

# Area News



## Community returns favor

As an 18-year veteran of the Bethlehem Police Department, an Elsmere volunteer firefighter for 27 years and National Guardsman for over two decades, Scott Anson is more used to helping people than getting help.

But, he had to get used to being on the other side of the fence Sunday as hundreds of people turned out for a fundraiser to give him a hand in a time of need.

See story on Page 3.



## Dancing in this weekend's forecast

Get some spring in your step and dance the flurry this weekend in Saratoga Springs.

The 19th annual Dance Flurry will start Friday, Feb. 17, and will continue through Sunday.

See story on Page 19.



## Boys wrestling

The Ravana-Coeymans-Selkirk wrestling team may have dropped down in class size this season, but it didn't drop down the standings.

See story on Page 30.

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# Spotlight

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FEBRUARY 15, 2006

## Change needed in race relations

During a recent session, the all-white advanced placement American History class at Saratoga Springs High School was asked to think about what happened to Black Americans after the Civil War, after blacks were freed from slavery.

They considered how former slaves, assured of an equal role in reconstruction of war-torn southern states, really did not get what the government promised. The students considered how southern state governments used a series of taxes, laws and tests to deny blacks the right to vote, and they considered what effects institutionalized racism and generally condoned violence had on black people then.

"They concluded that we had created a segregated society," teacher Eugene Lees said. "The kids had a very good sense that a great injustice had been done."

That injustice is at the center of a renewed national debate about racial equality in America, and the chorus of people calling for change has grown during this past month, Black History Month. The American Bar Association recently put forth a request to Congress for the federal government to form and fund a committee that would study "the present day social, political and economic consequences of both slavery and the denial thereafter of equal justice under law for persons of African descent living in the United States," according to the report by the ABA's council on racial and ethnic justice. The federal committee's job would also



"Evolve" by Henry Harrison. Photo courtesy of Hamilton Hill Arts Center.

be "to propose public policies or governmental actions, if any, that may be appropriate to address such consequences," according to the ABA report.

At the Feb. 7 funeral services for Coretta Scott King, the widow of slain civil rights movement leader Dr. Martin Luther King Jr., eulogists called

□ Race Page 31

## Board OKs YMCA renovations

### Immediate need for turning lane debated

By STEPHANIE LUBIS

The planning board granted approval for the Bethlehem YMCA to begin outside renovation work and some of the bigger inside work.

Of particular concern to the board was the status of the proposed turning lane into the Y, which according to DOT will not have to be constructed until 2008.

The site plan for this phase of the project is to build the 1,250 square foot addition to accommodate the interior changes, which include the pool and the running track, as well as the addition of 121 parking spaces.

Conditions of approval include the installation of that turning lane and also providing the planning board with a traffic count and analysis, and constructing the turning lane within nine months of the state Department of Transportation's approval. However, concern with the busy road and possible accidents prompted board

members to debate the wisdom of waiting to build the turning lane.

"My personal feeling is that because of the area, the turning lane is needed right away," said planning board member Howard Engel. "It's a major thorough-fare, and it's important to be prepared and not wait until something happens."

Tom Andress, engineer for the project, said the DOT bases its recommendations on the traffic count and other specific criteria.

"This is different from adding an additional central lane," he said. "This is site specific. You and I may think that it's needed, but the need is not determined by our perceptions. The YMCA does not meet the criteria at this point, so we will continually monitor it."

Engel disagreed. "I understand their reasoning, but I don't accept it," he said.

Planning board chairman Parker Mathusa said the board is pushing hard for blinking lights along that stretch of Delaware Ave. to warn of traffic, and he said the board is making it clear that the area needs the turning lane sooner than later.

"We just want to make sure that the town has a clear record that we are concerned with the safety of that intersection," said Mathusa.

In other matters, Amedore Homes, a proposed subdivision to be built near Elm Avenue East, came before the planning board last week for the first time in three years. Now that the moratorium has been lifted, Joseph Lanaro of Chazen Co. came before the board to request a waiver to initiate review and approval.

The original plan for the development was for mixed use residential, with single-family homes and some multi family homes as well as condominium units. Three of the lots would have storm water management facilities and water lines would be looped through the development

The proposed subdivision is for 88 homes on a 75 acre parcel and would be across from the new town park. Sidewalks throughout the subdivision are proposed, and the homes will likely be in the \$270,000 range.

