available. Retail \$6,500. Sell for \$2,939. 518-339-7370.

JUKEBOX Rowe R82: 200 Selection with records. Excellent working condition. \$195. 435-0821.

Various custom HO-scale model railroad locomotives and rolling stock. All are priced to move. Please call Rich at 785-8751 & leave message or email me at rweriksen-\@>gct21.net.

NEW POCKET ROCKET. 50CC. Electric/Remote and Pull start. Red. Holds 300+ lbs. fast. Cost \$950. Sale \$500 firm. 439-7083.

SWING SET- Rainbow Play

System Sunshine. Castle (Redwood) 5yrs, Cost \$2,700. Asking \$1,500. E.C. BUNK BED- Solid Oak, Lexington, accessories, DiSiena Furniture, Excellent. \$375. 439-7636(evenings).

**MOVERS**

MOVING SOON? Call THE MOVERS. Local & Long distance. Fully licensed/insured. Locally owned and operated. 526-3372, 674-5624.

**MUSIC**

LIVE MUSIC FOR YOUR PARTY. Rock, Jazz, R&B, etc. Call Jack, 478-0643.

PIANO LESSONS all Levels. Delmar home. Steinway and Kawai Grand Pianos. Experienced Professional Teacher. 439-3861

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

**MUSIC INSTRUCTION**

DRUM LESSONS FOR BEGINNERS. 30 years experience. Delmar area studio. Sat./Sun. slots available. Call 396-7477.

**MUSIC LESSONS**

GUITAR LESSONS: Guitarist available for private lessons. Your home or mine. 20+

years experience. Call Rob, 810-6378.

**PAINTING**

Door frames, windows, railings, & decks. No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

**SPECIAL EVENTS**

ARE YOU HAVING A SPECIAL EVENT- Let Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

**TUTORING**

EARTH SCIENCE TUTORING

National Board Certified teacher Regents Earth Science. Call John McKee: 439-7083.

**WANTED**

ANTIQUA PAPER ITEMS Photographs, Stereoviews, Daguerreotypes. Anything Related To Sports, Autos, Motorcycles, Oceanliners, Travel, Politics, Scrapbooks, Photo Albums, Maps, Children's Books, Post Cards, ETC. Tom Jardas-356-0292.

BUYING: All old costume and better jewelry. Call 439-6129.

# Employment Classifieds

**HELP WANTED**

32% GROWTH LAST YEAR! Join our quality newspaper. Generous package of salary, commission, benefits. jim@worldmedia.ws Fax: 459-5289.

ADMINISTRATIVE ASSISTANT: Mohawk Hudson Land Conservancy. Duties: Office management, light book-keeping, fund development, volunteer coordination. Computer skills, writing ability required. Part-time flexible. Send resume, cover letter to mhlc@nycap.rr.com by 11/15.

CHURCH SEXTON: Cleaning, Light maintenance. P/T, +/-20hrs/wk. Live in free semi-furnished apt. w/ local telephone. No pets. Send resume and 3 references to Staff-Parish Relations Committee, Emmaus United Methodist Church, 715 Morris St., Albany, NY 12208: 482-0486.

CHURCH SECRETARY, P/T: All modern & interpersonal skills, learning attitude. \$10/hr. Send resume & 3 references: Staff-Parish Relations Committee, Emmaus United Methodist Church,

715 Morris Street, Albany, NY 12208. 482-0486.

CUSTODIAN: Voorheesville Schools. 3-11:30 p.m. (M-Th) & 7 a.m.-3:30 p.m. (Sat). \$10-11/hour. Full benefits. Call: 765-3313, ext. 103. EOE/AA.

DOMINO'S PIZZA, Delmar & surrounding areas: HIRING DRIVERS, INSIDERS. Apply within. 222 Delaware Ave., Delmar.

EXPERIENCED ADVERTISING SALES REPRESENTATIVE for Capital District. Draw and commission. PT or FT. Please send resume to Henry Meininger, Publisher, CD HomeStyle, PO Box 14 Austerlitz, NY 12017.

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.

HOLIDAY HELP! \$15.10 base-apt. Flexible sched-

ules for students ages 18+, or 2nd income, openings in Albany, Saratoga and surrounding areas, conditions apply, customer sales/service. 464-0200 Albany, 587-7020 Saratoga.

HOST A JEWELRY PARTY at your home and receive FREE jewelry or extra cash. Unique, one of a kind, dichroic & glass jewelry. Contact me today at 518-810-1163.

HOUSEKEEPERS WANTED: Mature, dependable housekeepers willing to work flexible hours in full or part time positions at The Rensselaerville Institute Conference Center in Rensselaerville, NY. Excellent pay, plus tips. Medical benefits available to employees who work an average of 20 hours per week. Call 518-797-5100 and ask for Carol Rehberger, Executive Housekeeper or email Carol at CRehberger@RIConferenceCenter.com

KENNEL STAFF: Flexible hours, must be available weekends/holidays. Call 767-9718 or apply at 759 Rt. 9W, Glenmont.

OFFICE ADMINISTATOR: Flexible 20-24 hrs/wk, M-F. \$13.00 to start. Small Delmar business. Computer guru welcome. Mail to: 10 Heather Lane, Delmar 12054.

P/T CAREGIVER: For lovely elderly woman. Mornings 8:30-11:30a.m., Some evenings possible. Niskayuna. 374-1177.

SALES PROFESSIONAL/ EDUCATOR: Seeking entrepreneurial woman looking to build an income producing asset on her own terms. Partner with a growing international business. Support team expanding via proven business model. Sales, teaching or nursing experience a plus. Fax resume or letter of interest to Sue. 518-756-7207.

Substitute Food Service Helper/Cashier - Bethlehem Central School District is seeking applicants for substitute food service helper/cashier positions in all of its schools — \$7.50 per hour to start. Interested candidates should call Mr. Cook - M-F at 439-8885 between 8 and 11 a.m. to complete an

application and arrange for an interview.

TOWN OF HALFMOON ALTERNATE PLANNING BOARD MEMBER ZONING BOARD MEMBER ALTERNATE ZONING BOARD MEMBER. This position requires attendance of planning and/or zoning meetings and site visits. Applicants must be town residents and town employees are excluded. Acceptable training and experience: None is required but some experience in municipal planning and zoning procedures and laws is desired. Submit resume to: Richard Lee, Executive Assistant to the Supervisor, Town of Halfmoon, 111 Route 236, Halfmoon, New York 12065. Deadline to submit November 4.

TOWN TRUCK DRIVER: Night Driver for Ballston Spa Area. Experience preferred but not necessary. HIGH MILLS GARAGE 399-9163.

Accepting Trainees for Werner, Swift, CR England, others! 16 day CDL! No money down, student financing! Tuition reimburse-

ment avail. Job placement asst. Mon-Sun 1-800-883-0171 x8

CLERICAL/ ADMINISTRATIVE- \$12-\$48/hour. Full Benefits/ Paid Training. Positions with US Government- Homeland Security, Law Enforcement, Wildlife, more! Toll free 7 days 1-800-320-9353 ext 2177

Driver- COVENANT TRANSPORT. Regional Runs Available. Excellent Pay & Benefits. EXP. Drivers, Teams, O/O, & Students Welcome. Refrigerated Now Available. 888-MORE-PAY (888-677-3729)

Drivers/Driving school graduates wanted. Tuition reimbursement. No waiting for trainers. Passenger policy. No NYC. Guaranteed hometime. Dedicated and regional available. USA Truck 866-483-3413

MOVIE EXTRAS, ACTORS & MODELS! Make \$75- \$250/day. All ages and faces wanted! No experience required, FT/ PT! 1-800-514-4827

\*MOVIE EXTRAS\* Earn \$150-

\$300/ Day. All looks/ Types Needed. No experience Necessary. 1-800-260-3949 Ext. 3177

**SITUATION WANTED**

Housekeeper- Wanted: Energetic, self-motivated, responsible adult to care for a wonderful home. Non smoker. Own transportation. Part time, clean, shop, cook, errands, etc. Send resume. P.O. Box 82 Slingerlands, NY 12159.

LIVE-IN Female caregiver for elderly woman in Feura Bush. Send resume and references to: Joan Staats, 8497 Morganville Rd., Stafford, NY 14143. 585-344-1772.

Part-time female companion needed to sit with woman with mild dementia in Latham area. \$6/hr. Hours 2-5 pm, Mon. and Fri. References. 459-6864.

**WORK WANTED**

AIDES WILL DO 24/7 Home Care for elderly. Experienced & insured. 573-6399 or 861-7008.

LOVE TO RAKE your autumn color leaves. 439-2924

# Real Estate Classifieds

**REAL ESTATE FOR RENT**

\$485 FEURA BUSH 1BR, No pets, Security. 465-2239 or 765-3125.

ELSMERE: 2BR, Hardwood floors, 1.5BA, Basement, Large yard, Some pets, No smoking, Laundry hook-up. \$880+. 439-7070.

DELMAR: 2BRAPT. FOR RENT. \$850+ utilities. 1 car garage, W/D hookup, No pets. 768-8298.

CLIFTON PARK DUPLEX, 3BR, 2BA, Basement, gas, garage, fireplace, laundry hook-up, \$1,400+. No pets, smokers. 436-0638.

COLONIE: 1 Bedroom Apartment, Quiet neighborhood. Easy parking. Available immediately. \$475.00+ 446-0945 or 225-6380.

DELMAR: \$1,250. 3BR Duplex Apt. for rent. Available 11/1. Hardwood floors, EIK, LR, DR, Porch, Off street parking, 1.5 BA, Own attic/basement, W/D hookup. Off Delaware Ave. Water/trash

included. References and credit check required. No pets/smoking. Call 421-8491.

DELMAR: \$850+ Nice 2BR, DR, LR, Fireplace, HW Floors, Porches, W/D Hookup, Yard, Corner lot, Busline. 469-3636.

LOUDONVILLE: 2BR, 2BA, A/C, Non-smoking, No pets, No children. 1 car garage. Fireplace. \$850. 785-5279.

MADIERA BEACH FLORIDA WATERFRONT HOME. Sleeps Six with Pool and Dock Walk to Golf Beach. No Minimum Stay. \$2,800.00 Monthly. \$1,200.00 Weekly. 439-2341

NEW SCOTLAND: 3BR, \$650+, W/D Hookup, No pets, Security & lease required. Available 11/1. 872-9671.

South Bethlehem- 2BR Duplex. W/D hookup. H/W floors, basement. Off street parking. Dead end street. \$850. 378-4085.

**REAL ESTATE**

3- 4 br; 1-3/4 BA Cape, detached 1-car garage, 1.3

Acres Albany Co./Greenville Schools. Vinyl siding, newer roof, new furnace, central air, \$149,900. 518-966-8657.

Invest in one of the hottest areas- SW Florida! Real Estate is appreciating fast. For an extensive overview of all listings visit www.tudorvillas.com or call (239)549-7400

MOVING TO LAS VEGAS?? Check out Boulder Cascade MFG Housing Community. New Homes from \$69,900. Relocation Assistance Program. Toll free 1-866-584-0412.

**BUILDINGS FOR SALE**

BUILDING SALE! "Last Chance" 20X26 Now \$3995, 25X30 \$5700. 30x40 \$8300. 40X60 \$12,900. Many Others. Meets high snow and wind. One end included. Pioneer 1-800-668-5422

**COMMERCIAL FOR LEASE**

DELAWARE PLAZA - DELMAR - Retail space available. For

leasing information call Delaware Plaza Associates at 439-9030.

**HOUSE FOR SALE**

SELKIRK 2-FAMILY DUPLEX. Each unit two bedrooms, one bath, EIK, LR, Full Basement, Spacious yard. Monthly income \$1,700. 378-4085. \$192,000

**LAND**

COUNTRY ESTATE ACREAGE 5 acres- great views. \$24,900. Hardwoods & field. Ideal weekend retreat, second home. Adjoins 9,000 acre NYS land. Town road & electricity. This unique opportunity won't last! CALL TODAY 866-365-5446

END OF SEASON BLOW OUT SALE! CANYON FERRY CROSSING, HELENA, MONTANA. Only 8 parcels left in this magnificent development. Awesome lake and mountain views, close to Canyon Ferry Lake, minutes to Helena. Owner to pay closing costs. Call 888-770-2240

NC MOUNTAINS 2.87 acres on mountain top, view, trees, waterfall & large public lake nearby, paved private access, \$19,500 owner 866-789-8535 www.NC77.com

**STORAGE SPACE**

WINTER STORAGE at Altamont Fairgrounds. November through April. Call 861-6671 for information.

**VACATION RENTALS**

MARCO ISLAND, FL Beachfront Condominium, 2BR, 2BA, Designer furnished. Pool/tennis. \$4900/mo Call for availability/photos. 518-424-9301.

NAPLES, FL.: Glen Eagle Country Club (private). Gated community, Bundled golf included. 2BR/Den. Available monthly. 369-8265.

SANIBEL ISLAND, FLORIDA- Easter Week April 15-22. Lighthouse Resort, 3 Bedrooms, 2 Baths, On Waterfront. Call Dr. Robert C. King. 765-2261.

SIESTA KEY, FL. 2BR, 2BA Condo across from Siesta Beach. Monthly for November and/or December. 439-6632.

SOUTHERN ADIRONDACK

GETAWAY: Charming 3BR cottage on private lake in Fulton County. \$1,000/week in season. Also available now. 770-928-6711. cjc2007@comcast.net

## Automotive Classifieds

**AUTOMOTIVE FOR SALE**

1993 GMC JIMMYSLE, New starter/radiator. Runs strong. \$2,500 OBO. 429-6737.

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

1996 JEEP CHEROKEE CLASSIC 4X4, 157K, Great condition inside/out, Power locks, windows, cruise, roof rack, running boards, NEW radiator/fuel injector. Listed at \$3,700. Asking \$3,400. Call 439-0101.

2001 Jeep Grand Cherokee Laredo, Loaded, Exc. Condition, 51K miles, \$14,000. 765-3463.

81 MONTE CARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.

**AUTOS WANTED**

AAA Rated Donation. DONATE YOUR CAR, Boat or Real Estate. IRS Tax Deductible Free Pick-Up/ Tow Any Model/ Condition. Help Underprivileged Children 1-800-939-4543 Outreachcenter.org

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Qualification of Schraft, s, a Walgreens Specialty Pharmacy, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/26/05. Office location: Albany County. LLC formed in Illinois (IL) on 9/16/05. 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. IL address of LLC: 104 Wilmot Rd., MS #1425, Deerfield, IL 60015. Arts. of Org. filed with IL Secy. of State, 501 S. 2nd St., Rm. 328, Springfield, IL 62756. Purpose: any lawful activity. LD-12398 (November 2, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 206 of the New York Limited Liability Law  
1. The name of the limited liability company is Cloth Consulting, LLC.  
2. The Articles of Organization were filed with the Secretary of State on October 6, 2005.  
3. The office of the limited liability company is to be located in Albany County.  
4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is:  
Cloth Consulting, LLC  
121 State Street  
Albany, New York 12207  
5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York.  
LC-12318  
(November 2, 2005)

## LEGAL NOTICE

## ANNUAL PLAN FOR 2006 TOWN OF BETHLEHEM SECTION 8 HOUSING CHOICE VOUCHER PROGRAM

DECEMBER 14, 2005 5:45 P.M.  
The Town Board of the Town of Bethlehem will hold a public hearing on Wednesday, December 14, 2005 at 5:45 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, New York 12054 for the purpose of receiving comments from the public on the Town's proposed Agency Plan for 2006 for the Section 8 Housing Choice Voucher Program. Copies of the Agency Plan and all supporting documentation are available for review by the public at either of the following locations:  
Town of Bethlehem  
445 Delaware Avenue  
Delmar, New York 12054  
(518) 439-4955  
Joseph E. Mastrianni,  
242 Union Street  
Schenectady, NY  
12305  
(518) 372-4739 Ext. 26.  
All parties in interest and citizens will have an opportunity to be heard at the said hearing.

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact the Town Clerk's office at 439-4955, Ext. 183. Advanced notice is requested.

## BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM

Kathleen A. Newkirk, MMC, RMC  
TOWN CLERK  
Dated: September 28, 2005  
LC-12359  
(November 2, 2005)

## LEGAL NOTICE

ARTICLES OF ORGANIZATION OF  
D. J. WALDBILLIG, LLC  
Under Section 203 of the

## LEGAL NOTICE

Limited Liability Company Law  
FIRST: The name of the limited liability company is: D. J. Waldbillig, LLC.  
SECOND: The name of the limited liability company is: 132 Mohawk Street, LLC.  
THIRD: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: D. J. Waldbillig, LLC  
864 Meadowdale Road  
Altamont, New York 12009  
FOURTH: The limited liability company is to be member managed.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed this 12th day of July, 2005, by the undersigned who affirms that the statements made herein are true under penalty of perjury.  
ARTICLES OF ORGANIZATION OF  
D. J. WALDBILLIG, LLC  
Under Section 203 of the Limited Liability Company Law  
Filed by:  
Alexander Powhida, Esq.,  
Attorney-in-Fact  
Harvey and Mumford LLP  
20 Corporate Woods Boulevard  
Albany, New York 12211  
LCD-12244  
(November 2, 2005)

## LEGAL NOTICE

Notice of Formation of a Domestic Limited Liability Company (LLC)  
The name of the LLC is 1716 CENTRAL AVENUE, LLC. The Articles of Organization were filed with the NY Secretary of State on September 15, 2005. 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 of which the Secretary of State shall mail a copy of any process against the LLC is 467 Albany-Shaker Road, Loudonville, New York 12211.  
LCD-12259  
(November 2, 2005)

## LEGAL NOTICE

NO. GREENBUSH OF ALBANY, LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on September 12, 2005. 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 596 New Loudon Road, Latham, New York 12110.  
LCD-12260  
(November 2, 2005)

## LEGAL NOTICE

COLWELL, FERRENTINO & PETROCCIONE, LLP  
Notice of Formation of a Registered Limited Liability Partnership (RLLP). Name: Colwell, Ferrentino & Petroccione, LLP. Registration filed with Secretary of State of New York (SSNY) 07/29/05. Office location: Albany County. SSNY designated as agent of RLLP upon whom process against it may be served. SSNY shall mail a copy of process to Colwell, Ferrentino & Petroccione, LLP, 20 Corporate Woods Boulevard, 6th Floor, Albany, New York 12211. The purpose of the RLLP is to engage in any lawful act or activity.  
LCD-12268  
(November 2, 2005)

## LEGAL NOTICE

## LEGAL NOTICE

NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY  
FIRST: The name of the limited liability company is: 132 Mohawk Street, LLC.  
SECOND: The county within this state in which the office of the limited liability company is to be located is: Albany.  
THIRD: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is: 132 Mohawk Street, Cohoes, New York 12047.  
FOURTH: The purpose of the Company is to engage in any lawful business acts or activities for which limited liability companies may be formed under law.  
FIFTH: The Articles of Organization were filed with the Secretary of State on September 21, 2005.  
LCD-12271  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is PATROON CREEK BLVD., LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 21, 2005. 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 302 Washington Avenue Extension, Albany, New York 12203.  
LCD-12283  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is ALBANY MID-TOWN HOTEL, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 13, 2005. 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 302 Washington Avenue Extension, Albany, New York 12203.  
LCD-12284  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is ALBANY MID-TOWN HOTEL, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 13, 2005. 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 302 Washington Avenue Extension, Albany, New York 12203.  
LCD-12284  
(November 2, 2005)

## LEGAL NOTICE

Notice of formation of Praetorian Intelligence Group, LLC, Art. of Org filed Secy. Of State (SSNY) 10/3/05. Office Location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail a copy of process: John K Zimmerman, 31 Riverwalk Way, Cohoes, NY 12047, Reg. Agt. Upon whom proc. May be served. Purpose: any lawful purpose.  
LCD-12297  
(November 2, 2005)

## LEGAL NOTICE

Steenburgh & Patrick LLC  
Notice of Organization: Steenburgh & Patrick LLC was filed with SSNY 02/04/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address against the LLC served upon him: c/o the LLC 16 Woodrige St. Albany, New York 12203  
Purpose: To engage in any

## LEGAL NOTICE

legal activity  
LCD-12352  
(November 2, 2005)

## LEGAL NOTICE

6466 LLC  
Notice of Organization: 6466 LLC was filed with SSNY 07/06/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Lauterbach Garfinkel Damast & Hollander LLP 22 W. 28th St., 12th Fl., NY, NY 10018  
Attn: Jeffrey Hollander, Esq.  
Purpose: To engage in any legal activity  
LCD-12357  
(November 2, 2005)

## LEGAL NOTICE

K & HOSODA ENTERPRISES LLC  
Notice of Organization: K & HOSODA ENTERPRISES LLC was filed with SSNY 08/29/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o the LLC 134 East 61st St., NY, NY 10021  
Purpose: To engage in any legal activity  
LCD-12358  
(November 2, 2005)

## LEGAL NOTICE

Notice of Formation of KAL Enterprises, LLC, Art. of Org. filed Secy of State (SSNY) 10/5/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: KAL Enterprises, LLC, 286 State St., Ste. 2, Albany, NY 12210. Purpose: any lawful purpose.  
LCD-12367  
(November 2, 2005)

## LEGAL NOTICE

DRAGONHILL, LLC. Notice of formation. Articles of Organization filed with Secretary of State of New York (SSNY) on 9/28/05. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at: 20 Louis Ave, Menands, NY 12204. LLC is member-managed. Purpose: to conduct any lawful business.  
LCD-12380  
(November 2, 2005)

## LEGAL NOTICE

CASTLE BLOCK, LLC. Notice of formation. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/06/05. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at: 333 Bridge St., Selkirk, NY 12158. LLC is member-managed. Purpose: to conduct any lawful business.  
LCD-12381  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is PATROON CREEK BLVD. II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 13, 2005. 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 302 Washington Avenue Extension, Albany, New York 12203.  
LCD-12381  
(November 2, 2005)