"Now we just want to move forward after the moratorium," said Lanaro.

## Park pricetag grows

### Health directives raise cost to more than \$600,000

By STEPHANIE LUBIS

Although it doesn't feel like it, spring is fast approaching, and the town is preparing for outdoor activities by re-starting construction of a playground and the new splash water park.

Plans for the new water play area began last year, and the estimated cost then was about \$400,000, money that came directly out of the town's recreational reserve fund. But with the cryptosporidiosis scare, a gastro-intestinal disease caused by ingesting waterborne cysts that was found at a similar spray park in Rochester last fall, the state Department of Health has issued new directives to help prevent outbreaks of any kind of waterborne illness.

"There are new rules and regulations issued by the Department of Health in treating water," said town Supervisor Theresa Egan. "The engineers that are working here had to go back and look at incorporating the new required equipment, so additional expenses will go to permissive referendum."

The board approved up to \$235,000 in additional costs for new infrastructure, which will include ultraviolet light disinfection equipment in addition to the standard chlorination process.

"Ultraviolet light disinfection is the most efficient way to kill bacteria, and it is now mandated," said Parks and Recreation Director Nan Lanahan.

A fence around the area, lifeguard supervision and a foot bath are other requirements.

Board member Dan Plummer said while the extra expenses are significant, it is likely the town would have to pay for new equipment even if it had scaled down the original project.

"The Department of Health would eventually come in and apply these regulations to any kind of splash or wade pool, so

□ Park Page 16



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# Police Blotter

## Police arrest one for DWI

On Monday at 9 p.m., police arrested Michael B. McFerran, 37, of 56 Delaware Ave for DWI. Officer James Cross witnessed McFerran's vehicle driving westbound on Delaware Avenue and noticed that McFerran did not dim his high beams, police said. He was stopped at 56 Delaware Ave., and a strong odor of alcohol was detected as well as slurred speech. When asked, McFerran said he had had one beer, police said.

McFerran failed field sobriety tests. He is due in Town Court Feb. 22 at 4 p.m.

## Area student studies in Vienna

Hartwick College junior Eric Schell of Delmar participated in Hartwick's January off-campus program in Austria.

Students enrolled in the course, "German Term in Vienna," experience both historical and contemporary Austrian culture by staying with families in Vienna for three weeks and Salzburg for one week. The program emphasizes cultural immersion.

Schell is a graduate of Bethlehem Central High School and is majoring in management.



Zachary Velez, a member of Cub Scout Pack 232, checks out his Pinewood Derby car at town hall, Saturday. *Jim Franco*



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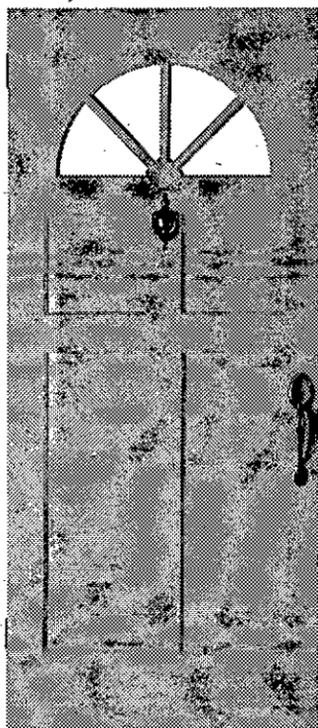
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## Milne 50th reunion slated for June

The 50-year reunion of Albany's Milne School Class of 1956, is scheduled to be the weekend of June 9, 10, and 11.

All members and friends of the class are asked to contact Carl Eppelmann at 489-6352 or Ron Killelea at 459-1832 for detailed information and reservations.



# 2



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Playing with Fire plays at a fundraiser for Elsmere Firefighter and town police officer Scott Anson who had an allergic reaction to medication he took resulting in second-degree burns over half his body.

## Fundraiser benefits officer

As an 18-year veteran of the Bethlehem Police Department, an Elsmere volunteer firefighter for 27 years and National Guardsman for more than two decades, Scott Anson is more used to helping people than getting help.