## LEGAL NOTICE

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY  
Articles of CPK Properties, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on October 25, 2005 effective on 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, 819 Via Marchella, Guilderland, NY 12303. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.  
LCD-12383  
(November 2, 2005)

## LEGAL NOTICE

Notice of Formation of Gramercy Communications, LLC, Art. of Org. filed Secy of State (SSNY) 9/23/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 119 Winthrop Ave., Albany, NY 12203. Purpose: any lawful purpose.  
LCD-12389  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is FIRST COLUMBIA 65 WOLF ROAD LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 27, 2005. 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 26 Century Hill Drive, Suite 101, Latham, New York 12110.  
LCD-12400  
(November 2, 2005)

## LEGAL NOTICE

Notice of formation of NSS SERVICES, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 08/22/2005. Off. Loc.: Albany Co. SSNY designated as Agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 554 Greeley Avenue, Staten Island, NY 10306 Purpose: All Lawful purposes.  
LD-12118  
(November 2, 2005)

## LEGAL NOTICE

Notice of Formation of 500171 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/2/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 205 West 15th St., Office #1-L, New York, NY, 11011 Purpose: any lawful activity.  
LD-12184  
(November 2, 2005)

## LEGAL NOTICE

Notice of Formation of SHANE ENTERPRISE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/1/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Afshan Khan, 240 E. 47th St. Unit 34A, NY, NY 10017. Purpose: all lawful activities.  
LD-12215  
(November 2, 2005)

## LEGAL NOTICE

Notice of formation of HP Consulting, LLC. Articles of Organization were filed with

## LEGAL NOTICE

NYS Secretary of State (SOS) on June 9, 2005. Office location is Albany County. SOS is designated as agent of LLC, upon whom process against it may be served. SOS shall mail a copy of any process to the LLC, 27 Crow Ridge Road, Voorheesville, NY. LLC may engage in any lawful act or activity.  
LD-12218  
(November 2, 2005)

## LEGAL NOTICE

Notice of formation of Northeast Neurosurgery, LLC. Articles of Organization were filed with NYS Secretary of State (SOS) on July 14, 2005. Office location is Albany County. SOS is designated as agent of LLC, upon whom process against it may be served. SOS shall mail a copy of any process to Whiteman Osterman & Hanna LLP, One Commerce Plaza, Albany, New York 12260. LLC may engage in any lawful act or activity.  
LD-12220  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of AMCC Property Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/13/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: John C. Gahan, Esq., Murtha Cullina LLP, 99 High St, Boston, MA 02110. Principal address of LLC: 6 Faneuil Hall Marketplace, Boston, MA 02109. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities.  
LD-12222  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of Capital First Financial Services, LLC., under the fictitious name Lakeview Capital. Authority filed with Secy. of State of NY (SSNY) on 9/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/14/2003. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal address of LLC: 6261 NW 6th Way, Ste #203, Ft. Lauderdale, FL 33309. Arts. of Org. filed with FL Secy. of State, Division of Corporations, 409 E. Gaines St, Tallahassee, FL 32399. Purpose: any lawful activities.  
LD-12223  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of CoramRx, LLC., under the fict name of: CoramRx of New York. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 8/8/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal address of LLC: 160 Greentree Drive, Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities.  
LD-12224  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of Z & J LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. NYS fictitious name: AppealTech. Office location: Albany County. LLC formed in Delaware (DE) on 3/10/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the prin-

## LEGAL NOTICE

cipal office of the LLC: 8 Sy-camore Lane, Madison, CT 06443. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.  
LD-12225  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of Koch Cellulose America Marketing, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/13/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 501 Gloucester St., Suite 100, Brunswick, GA 31520. Arts. of Org. filed with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity.  
LD-12226  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is 3 Point Properties, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 15, 2005. 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 728 Loudon Road, Latham, New York 12110.  
LD-12217  
(November 2, 2005)

## LEGAL NOTICE

Notice of Qualification of CC Castle International LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 1/15/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 2000 Corporate Drive, Canonsburg, PA 15317, Attn: Tax Director. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Cert. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes.  
LD-12235  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: EVERYDAY LEADERSHIP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/15/05. Office location: Schenectady 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, c/o Ronnie Paul Renaud, 1017 Day Road, Rotterdam, New York 12303. Purpose: For any lawful purpose.  
LD-12237  
(November 2, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: K.E.R.M. REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/31/05. 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, 75-23 190th Street, Fresh Meadows, New York 11366. Purpose: For any lawful pur-

**LEGAL NOTICE**

pose.  
LD-12238  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of The Tower Group Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 575 Madison Avenue, 10th Fl, New York, NY, 10022 Purpose: any lawful activity.  
LD-12239  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Landmarks By Klein LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2 Jonathan Place, Spring Valley, NY, 10977 Purpose: any lawful activity.  
LD-12240  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Landmarks By Lifshitz LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2 Jonathan Place, Spring Valley, NY, 10977 Purpose: any lawful activity.  
LD-12241  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of KAV, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 14 Stuyvesant Oval #7G, New York, NY, 10009 Purpose: any lawful activity.  
LD-12242  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Homebound Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/12/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1143 East 8th St, Brooklyn, NY, 11230 Purpose: any lawful activity.  
LD-12243  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of Melvin Securities, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 9/14/2005. Office location: Albany County. LLC formed in Illinois (IL) on 3/10/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. IL address of LLC: 111 West Jackson Blvd., Ste. 2110, Chicago, IL 60604. Arts. of Org. filed with IL Secy. of State, Howlett Bldg., Room 351, Springfield, IL 62756. Purpose: any lawful activity.  
LD-12247  
(November 2, 2005)

**LEGAL NOTICE**

Notice of formation of AVENUE S CONDOMINIUM, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 09/16/2005. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail a copy of process to: The LLC, 60 Oceana Drive, Suite 6D, Brooklyn, NY 11235 Purpose: All Lawful pur-

**LEGAL NOTICE**

poses.  
LD-12251  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Managing Member LLC. Authority filed with Secy. of State of NY (SSNY) on 9/12/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities.  
LD-12256  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Development Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/08/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities.  
LD-12257  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Asset Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/08/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities.  
LD-12258  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Morgan Friedman Corporate and Financial Associated LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/19/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 301 East 79th Street, Ste 24-H, NY, NY 10021 Purpose: any lawful activities.  
LD-12263  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE  
1. The name of the Limited Liability Company is Integrated Environmental Data, LLC.  
2. The Articles of Organization were filed September 21, 2005.  
3. The office of the Limited Liability Company is located in Albany County.  
4. The Secretary of State has been designated as the agency of the Limited Liability Company upon whom process against it may be served.  
5. The purpose of the Limited Liability Company is to engage in any lawful activity for which a Limited Liability Company may be formed.

**LEGAL NOTICE**

Notice of Formation of Red Texas Realty LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/22/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Kelly Capital Group, Inc., 4350 Executive Drive, Ste. 301, San Diego, CA 92121. Registered agent upon whom process may be served: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206 Term:

**LEGAL NOTICE**

LD-12266  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of Hilb Rogal & Hobbs of Massachusetts, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/20/05. Office location: Albany County. LLC formed in Virginia (VA) on 12/15/00. 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. Principal office of LLC: One Industrial Ave., Suite 1100, Lowell, MA 01851. Arts. of Org. filed with VA Secy. of the Commonwealth, Richmond, VA 23219. Purpose: any lawful activity.  
LD-12267  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 701-TROY-SCHENECTADY ROAD ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 23, 2005. 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 116 Wolf Road, Albany, New York 12205.  
LD-12273  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CHEN WANG, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 20, 2005. 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 Address.  
LD-12276  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: APARTMENT MANAGEMENT COMPANY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/13/02. 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, P.O. Box 1644, Albany, New York 12201. Purpose: For any lawful purpose.  
LD-12282  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Red Texas Realty LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/22/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Kelly Capital Group, Inc., 4350 Executive Drive, Ste. 301, San Diego, CA 92121. Registered agent upon whom process may be served: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206 Term:

**LEGAL NOTICE**

until 9/15/2030. Purpose: to buy, develop, construct, lease, finance, operate, manage, sell or refinance Lot 16 of the Bressi Ranch Corporate Center, Carlsbad, California, and related activities.  
LD-12285  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JOSEPH PROPERTIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/12/04. 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, Post Office Box 1644, Albany, New York 12201. Purpose: For any lawful purpose.  
LD-12286  
(November 2, 2005)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CPJ OF VOORHEESVILLE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/29/05. 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, 25 Forrest Drive, Voorheesville, New York 12186. Purpose: For any lawful purpose.  
LD-12287  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of Achieve Healthcare Information Technologies, L.P. Authority filed with Secy. of State of NY (SSNY) on 9/20/05. Office location: Albany County. LP formed in Delaware (DE) on 7/26/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Ste. 501, NY, NY 10001, registered agent upon whom process may be served. Address of LP: 7690 Golden Triangle Drive, Eden Prairie, MN 55344. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activities.  
LD-12289  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of COMMONWEALTH EQUITY SERVICES, LLP. Authority filed with Secy. of State of NY (SSNY) on 3/22/05. Office location: Albany County. LLC formed in Massachusetts (MA) on 12/22/2004. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal address of LLC: One University Office Park, 29 Sawyer Road, Waltham, MA 02453 Arts. of Org. filed with MA Secy. of State, One Ashburton Place, 17th Fl, Boston, MA 02108. Purpose: any lawful activities.  
LD-12294  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of CW Highridge Plaza LLC. Authority filed with Secy. of State of NY (SSNY) on 9/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC:

**LEGAL NOTICE**

615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: ownership of real estate.  
LD-12294  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of CW Village Square LLC. Authority filed with Secy. of State of NY (SSNY) on 9/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: ownership of real estate.  
LD-12295  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of CW Cross County LLC. Authority filed with Secy. of State of NY (SSNY) on 9/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: ownership of real estate.  
LD-12296  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of CW North Ridge Plaza LLC. Authority filed with Secy. of State of NY (SSNY) on 9/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: ownership of real estate.  
LD-12297  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of MEDIAPRODUCTION SERVICE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities.  
LD-12298  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of EAST END TOWER LLC. Authority filed with Secy. of State of NY (SSNY) on 9/27/05. Office location: Albany County. LLC formed in Delaware (DE) on 9/16/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: c/o BlackRock Realty Advisors, Inc., 50 California St., Ste. 200, San Francisco, CA 94111. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE

**LEGAL NOTICE**

19901. Purpose: any lawful activity.  
LD-12299  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of FASHIONAD LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/23/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities.  
LD-12304  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of an LLC: 2204 Broadway, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on August 2, 2005. Office location is in Schenectady 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, 1816 State Street, Schenectady, NY 12304. Purpose: for any lawful purpose.  
LD-12310  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Qualification of Ashford Pool I GP LLC. Authority filed with Secy. of State of NY (SSNY) on 10/6/05. Office location: Albany County. LLC formed in Delaware (DE) on 9/22/05. 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. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.  
LD-12315  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of BNH Associates, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5304 New Utrecht Avenue, Brooklyn, NY, 11219 Purpose: any lawful activity.  
LD-12326  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Apple And Honey, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/12/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5014 16th Avenue, Ste 216, Brooklyn, NY, 11204 Purpose: any lawful activity.  
LD-12327  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of 23 Manhattan Valley North LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th St., Brooklyn, NY, 11218 Purpose: any lawful activity.  
LD-12334  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Balaji Properties LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/7/05 Office location: Albany County. SSNY is designated as agent of