But, he had to get used to being on the other side of the fence Sunday as hundreds of people turned out for a fundraiser to give him a hand in a time of need.

"This is unbelievable," Anson said at the Nathaniel Adams Blanchard American Legion Post on Poplar Drive Saturday. "I can't believe the people who showed up. It's overwhelming. It is very strange to be on this end of the stick.

"You kind of go through life with a dozen or so close friends and something like this happens and look at this. All these people. That is why you live and work in a town like Bethlehem."

Anson has Stephens John-



Rick Baldwin and Mike Taylor, members of the Elsmere Fire Department put out eats at the fundraiser to help fellow firefighter and town police officer Scott Anson.

Photos by Jim Franco

son Syndrome, a rare allergic reaction to the antibiotics he took to combat a sinus infection. It resulted in burning his body from the inside out and at the worst point, over half his body suffered from second-degree burns. The reaction hit his mouth and his eyes particularly hard.

Stephens Johnson Syndrome inflicts only about one in 2 million people. The mortality rate is 15 percent but Anson said he expects to eventually be back to 100 percent.

"Everyone is chipping in, especially the service organizations and the merchants," said Elsmere Fire Department President Joe Catalano. "Scott's life is about helping people, now it is our turn to give a little back."

Anyone wishing to contribute can send a check made out to Scott Anson c/o the Elsmere Fire Department, 15 West Poplar Drive, Delmar 12054, or call 439-2610.

# Numbers, turnout make auction a hit

By STEPHANIE LUBIS

Normanside Country Club was the setting for Saturday's Winter Wonderland auction to benefit St. Thomas the Apostle School in Delmar, and it was a wild success.

The first-ever auction featured 175 participants and 105 items donated from individuals and local businesses, and in return, participants vied for a variety of items, from jewelry and artwork to a home cooked meal from The Rev. David Berberain and a parking space at the school.

"We're really pleased with the turnout," said Mary DeTurrus Poust, a volunteer for publicity and a mother of two children at the school. "It was a lot more than we expected."

The idea was the brainchild of PTO president Denise Grant.

"If anyone deserves name recognition for organizing this event, it's Denise," said Poust.

Grant said the idea has been around for about 18 months, but got really into gear last November.

"It was literally eight to 12 hours a day," she said. "It was comparable to having a full-time job, even with a 19 member committee."

Participants had to make do with cold weather and winter wonderland decorations instead of the expected snowstorm, but it didn't stop people from having a good time. The evening included a buffet dinner, a deejay to provide live music and entertainment, a silent auction throughout the evening and the live auction at the end with auctioneer Matt Hesse and professional bidding paddles borrowed from WMHT.

Families of children at each grade level also donated baskets for the silent auction. Fourth grade families donated the "Simply Delicious" basket, which included a cookbook, china place settings for six, wine and wine

glasses, and other items. Other baskets were for crafts, game night, sports, Friday night, spa selections and spiritual growth.

"They were really beautiful displays," said Poust.

Like many schools, St. Thomas the Apostle is facing increasing costs, the reason the school has sought alternative funding.

"We don't want to pass the costs on to the parents," said Thomas Kane, principal.

The school is funded through a combination of student tuition and tuition aid from the parish, Kane said. Next year's tuition will be \$3,700 per student, comparable to other Catholic schools.

The school doesn't do traditional fundraising, Kane said, opting instead for benefits that have a communal nature.

"People at the auction kept saying how great it was to be able to come together," said Kane. "We'd love to do the auction again. People gave so much of their time, and we surpassed our goal by quite a lot."

Originally hoping to raise \$15,000, the total amount raised was between \$22,000 and \$23,000. That money will go toward renovations to the school's library/media center and to the general fund to help offset rising costs.

St. Thomas the Apostle serves 251 students from pre-kindergarten to eighth grade. Enrollment has been steady, as the size of the school prevents real expansion.

"There's nowhere to expand to," said Kane. "Our enrollment this year is up over last year, and we are near capacity."

The community support and support from the parish was unbelievable, Grant said.

"We raised \$13,000 in sponsorship alone, and I'm thrilled that the parish and the community was so supportive and gave so much. It was an incredible time."

# Curves puts women on straight path to fitness

By STEPHANIE LUBIS

Whether you are trying to lose weight or just improve your health, Curves could be the way to go.