**LEGAL NOTICE**

LLC upon whom process against it may be served. SSNY shall mail process to: 2123 Williamsbridge Rd., Bronx, NY, 10461 Purpose: any lawful activity.  
LD-12329  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Regal Residential Developments LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 191-19 Jamaica Avenue, Hollis, NY, 11423 Purpose: any lawful activity.  
LD-12330  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Morreale Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 792 Lanett Avenue, Far Rockaway, NY, 11691 Purpose: any lawful activity.  
LD-12331  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of KPLD, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 969 Central Park Avenue, Scarsdale, NY, 10583 Purpose: any lawful activity.  
LD-12332  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Family Matters Resource Group, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 14 Stuyvesant Oval #7G, NY, NY, 10009 Purpose: any lawful activity.  
LD-12333  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of 337 West 138 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/27/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th St, Brooklyn, NY, 11218 Purpose: any lawful activity.  
LD-12334  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Ardley Realty Associates LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1304 Avenue M, Brooklyn, NY, 11230 Purpose: any lawful activity.  
LD-12335  
(November 2, 2005)

**LEGAL NOTICE**

Notice of Formation of Eighteen Homes LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 410 Broadway, Brooklyn, NY, 11211 Purpose: any lawful activity.  
LD-12336  
(November 2, 2005)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Penn & Marcy LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 410 Broadway, Brooklyn, NY, 11211 Purpose: any lawful activity. LD-12337 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of Penn Condominium LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 410 Broadway, Brooklyn, NY, 11211 Purpose: any lawful activity. LD-12338 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of Esplanade 8th Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 350 5th Avenue 59th Floor, NY, NY, 10118 Purpose: any lawful activity. LD-12340 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of 251255 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/22/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 152 Madison Avenue, Ste 703, NY, NY, 10016 Purpose: any lawful activity. LD-12341 (November 2, 2005)

LEGAL NOTICE

Publication Notice of Organization of Ziegler Enterprises, LLC FIRST: The name of the Limited Liability Company is Ziegler Enterprises, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the Secretary of State on October 6, 2005. THIRD: The county within New York 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 69 Zeigler Lane, Greenville, New York 12083. FIFTH: The purpose of the business of the Company is to operate the business and manage the assets of the Company. LD-12351 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of an LLC: 498 Princetown Road, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on May 25, 2005. 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, c/o Donald Zee, P.C. at 1621 Central Avenue, Albany, NY 12205. Purpose: for any lawful purpose. LD-12368 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of an LLC: 500 Duaneburg Road, LLC

LEGAL NOTICE

Articles of Organization were filed with the Secretary of State of New York (SSNY) on April 28, 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, c/o Donald Zee, P.C. at 1621 Central Avenue, Albany, NY 12205. Purpose: for any lawful purpose. LD-12369 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of ORION INTERNATIONAL HOLDINGS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/4/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12370 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of EURECO INTERNATIONAL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/7/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12371 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of LUXORA HOLDINGS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/15/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12372 (November 2, 2005)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of ASPEN INTERNATIONAL SERVICES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/6/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12373 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of ASPECT COMMERCIAL HOLDINGS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/4/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12374 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of IMAGINE CORPORATE SERVICES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/4/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-12375 (November 2, 2005)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING PRELIMINARY BUDGET Town of New Scotland NOTICE IS HEREBY GIVEN that the Preliminary Budget for the fiscal year beginning January 1, 2006 will be completed and filed in the Office of the Town Clerk by October 26, 2005, Town Hall, Slingerlands, NY, 12159.

LEGAL NOTICE

where it is available for inspection by any interested person at all reasonable hours. Further notice is hereby given that the Town Board of the Town of New Scotland will meet and review the said Preliminary Budget and hold a Public Hearing thereon at the New Scotland Town Hall, 2029 New Scotland Road, Slingerlands, NY, 12159 at 6:00 PM on the 9TH day of November 2005 and at such hearing any person may be heard in favor or against the Preliminary Budget as compiled, or for or against any item therein contained. Pursuant to Section 108 of the Town Law, the Proposed salaries of the following Town Officers are hereby specified as follows: Supervisor \$51,393.26 Supt. of Highways \$63,954.52 Town Clerk \$48,057.44 Justices (2) (each) \$21,420.00 Councilperson (4)(each) \$ 7,188.84

The Town of New Scotland is an equal opportunity provider and employer. BY ORDER OF THE TOWN BOARD Diane Deschenes, Town Clerk

LD-12376 (November 2, 2005)

LEGAL NOTICE

Lev L. Barats MD PLLC Notice of Formation of the above Professional Limited Liability Company (PLLC). Articles of Organization were filed with the Secretary of State of NY (SSNY) on 07/01/05. Office location, County of Albany, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to 20 Whitestone Way, Slingerlands, NY 12159. Purpose: medical practice. LD-12376 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of BESTCOM LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/20/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent

LEGAL NOTICE

upon whom process may be served. Purpose: all lawful activities. LD-12379 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of Maniben, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/11/05. Office location: Albany County. 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. Purpose: all lawful purposes. LD-12382 (November 2, 2005)

LEGAL NOTICE

Notice of Qualification of United Shockwave Therapies, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/7/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/28/02. 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. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-12383 (November 2, 2005)

LEGAL NOTICE

WHEREAS, 2006 Assessment Rolls have been prepared for the Bethlehem Sewer District and it is necessary to hold a public hearing with reference thereto. NOW, THEREFORE, BE IT RESOLVED, that the Town Board hold a public hearing with reference thereto, at 5:45 p.m. on Wednesday, the 9th day of November 2005, at the Bethlehem Town Hall, and, BE IT FURTHER RESOLVED, that the Town Clerk be, and she hereby is authorized and directed to publish a notice of such hearing in THE SPOTLIGHT, a newspaper published in Albany County and having a circulation within the Town of Bethlehem, on the 29th day of October 2005. All interested persons and citizens will have an opportunity to be heard at the said hearing.

LEGAL NOTICE

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact the Town Clerk's office at 439-4955, Ext. 183. Advanced notice is requested. The foregoing resolution was adopted by the Board at their meeting held October 26, 2005.

BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Kathleen A. Newkirk, MMC, RMC TOWN CLERK Dated: October 26, 2005 LD-12384 (November 2, 2005)

LEGAL NOTICE

Notice of Qualification of RCQ Hotel MT, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/20/05. Office location: Albany County. LLC formed in Delaware (DE) on 10/4/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Nationwide Information Services, Inc., 3500 S. DuPont Hwy., Dover, DE 19901. Principal office of LLC: Two Embarcadero Ctr., 23rd Fl., San Francisco, CA 94111. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-12391 (November 2, 2005)

LEGAL NOTICE

Notice of Qualification of Ascend Marketing, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/19/05. Office location: Albany County. LLC formed in Delaware (DE) on 10/4/05. 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., Dover, DE 19901. Purpose: any lawful activity. LD-12392 (November 2, 2005)

LEGAL NOTICE

Notice of Qualification of SchoolWorks, LLC. Authority filed with Secy. of State of

LEGAL NOTICE

NY (SSNY) on 9/19/2005. Office location: Albany County. LLC formed in Delaware (DE) on 7/9/1998. 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. Principal office of LLC: 100 Cummings Center, Ste. 236C, Beverly, MA 01915. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LC-12395 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of Ruth H's Fitness, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/19/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 2 Belleauwood Circle, Watervliet, NY 12189. Purpose: any lawful activity. LD-12396 (November 2, 2005)

LEGAL NOTICE

Notice of Formation of MB Gifts LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/27/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 747 Bedford Avenue, Brooklyn, NY, 11205 Purpose: any lawful activity. LD-12399 (November 2, 2005)

LEGAL NOTICE

Notice of Qualification of Ashford TRS Pool I LLC. Authority filed with Secy. of State of NY (SSNY) on 10/6/05. Office location: Albany County. LLC formed in Delaware (DE) on 9/22/05. 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. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-12321 (November 2, 2005)

Advertisement for 'The Spotlight' newspaper. Text: 'We put YOUR community in the Spotlight'. Includes a photo of a newspaper cover with headlines like 'River chance', 'Gunner's friends pay tribute', and 'Town Clerk's coming change'. Subscription rates: In Albany County: 1 Year - \$26.00, 2 Years - \$50.00; Outside Albany County: 1 Year - \$35.00, 2 Years - \$68.00. Contact: Call 439-4949 and pay with Mastercard or VISA. Mail Your Subscription To: Spotlight Newspapers Subscription, P.O. Box 100, Delmar, NY 12054.

# Sports *in the* Spotlight

## White's OT goal lifts Eagles into semifinals

By ROB JONAS

It was Halloween, so it was only appropriate that the Bethlehem boys soccer team suffered a scare.

No. 8 seed Guilderland led 1-0 late in the second half when Erik Russo scored the tying goal for top-seeded Bethlehem. Then, Bryan White struck with 3:34 left in the first sudden-victory overtime to lift the Eagles to a 2-1 quarterfinal win over the Dutchmen Monday.

"They were really good today," said Bethlehem coach Brett Miller of Guilderland. "They were much improved over the first two times we played them. They came on late in the season and finished with a very good record."

"I can't complain about anything," said Guilderland coach Mike Kinnally. "We lost 2-1 in overtime to the best team (in Section II, Class AA), and we led for 77 minutes."

Guilderland (10-8-1) grabbed the lead midway through the first half. Sophomore midfielder Frank Campagnano struck a long ball that sailed over Bethlehem goaltender Kyle Dunlavey and tucked under the crossbar to put the Dutchmen ahead 1-0.

"He struck that from about 30 yards out, and it was pretty much an unsaveable ball," Miller said.

Bethlehem stepped up the attack after that, but had a hard time getting anything by Guilderland goaltender Uriah Myrie. The junior made several key saves in the second half to keep the Eagles off the scoreboard.

"Uriah did very well in the back," Kinnally said.

Miller said the damp, muddy field conditions at Bethlehem's



Guilderland's Uriah Myrie punches the ball away from Bethlehem's Erik Russo during Monday's class AA quarterfinal game. Rob Jonas

varsity soccer field were a contributing factor to his team's struggles.

"The conditions were awful," he said. "The field wasn't to our advantage to play here, but we gutted it out."

Unfortunately for Myrie and the Dutchmen, there was only so much they could do to stop Bethlehem's high-powered offense. Russo finally got the Eagles on the board with three minutes left in regulation when he redirected a feed from Rob Wexler past Myrie.

Bethlehem continued to carry the play in the first 10-minute overtime period, and it finally got what it was looking for when Darko Knezevic sent a long lead pass to White down the left sideline. White gave himself a little space from a Guilderland defender by kicking the ball ahead several yards. Then, he struck a hard liner across the field that tucked into the right corner of Guilderland's goal for the game-winning tally.

"I just could tell once I looked up at the goalie where I was going

to place (the shot)," said White. "He (Myrie) was on the left side, so I just shot it to the opposite side."

"He's big time. He's tremendous — just a fast kid," said Miller. "He managed to bail us out, which great strikers do."

Kinnally said he knew his defense was in trouble on White's breakaway.

"I was cringing because I knew we got caught flat," he said. "If our defense had dropped back like it should have, we would have had one defender on (White) plus another de-

fender, but we got caught flat. So the minute the ball was served, one of our players was caught out of place."

Bethlehem advances to Thursday's class AA semifinal, while Guilderland's season comes to a close in the quarterfinals.

"We scored our 40<sup>th</sup> goal today, and we finished with 10 wins," said Kinnally. "Two years ago, we had four or five wins. So if we keep doubling our wins every two years, we'll have 15 wins next year."

**"I just could tell once I looked up at the goalie where I was going to place (the shot)."**

Bryan White

Bank Ordered  
**AUCTION**  
ON-SITE REGARDLESS OF WEATHER  
All Season's Outdoor Sports  
5152 NY 7, Hoosick Falls, NY  
**Saturday, November 12th • 10:00 AM**  
Inspection: 8:30 AM Auction Day  
Complete Sporting Goods Store Fully Loaded with New Merchandise  
REQUIRED PAYMENT: CASH or CHECK WITH BANK LETTER OF GUARANTEE AS IN BROCHURE & WEBSITE, signed and deposited. Check returned if no purchases. CASH PURCHASERS: \$200.00 Deposit at Registration, Refunded if no purchases. 12% Buyer's Premium. FULL PAYMENT MUST BE RECEIVED AUCTION DAY!  
[www.collarcityauctions.com](http://www.collarcityauctions.com) for Photos, Listing, Directions & Sample Bank Letter of Guaranteed Payment or Call Our Office for Brochure  
**Collar City Auctions Realty & Management, Inc.**  
(518) 895-8150 x101

### Klopfert leads Blackbirds

Greg Klopfert scored twice to lead the Voorheesville boys soccer team to a 6-0 victory over Broadalbin-Perth in last Friday's Section II, Class B quarterfinal game.

Klopfert netted both of his goals in the first half to help the second-seeded Blackbirds begin their pursuit of a second consecutive class B title.

Dominic Venditti contributed a goal and an assist for Voorheesville. Greg Jones, Matt Miller and Matt Bellagiovani also tallied.

Voorheesville played Colonial Council rival Mechanicville in Tuesday's class B semifinal at LaSalle Institute in Troy. The winner plays in Saturday's title game in Colonie.

### Town of New Scotland FALL BRUSH AND LAWN DEBRIS CLEAN-UP October 17<sup>th</sup> - November 23<sup>rd</sup>

**LAWN AND YARD DEBRIS:** must be bagged in bio-degradable bags and placed at the curb. Bags can be purchased at Town Hall Mon. - Fri. 8:30 a.m. - 4:00 p.m. Cost is 3 for \$1.00. Bags purchased at local grocery stores are also acceptable.

**BRUSH AND TREE LIMBS:** Must be stacked neatly at the curb with butts facing the road. 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 475-0385  
HIGHWAY DEPARTMENT

## ITS NOT JUST HOCKEY...ITS A RATS GAME!

### WEDNESDAY, NOV. 2ND VS SPRINGFIELD @ 7PM

### KIDS 12 & UNDER GET IN FREE!

FRIDAY, NOV. 4TH  
FAMILY FUN FRIDAY!  
4 TICKETS,  
4 HOT DOGS,  
4 SODAS  
& A FAMILY PORTRAIT  
FOR \$44!

SATURDAY, NOV. 5TH  
SHOWSTOPPER  
SATURDAY!  
PRE-GAME FIREWORKS!  
GREAT PRIZES & GIVEAWAYS!

WHEN ACCOMPANIED BY A PAID ADULT

**FOR TICKETS CALL 1-800-30-EVENT**  
**ALBANYRIVERRATS.COM**

PEPSI ARENA BERKSHIRE BANK

# Saratoga sweeps team titles at league meet

By ROB JONAS

As expected, Saratoga runners dominated last Saturday's Suburban Council cross country championships. But there were some interesting developments along the way.

The Saratoga girls team won by 60 points over its nearest competitor, but its top five was broken up by runners from several schools — a departure from previous league meets where the Blue Streaks often had at least four of the top five overall finishers.

On the boys' side, Saratoga's Steve Murdock outkicked Guilderland's Brian Rhodes-Devey for the individual title in a Section II

record time of 14:42.03. But it was the performances turned in by two of Murdock's teammates, Greg Kelsey and Greg Kiley, that indicated there may be more than one Blue Streak contending for Friday's Section II, Class AA championship.

"It speaks very well of the depth of the team," Saratoga coach Linda Kranick said of Kelsey and Kiley, who finished a respective third and seventh overall.

### Murdock sets record pace

Murdock and Rhodes-Devey were two of the four favorites — along with Bethlehem's Matt Shaffer and Shenendehowa's Dan McManamon — heading into the

league meet. By the time they hit the home stretch, though, it was clear that Murdock had separated himself from the pack. He had a 100-meter lead over Rhodes-Devey as he neared the finish line and wound up with a 12-second margin of victory.

Murdock said his strategy was to "go out and try to hold the pace," but he was surprised that he finished nearly 18 seconds under the 15-minute mark — a standard on the Saratoga Spa State Park course that had only been broken three times in the last 25 years prior to the league meet.

"I'm excited about that. It's really cool," said Murdock.

"He did a fantastic job. He really put it together today," Kranick said.

Not that Rhodes-Devey's runner-up time of 14:54.02 was bad, either. The Guilderland junior broke his own personal record on the 5-kilometer course and became the fifth high school runner to break 15 minutes in Spa State Park.

"Murdock took it out real hard, and I figured it's a long race — just stay a few steps behind him and push it at the end," Rhodes-Devey said. "I hoped he'd fall back a bit, but he never did."

Another 14 seconds elapsed before the rest of the lead pack began crossing the finish line, but it soon became apparent that Saratoga was the dominant team. With Kelsey leading the way, the Blue Streaks placed four runners between third and 14th place to grab the boys team title.

"The whole entire boys team did a great job today. They all ran PRs (personal record times)," Kranick said.

### Youth is served

Saratoga's girls team also looked strong in winning the league title. The first five Blue Streaks finished in the top 13 to lock up first place with 32 points, well ahead of runner-up Shen.

"I'm exceptionally pleased. They all ran very well," Kranick said.

Saratoga's Hannah Davidson and Lindsey Ferguson battled

each other for the individual title. Ferguson led for most of the race, but Davidson passed her teammate with one kilometer left and won with a time of 17:03.94, nearly nine seconds ahead of Ferguson.

"We're usually running around each other, so I figured she was having a very good day," Ferguson said.

"I'd been trying to catch her the whole race, but we had been trying to work together as well because no one was really close to us," said Davidson.

Indeed, there was a gap of 48 seconds between second and third place, but when the third and fourth runners appeared, they weren't wearing Saratoga blue and white. Instead, it was a pair of rising young stars — Burnt Hills-Ballston Lake's Meaghan Gregory and Niskayuna's Chelsea Trant. Gregory, a freshman, fended off Trant to finish third with a time of 18:00.88. Trant, an eighth grader, took fourth place in her first career league meet with a time of 18:02.23.

"I was pretty good today. I was excited to see my time coming in," said Trant.

"We had talked at the beginning of the season about personal goals, and frankly fourth place at Suburban Councils wasn't one of them," said Niskayuna coach John Sharkey.

Other young runners served notice that they will be a factor at Friday's Sectionals. Shen eighth grader Cara Janeczko placed sixth in a time of 18:20.44, and Bethlehem sophomore Kristin Peck was ninth in a time of 18:36.16.

"We've run her up (on varsity) the last few weeks just to prepare her for this race," Shen girls coach Lynn Lindquist said of Janeczko. "She can do it. She is a very relaxed runner and has a lot of talent."

### Changing scenery

Last Saturday's results may not mean a lot at Friday's Section II meet in Queensbury. Unlike the fast Spa State Park course, Queensbury's 5k course is softer and sandier, which may favor more tactical runners such as

Shaffer and McManamon on the boys' side.

"At Sectionals, I think everyone will race just to qualify (for states), so it might not be as fast," said Shaffer, who placed fourth at the league meet. "They're still going to want to win, but I think they're going to race just to qualify. But either way, I'm not going to let anyone go. I want to win Sectionals."

Still, given how well Saratoga did at the league meet, there is little question which school will be heavily favored to win Sectionals at the class AA level.

"It doesn't matter" what the differences are between Spa State Park and Queensbury, said Kranick. "Everybody runs the same course, everybody runs in the same conditions."

The Section II meet begins at 10 a.m. with the boys class AA race, with subsequent races starting at 30-minute intervals.

### Suburban Council meet results

Boys team standings: Saratoga 36, Shenendehowa 63, Burnt Hills 114, Guilderland 123, Shaker 147, Niskayuna 169, Colonie 179, Averill Park 206, Bethlehem 212, Ballston Spa 266, Mohonasen 270, Columbia 305.

Top 10 boys: Steve Murdock (Sar) 14:42.03, Brian Rhodes-Devey (G'land) 14:54.02, Greg Kelsey (Sar) 15:08.07, Matt Shaffer (BC) 15:10.36, Dan McManamon (Shen) 15:21.23, Kevin Treadway (Colo) 15:23.27, Greg Kiley (Sar) 15:25.52, Seth DuBois (G'land) 15:35.16, Zach Predmore (Shen) 15:36.56, Joel Frost-Tift (AP) 15:38.82.

Girls team standings: Saratoga 32, Shen 92, Burnt Hills 103, Shaker 118, Columbia 151, Bethlehem 169, Colonie 185, Guilderland 200, Niskayuna 207, Averill Park 218, Ballston Spa 248, Mohonasen inc.

Top 10 girls: Hannah Davidson (Sar) 17:03.94, Lindsey Ferguson (Sar) 17:12.89, Meaghan Gregory (BH) 18:00.88, Chelsea Trant (Nisky) 18:02.23, Ashley Campbell (Sar) 18:10.56, Cara Janeczko (Shen) 18:20.44, Brina Seguire (Colum) 18:23.27, Seri Gordon (Shak) 18:31.19, Kristin Peck (BC) 18:36.16, Sara Ochs (Shak) 18:37.70.

# Bethlehem can't stop Burnt Hills express

By MIKE CIOFFI

The Burnt Hills-Ballston Lake boys volleyball team ended the regular season as Suburban Council champions for the second season in a row.

The Spartans took three of four games from league rival Bethlehem in last Friday's league tournament title match to advance to the state regional tournament. The teams split the first two games before Burnt Hills won the last two games by scores of 25-21 and 25-20.

"This team refused to lose tonight. They didn't get down on each other," said Burnt Hills coach Paul Sander.

The Spartans were led by their trio of setter Josh Slocum, middle

hitter A.J. Witkofsky and outside hitter Mike Bynon. Witkofsky had 14 kills and three blocks to lead the Spartans and earn the tournament's most valuable player award.

"We had an outstanding tournament from A.J. He took charge of every situation," said Sander.

Bethlehem finished the season with a 17-3 record, with all three losses coming against Burnt Hills. The Eagles were the only Suburban Council team to win a game against the Spartans in any match.

"They (Bethlehem) came back after a poor first game and played strong. You could see a lot of character from them," Sander said. "There's something to be said for the way they battled."



© 2005 Lucasfilm Ltd. & TM. All Rights Reserved. Used under authorization. "STAR WARS" and all associated characters, logos, and other elements are the property of Lucasfilm Ltd. "PG-13" and the associated logo are the property of Twentieth Century Fox Film Corporation.

**Only \$702\***

\*With Star Wars in-store package

2 Video Rentals, \$7.98  
1 Previously Viewed DVD, \$9.95  
(your choice)

**TOTAL PACKAGE: \$24.95**

Delaware Plaza, DELMAR • 439-2500

**VIDEO WORLD**  
Why In The World Go Anywhere Else?

**Yanni's Too Restaurant • Coeymans Landing Marina •**

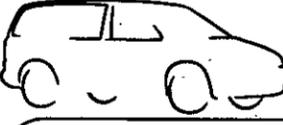
**New Fall Hours**

**New Fall Menu**

<b>Steak of Beef</b> 10 oz., grilled, pepper bacon wrapped, with caramelized onions & blue cheese.	<b>Homemade Gnocchi</b> with spinach roasted garlic, roasted peppers, & a Gorgonzola cream sauce.
<b>Braised Lamb Shanks</b> slowly cooked in a red wine demi-glaze.	<b>Grilled Duck Breast Marinated</b> with dried black figs & cranberries in a port wine demi-glaze.

756-7033      HOURS: W, Th. 11 a.m. - 8 p.m.,  
Fri. & Sat. 11 a.m. - 9 p.m., Sun. Noon - 8 p.m.

**Now Booking Holiday Parties!**



**Help Wanted**

**Driver**

Van driver - Part-time, transport adults with developmental disabilities to/from our Day program. Clean NY license req'd, CDL pref'd. Hours are 7-9 a.m. and 3-5 p.m., M-F (20 hours/week). Good benefits, friendly team environment.

Fax Resume to 459-0725 or apply to Transport Director, New Visions, 334 Krumkill Road, Slingerlands, NY 12159 • 518-459-0750  
EOE/AA/F/M/D/V

**New Visions**  
Empowering Individuals with Differing Abilities Since 1951

## Roemer

(From Page 42)

Roemer, though, said there is a similarity between Averill Park's role in this year's Super Bowl and Bethlehem's role when it defeated Troy in the 2001 class AA title game.

"Troy had won the previous four years, so we were considered an underdog when we won," Roemer said.

One thing is for certain — now that Averill Park has tasted success, it won't succumb to failure without a fight.

"I have 21 seniors, and the main thing is none of those players want their senior season to end," Roemer said.

For his part, Smith said he wishes nothing but the best for Roemer and his team.

"In this game, you're happy when you see someone succeed, and I'm very happy for Bill and his team," he said.

# HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF OCT. 24-30

## Tuesday, Oct. 25

### CROSS COUNTRY

#### Colonial Council Championships

Boys team scores: Cobleskill-Richmondville 65, Broadalbin-Perth 70, Voorheesville 79, Schalmont 84, Albany Academy 127, Lansingburgh 129, Ravena-Coeymans-Selkirk 195.

Top Voorheesville runner: Mackey Lloyd (second place, 17:27).

Top Ravena runner: Emmanuel Hernandez (29<sup>th</sup> place, 20:09).

Girls team scores: Holy Names 42, Broadalbin-Perth 51, Voorheesville 90, Lansingburgh 92, Schalmont 105, Cohoes 119, Cobleskill-Richmondville 184, Ravena-Coeymans-Selkirk 232.

Top Voorheesville runner: Chantal Little (seventh place, 20:38).

Top Ravena runner: Kim Adamson (18<sup>th</sup> place, 22:01).

### GIRLS SWIMMING

#### Bethlehem 98,

#### Mohon-Schalmont 83

Bethlehem individual winners: Katie O'Donnell (200-yard freestyle), Molly Howland (200 individual medley, 100 freestyle), Becca Stern (100 butterfly, 100 backstroke), Mariah Kennedy (500 freestyle).

### BOYS VOLLEYBALL

#### Suburban Council Tournament

Bethlehem 3, Saratoga 0

### GIRLS VOLLEYBALL

#### Schalmont 3, Ravena 1

Ravena highlight: Cassie Volkeimer 18 kills, 12 digs.

## Thursday, Oct. 27

### FIELD HOCKEY

#### Section II playoffs

##### Class A

#### Saratoga 3, Bethlehem 1

Bethlehem scoring: Brittany Barrett 1-0.

Bethlehem saves: Jackie Wheeler 5.

### BOYS SOCCER

#### Section II playoffs

##### Class A

#### Ravena 3,

#### South Glens Falls 1

Ravena highlight: Neal Applebee 2 goals.

### GIRLS SOCCER

#### Section II playoffs

##### Class A

#### Ravena 5, Mohonasen 2

Ravena scoring: Jackie Levic 3-0, Trish Norton 1-0, Lauren Howley 1-0.

### GIRLS SWIMMING

#### Bethlehem 108, Saratoga 78

Bethlehem individual winners: Katie O'Donnell (200-yard freestyle, 500 freestyle), Molly Howland (200 individual medley, 100 freestyle), Becca Stern (50 freestyle, 100 backstroke), Kristen Gloeckler (100 butterfly), Elise Walsh (100 breaststroke).

## Friday, Oct. 28

### FOOTBALL

#### Section II playoffs

##### Class B

#### Ravena 36, Cobleskill 3

First quarter

RCS — Justin Bullis 2-yard run (Bobby Hummel kick).

#### Second quarter

Cob — Bartholomew 22-yard field goal.

#### Third quarter

RCS — Tim Jordan 15-yard run (Hummel kick).

#### Fourth quarter

RCS — Ryan Cross 11-yard run (Bullis conversion run).

RCS — Nate Graham 23-yard fumble return (Hummel kick).

RCS — Fortier 1-yard run (Hummel kick).

#### Crossover game

#### Albany 42, Bethlehem 35

#### First quarter

BC — Ryan Paratore 1-yard run (Kevin Seymour kick).

Alb — Taquan Smith 89-yard kickoff return (Zach White-Stellato kick).

Alb — Pedro Rodriguez 25-yard run (White-Stellato kick).

#### Second quarter

BC — Brian Nicholson 6-yard run (Seymour kick).

Alb — Smith 32-yard run (kick failed).

Alb — Nate Allen 7-yard run (Smith conversion run).

BC — Eric Jacquez 10-yard pass from David Plummer (Seymour kick).

Alb — Alfred Pleasure 30-yard pass from Smith (White-Stellato kick).

Alb — Andre Lewis 8-yard run (White-Stellato kick).

#### Third quarter

BC — Nicholson 18-yard run (Seymour kick).

#### Fourth quarter

BC — Nicholson 1-yard run (Seymour kick).

### BOYS SOCCER

#### Section II playoffs

##### Class B

#### Voorheesville 6,

#### Broadalbin-Perth 0

Voorheesville scoring: Greg Klopfer 2-0, Dominic Venditti 1-1, Greg Jones 1-0, Matt Miller 1-0, Matt Bellagiovani 1-0.

### BOYS VOLLEYBALL

#### Suburban Council Tournament

#### Championship match

#### Burnt Hills 3, Bethlehem 1

Bethlehem highlights: Bill Yates 15 kills, 6 blocks; Matt McCarty 9 digs, 7 kills.

## Saturday, Oct. 29

### CROSS COUNTRY

#### Troy Invitational

##### Boys Division 1

Team scores: Fonda 22, Ichabod Crane 81, Duaneburg 95, Voorheesville 116, Catskill 134, Maple Hill 145, Berlin 163, Hudson Falls 193, Ravena 259, Tamarac 266.

Top Voorheesville runner: Mackey Lloyd (third place, 16:53.59).

Top Ravena runner: Emmanuel Hernandez (44<sup>th</sup> place, 19:25.43).

##### Girls Division 1

Team scores: Voorheesville 68, Duaneburg 77, Cohoes 81, Berlin 87, Fonda 98, Ichabod Crane 110, Maple Hill 183, Ravena 216, Hudson 222.

Top Voorheesville runner: Hilary Edmunds (first place, 19:51.90).

Top Ravena runner: Kim Adamson (25<sup>th</sup> place, 21:50.16).

### FOOTBALL

#### Section II playoffs

##### Class C

#### Schuylerville 34,

#### Voorheesville 17

#### First quarter

Schuy — Mike DeGrgeory 59-yard punt return (DeGregory kick).

V'ville — Matt Miller 27-yard field goal.

#### Second quarter

Schuy — Villano 38-yard interception return (DeGregory kick).

Schuy — DeGregory 12-yard run (DeGregory kick).

## Bowls

(From Page 42)

Black Horses.

DeGregory returned two punts for touchdowns and added a third on a run to lead Schuylerville to a 34-17 victory over Voorheesville (6-3) in Saturday's class C semifinal game.

"It was pretty evenly played," said Voorheesville coach Joe Sapienza, whose team trailed 21-17 entering the fourth quarter. "They just had the one kid, DeGregory, who was very fast. He got the ball in the open field, and we couldn't make a play on him."

DeGregory got the Black Horses going with a 59-yard punt return for a touchdown in the first quarter. The Blackbirds got close to tying the game on their ensuing drive, but they had to settle for a Matt Miller 22-yard field goal to make the score 7-3.

Schuylerville pulled away in

V'ville — Andy Catellier 5-yard run (Catellier conversion pass).

#### Third quarter

V'ville — Paul Hognestad 2-yard run (kick failed).

#### Fourth quarter

Schuy — Kozersky 15-yard run (kick failed).

Schuy — DeGregory 67-yard punt return (DeGregory kick).

### GIRLS SOCCER

#### Section II playoffs

##### Class A

#### Ravena 2, Holy Names 0

Ravena scoring: Jessica Byerwalters 1-0, Trish Norton 1-0.

the second quarter on a 38-yard interception return and DeGregory's 12-yard touchdown run, but Voorheesville cut the deficit to 21-10 before halftime on Andy Catellier's 5-yard scoring run. Then, Paul Hognestad capped a third-quarter drive with a 2-yard touchdown run to pull the Blackbirds within four points.

That was as close as Schuylerville would allow Voorheesville to get. The Black Horses scored twice in the fourth quarter — the last touchdown coming on DeGregory's 67-yard punt return — and stopped the Blackbirds' offense cold.

"They were pretty stingy against the run," Sapienza said. "We had one series where we were pretty effective with the run, but they did a very good job of stopping our runners."

Catellier completed 11-of-26 passes for 108 yards to lead the Voorheesville offense.

## Holiday Open House

Saturday,  
Nov. 12<sup>th</sup>



Sunday,  
Nov. 13<sup>th</sup>

### Unique Gifts & Fun Ideas

- Special Promotions
- Food Demonstrations
- Refreshments

All through the house.

### Come Register To Win ...

- \$50 Shopping Spree
- Holiday "Snow Kissed" Gift Basket

Your Holiday Season Begins at ...



THE PAPER MILL

DELAWARE PLAZA, DELMAR, NY • 518-439-8123

Holiday Hours: Mon.-Sat. 9-9; Sun. 11-5

**CASH NOW** As seen on T.V.

FOR STRUCTURED SETTLEMENTS, ANNUITIES and INSURANCE PAYOUTS

**(800) 794-7310**

J.G. Wentworth means CASH NOW for Structured Settlements!

**OTTERBECK BUILDERS INC.**

518-477-1438 • Fax 518-477-2572  
www.otterbeckbuilders.com

Winter is fast approaching, call for kitchen and bath specials

Our Bath Packages:

Standard	Classic	Custom
Take out and put back in existing locations.	Upgrade from existing with fixtures and floors with existing space	Create new space or expand on existing with top end fixtures and accessories

# Sports *in the* Spotlight

## SPORTS BRIEFS

### Eagles lose to Falcons in crossover

The Bethlehem football team ended its season with a 42-35 loss to Albany last Friday in a class AA crossover game.

Albany (5-4) built a three-touchdown lead by halftime before Bethlehem (5-4) made it close on two second-half scoring runs by Brian Nicholson.

Nicholson finished with three touchdowns, and Ryan Paratore contributed a 1-yard scoring run for the Eagles. Quarterback David Plummer threw a 10-yard touchdown pass to Eric Jacquez, as well.

Taquan Smith led Albany with a kickoff return for a touchdown, a scoring run and a touchdown pass.

### Indians shut out Holy Names

Jessica Byerwalters and Trish Norton each scored goals to lead the Ravena-Coeymans-Selkirk girls soccer team to a 2-0 victory over Academy of Holy Names in Saturday's Section II, Class A quarterfinal game in Albany.

Elisha VanKempen stopped 15 shots to pick up the shutout for the Indians, who advanced to Tuesday's semifinal against Burnt Hills-Ballston Lake at Broadalbin-Perth High School. The winner of Tuesday's semifinal games meet in Friday's class A final at Broadalbin-Perth.

It was the second win for Ravena in three meetings with its Colonial Council rivals from Holy Names.

Ravena reached the quarterfinals with a 5-2 victory over Mohonasen last Thursday. Jackie Levie recorded a hat trick for the Indians.

### Saratoga ends BC's playoff run

The Saratoga field hockey team defeated Bethlehem 3-1 in last Thursday's Section II, Class A quarterfinal playoff game.

The Blue Streaks scored three goals before Brittany Barrett tallied midway through the second half to help the Eagles break up Saratoga's shutout bid.

Jackie Wheeler stopped five shots for Bethlehem, which finished the season with a 9-10 record. The Eagles were the No. 6 seed in the class A playoffs.

## Super Bowls are set

Ravena returns to class B title game; Voorheesville is denied

By ROB JONAS

It will be Ravena-Coeymans-Selkirk and Lansingburgh playing for the Section II, Class B football title for the third consecutive year.

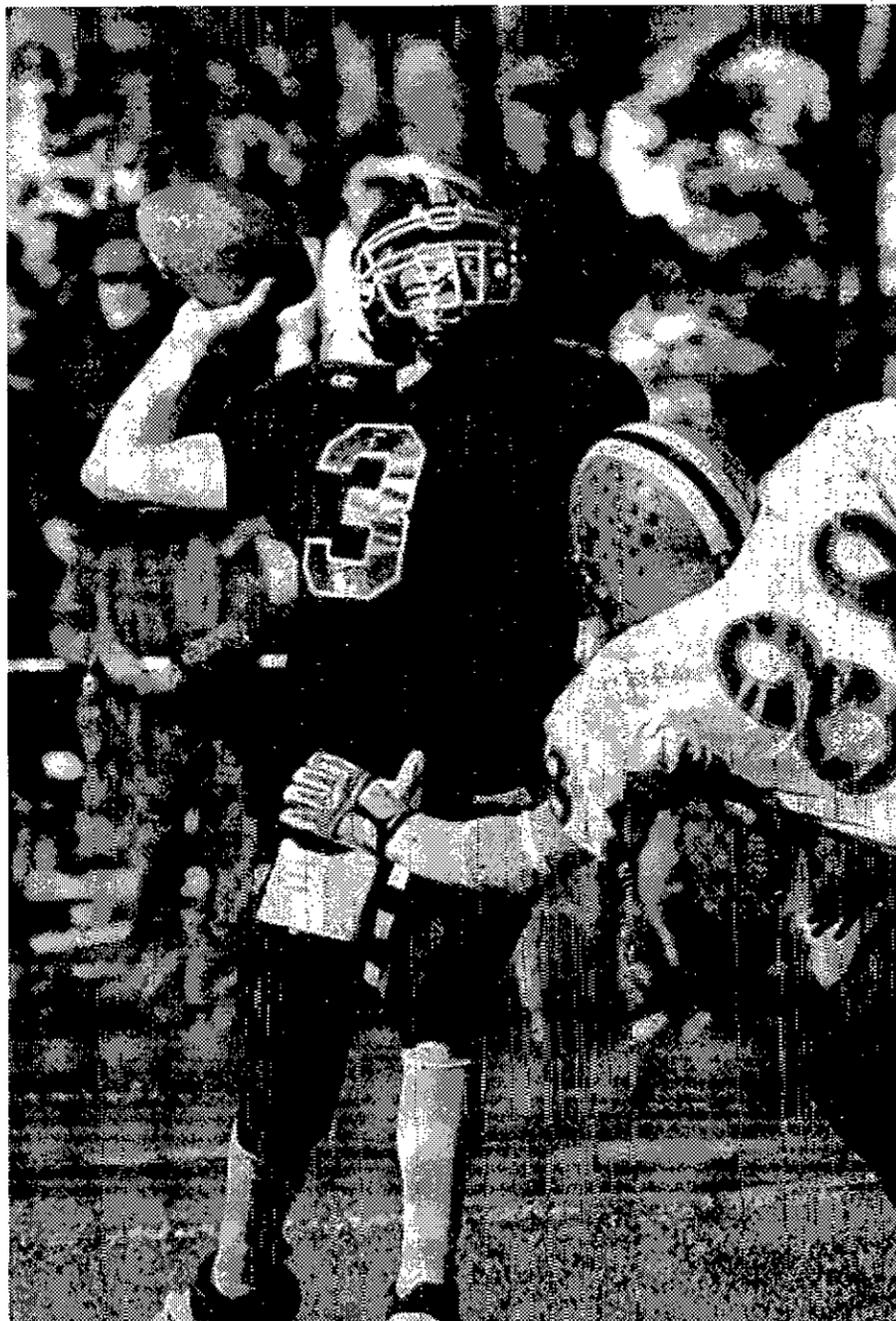
Ravena reached the title game with a 36-3 victory over Cobleskill-Richmondville Friday, while Lansingburgh disposed of Fonda-Fultonville 55-20 Saturday to set up the title game rematch.

"The only yardage they gave up was one run (that set up a field goal), and other than that they didn't give up any yards," said Ravena coach Gary VanDerzee about his team's defensive effort against Cobleskill. "The defensive line has been outstanding all year long, and they continued that play Friday night."

Ravena has been the only Section II team to beat Lansingburgh over the last three years. The Indians own a 4-1 record against the high-scoring Knights, including a 34-21 victory in the third week of the regular season. Ravena downed Lansingburgh 59-28 in last year's Sectional Super Bowl.

"We've outplayed them," VanDerzee said. "Coach (Bruce) Stott comes up with a good (defensive) scheme, and our kids execute it very well."

Ravena will be at nearly full strength for the Super Bowl. Other than senior fullback John Lynch, who was lost for the



Voorheesville quarterback Andy Catellier throws under pressure during Saturday's Section II, Class C semifinal game against Schuylerville.

Jim Franco

season to an injury several weeks ago, all the principal players from the first Lansingburgh game are back, including starting quarterback Tim Jordan and starting tailback Ryan Cross. Jordan and Cross returned from their suspensions against Cobleskill, and the duo combined for two of the five Ravena touchdowns.

"They both came out and performed very well," VanDerzee said.

It took a while for the Indians to pull away from Cobleskill. Ravena led 7-3 at halftime and 14-3 after the third quarter before scoring three times in the fourth quarter. Cross got the ball rolling in the fourth quarter with an 11-yard touchdown run, and Nate Graham returned a Cobleskill fumble 23 yards for another six points.

Saturday's class B championship game between Ravena and

Lansingburgh kicks off at 1:30 p.m. at Lynch Middle School in Amsterdam.

### DeGregory leads Schuylerville stampede

The Voorheesville football team had hoped to join Ravena as Sectional championship game participants, but the Blackbirds could not contain Mike DeGregory and the Schuylerville

□ BOWLS/page 41

## Roemer helps Warriors taste success

By ROB JONAS

Four years ago, Bill Roemer was on the sidelines as an assistant coach when the Bethlehem football team won the Section II, Class AA title. Now, he has the chance to guide Averill Park to a class A championship.

With last Friday's 41-20 semifinal victory over Mohonasen, Roemer's Warriors advanced to their first Sectional final in school history.

"It's exciting," Roemer said. "It's probably more exciting for the kids because as coaches, we know how much work is ahead of us."

Bethlehem head coach Ron Smith has followed Roemer's progress closely, having been an assistant with his friend under John Sodergren in 2001.

"I'm really happy for him," Smith said. "I knew him when he was coaching here, and I knew once he got his chance to be a

### From the sports desk...

head coach, he'd do a very good job."

Roemer had a lot of work to do when he became the varsity coach last year. Averill Park was coming off a 2-7 2003 season and was still feeling the effects of a hazing scandal from 2001.

"It wasn't easy," Roemer said. "The confidence was definitely lacking, but I give credit to the kids and their parents for hanging in there and never losing hope."

Roemer had reason for optimism, though. He was bringing up several key players from a junior varsity team he coached to a 4-5 record in 2003 including four sophomores who he believed would make an impact — quarterback P.J. Overdorf, tailback Jared Morine

and wide receivers Mike Fil and Ross Evancoe.

Roemer also brought something else to the varsity team in 2004 — the offensive scheme that helped Bethlehem make its undefeated run through Section II three years earlier. The scheme balances a strong running game with a versatile passing attack, which keeps opposing defenses off balance.

"I think the reason why we put it in and decided as coaches to follow it through the last two years is because of these athletes," said Roemer. "They're similar to the athletes we had at Bethlehem in 2001."

The new offensive scheme turned Averill Park's fortunes around. The Warriors finished in a three-way tie for first place in class A Division I last year and won the division title outright this season.

"Dave Pugliese, the offensive coordinator, has done a great job.

He's picked up the offense and has made it his own," Roemer said.

"It helps to have a quarterback of (Overdorf's) ability," Smith said. "But if you look at that offense, you can see some of the things we did in 2001."

Averill Park's success on the field has changed the perception of the football program off the field. Where once people stayed away from home games, they now flock to them.

"The last three home games, we've definitely drawn over a thousand per game," Roemer said. "It has a lot to do with the success of this team, and it has a lot to do with these kids."

Averill Park faces a tough challenge in Friday's class A Super Bowl. The Warriors play four-time defending Sectional champion Amsterdam, which already owns a 30-25 victory over Averill Park earlier this season.

□ ROEMER/page 40

## VOTES

from page 1

storage of the new machines. Albany County officials are also in the dark as to when the electronic voting machines will arrive.

"On Jan. 16 of next year, ownership of all voting machines reverts to the county," said John Graziano, Albany County Republican election commissioner. "We are now hearing it may be January or February until machines are certified by the state. We must be HAVA-compliant by the first federal election in 2006. The issues are huge."

Several other stumbling blocks are impeding progress being made toward a better voting system in New York.

Prime among them are the substantial cost increases that the new voting standards will bring to municipalities.

"The costs of these county tasks...are to be charged back to the local municipalities as provided for in the HAVA law," wrote County Executive Michael Breslin in a letter to all municipalities dated Oct. 5. An estimated \$1.66 million in additional county Board of Election costs will now be borne by the towns and the city of Albany. The increased costs are based on county Census totals within each municipality.

This news has created a mini-volcanic eruption of shock and dismay countywide. Colonie will see its town budget increase by more than \$366,000. Bethlehem's town budget instantly grew another \$100,000.

"This is a dramatic and substantial increase," said Bethlehem's Supervisor Theresa Egan.

"There should be a cost savings to the towns, not a cost increase," said Colonie Supervisor Mary Brizzell.

Many town officials have drafted letters urging the county executive to better explain the increased costs and its impact on taxpayers.

"Everyone should be aware that the letter sent by the county executive is an estimate or a worst-case scenario of what costs could be," said Kerri Battle, Breslin's spokeswoman.

"The timing of this news is very poor. We have to go back and amend our budget, make cuts, borrow or dip into our reserves," Egan said.

In Albany County, up to 1,500 election inspectors will now work for the county. There is the added cost of several new employees in

the county Board of Elections office, including a director of voter education at a proposed salary of \$36,000.

Graziano said this was a significant change in the running of elections, and that it is a lot of money for a state that never had major voting inequities with its lever voting machines.

"I think you'll find a lot of people who believed the current state voting machines were working," Daghlis said. "But that's not the issue. This was a

federal mandate, and we can't adapt old voting machines for the disabled." New voting machines will be accessible to the blind, offer sip-and-puff features for paraplegics and can be lowered for people in wheelchairs.

The big question is whether the new voting system works out the way it was originally planned.

"There has to be some strong leadership," said Graziano.

The state Legislature has required that the new electronic voting machines be state as well

as federally certified, making the Empire State one of the few to have that requirement. New York also must have a statewide voter registration database in place by January or face sanctions, which could include paying back federal dollars received.

"Enforcement of the election laws is a function of the Department of Justice," said Layson.

The National Association of State Elected Officials, a group of

volunteer election officials, is currently certifying machines. In the next few weeks, a new group under the direction of the election assistance commission will certify the machines. The EAC will also be establishing new voting guidelines for all states.

"This is not going to happen overnight," said James Clancy, Albany Democratic election commissioner. "We're a couple of years away, but I'm looking forward to it."

## CAMPUS

from page 1

and it occurred on Skidmore College's campus.

"In a close race, when things get tight, 40 or 50 votes can sway an election," he said. "It's something that, as a political strategist, you need to be aware of."

During the 2003 city mayoral race, Quinn was a consultant to Republican candidate Michael Lenz. The epicenter of his concern was the Skidmore campus, which has more than 600 registered voters, its own polling place and a history of voting liberal. As at most local colleges, many Skidmore students live off campus, and many are from out of town. Unlike other local colleges, however, the Skidmore campus is considered its own distinct election district. Union College in Schenectady, Siena College in Loudonville and the University at Albany are all

incorporated in surrounding voting districts.

Keeping track of where college students are registered to vote can be time-consuming and complicated, elections officials said. Campus life and the college schedule can create confusion at the polls on Election Day. Students might not be registered to vote on campus, but see the on-campus election booths and decide to cast their ballot there.

Quinn said he was concerned about just that during the 2003 city elections. He was worried that students who lived off-campus might try to vote twice during the city election — once in the district where they lived and again at the on-campus election booths. He was also concerned that some out-of-town students might vote in their hometown elections as well as in the Saratoga Springs mayoral race.

"The law is very clear. You can't do that," Schenectady County Election Commissioner Armando Tebano said. "Students

can choose to register to vote where they go to college, or they can register at their hometowns, but they have to pick."

On the day of the election, Quinn and other Republican operatives asked about 50 students whom they thought might be registered out of town or in another part of Saratoga Springs to vote on affidavit ballots. Those handwritten documents can be culled, reviewed and counted or not, depending on the outcome of the review.

"I just wanted to make sure people weren't voting twice," Quinn said.

The Board of Elections reviewed the Skidmore students' affidavit ballots, found no problems and counted them in the final election tally, according to Saratoga County Board of Elections Commissioner William Frucci, a Democrat. In the Skidmore College district Lenz was overwhelmed. He received 20 votes to then-mayor Kenneth Klotz's 266, but Lenz won the election over Klotz by a margin of 80 votes — a margin that owed a

lot to how Skidmore voted.

"Three or four hundred voted coming out of one community for a local election is critical," Quinn said.

Valerie Keehn, the Democratic candidate for mayor, said she would be focused on generating support at Skidmore. More important than swaying people to her side, however, is making sure they come out to vote.

"(Students') votes are really important in local elections," Keehn said. "They are very much a part of the community here, and we want to give them a chance to have their voices heard."

Keehn said she would make an effort to get on campus and try to "bring students up to speed" on the local election. She said she has already made contact with an environmentalist group and discussed development and growth issues, as well as other environmental concerns. She has also been in contact with a women's organization on campus, and was invited to participate in a debate the group wants to sponsor.

**Don't  
leave your  
customers  
behind this  
Autumn!**

**Place an Ad in the**

*The Capital District's Quality Weeklies*

**Spotlight**  
NEWSPAPERS

**Give Us A Call At 439-4949**

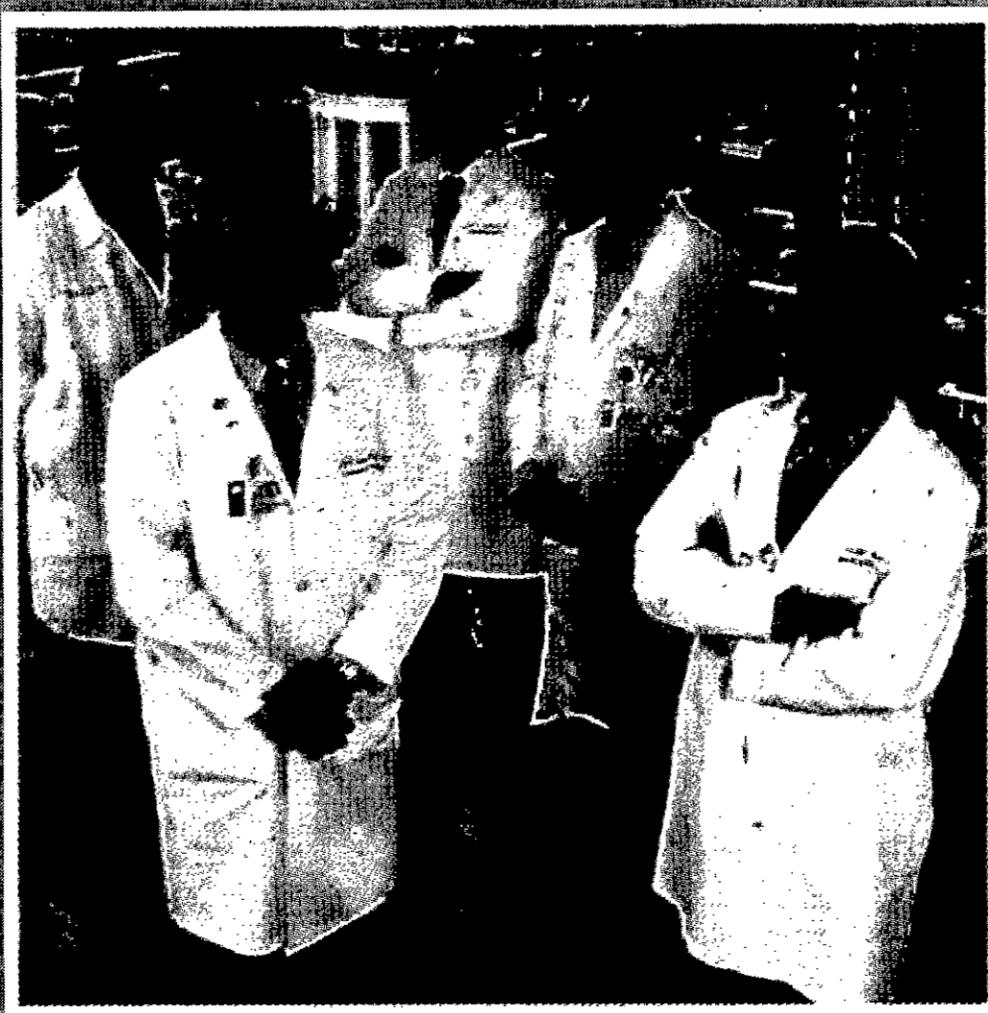
**The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight  
Niskayuna Spotlight • Rotterdam Spotlight • Scotia-Glenville Spotlight  
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight**

### 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 phone number.

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



## The look of medical pioneers.

### Albany Med's Stroke Team

These are the leaders who are changing the way stroke is treated in our region. Using the most advanced diagnostic technology, the latest clot-dissolving medications and highly specialized neuroendovascular surgery they are effectively reversing the devastating effects of stroke. Among the best trained neurologists and neurosurgeons in America, this winning team of stroke specialists is saving lives right here at Albany Med. This team of physicians chooses to work at Albany Med because of its leadership role in biomedical research, medical education and patient care.



#### Alan S. Boulos, MD

**Assistant Professor of Neurosurgery**

**Specialty:** Endovascular neurosurgery in the treatment of stroke, cerebral aneurysms, carotid disease, and arteriovenous malformations; general and skull base neurosurgery.

**Training:** MD, Internship and Residency in Neurological Surgery, Albany Medical Center; Neuroendovascular Surgery Fellowship, SUNY-Buffalo.

**Publications:** Dr. Boulos is a member of many professional societies and the author of numerous publications.

## Albany Medical Center

Neurosciences Institute



262-1000

**Experience. There is no substitute.**

*Accredited by the NYS Department of Health and the Joint Commission on Accreditation of Healthcare Organizations.*