Curves has been in Town Squire Plaza on Route 9W in Glenmont for a little over five

years, and Bonni Romanofski has been owner and manager for two. Currently there are about 300 to 400 members, with ages ranging from 11 to 80.

Different from other workout regimens, Curves is a 30-minute circuit-training workout that many say is easier on the body and more effective than more traditional workout routines. The object is to just keep moving for 30 minutes, and do repetitions of the weight machines without stopping.

"I would say it's definitely as effective as other workouts, but it may be more effective because it may be easier to stick with," said Romanofski.

"The pace depends on the individual," said Carolyn Law, a two-year member of Curves. "But

the idea is to keep moving."

Law's Curves membership was a Christmas gift from her daughter, and it was truly a gift that keeps on giving. Since she joined, Law has lost 45 pounds and her blood pressure and her blood sugar levels have gone down.

"I feel better, and I'm taking less blood pressure medication, but apart from that, Curves has made me want to do more," she said. "I'm almost addicted to exercise."

In addition to her workout three days a week, she also does as much walking as possible, usually at Wal-Mart, and is also participating in a bone strengthening class for people with arthritis. Even with the arthritis, Law doesn't have

trouble working out at Curves.

"It feels a lot easier on your body," she said. "I can use almost all of the machines."

Carol Smith joined Curves because her doctor said she was pre-diabetic and recommended exercise and a healthy diet to stabilize her condition.

"I walk every day, but I knew a regular program would help me," she said.

A Curves member for about a year, Smith is happy with her results.

"I lost about 10 pounds, but what I really like is that it's a great start to my day," she said.

Despite the good natured grumbling common to almost everyone on an exercise regimen, people keep coming back, she said, and one of the things Smith enjoys most is the camaraderie with other members. Law agrees.

"It's a lot of fun, and it's different because it's all women,"

said Law. "It's very comfortable. I don't have to be 'in style' so to speak. I probably would have been self-conscious at another gym."

Romanofski calls Law her poster child.

"When she first joined, she asked me if a handicapped person would be able to do the exercises," she said. "She walked really slow and with a cane. Now, you should see her dance. She puts us all to shame. She still carries her cane around, but I don't know why."

Curves also holds three food drives every year, and the current food drive is Food For Friends. For the next two weeks, new members who donate a bag of non-perishable food can join with no service fee. All groceries will be donated to local food banks.

"We have three food drives per year, but this is the biggest one," said Romanofski.

Cost of membership is \$29 per month. Call 427-0725.

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# Respect vs. free speech: Is there a winner?

By KATHERINE McCARTHY

Where exactly is the line between free speech and respect? Is there one? Shouldn't there be one? Does the right to say what we think take precedence over everything else?

The Danes and other Europeans are struggling with it after an uproar following the publication of cartoons of Mohammed. Although the Danish paper printed illustrations that came after a call for art for a children's book, it broke the Islamic law, which forbids depictions of its prophet. Other European newspapers published the cartoons; after riots opposing their publication in some Muslim countries — including deaths in Afghanistan — Europeans are being evacuated from some of those countries.

The fight for free speech versus religious concerns continues around the world; in New York City, the staff of one publication walked off the job after the editor refused to print any of the cartoons.

Tied up with the notion of free speech in this particular instance is what those of us who thought very little about Islam before 9/11, should think in the face of the rioting and violent reaction to the cartoons' publication.

Once again, the great privilege of living in our society is

Commentary:

## Mom's The Word



emphasized: to the western mind, the course of action to take was clear. Couldn't the objectors simply have written a letter to the editor? Cancelled their subscriptions to Jyllands-Posten, the newspaper that printed the cartoons?

Instead, the rioting reinforces the notion in some minds that Islam is a religion of violence; that its extremists have too-quick trigger fingers.

But step back for just a minute, and think about what free speech means. One of the cartoons in particular depicted Mohammed as a terrorist; is that right? Free speech doesn't give any of us carte blanche to say what we want; rather, it carries with it an awesome responsibility.

That responsibility is that we carry on with some respect, something we all need to employ whether we're pulling out of the post office parking lot or analyzing policy that our leaders are putting forth.

There's an instance where the line gets thin to invisible. Surely we have the right to criticize

those who willingly put themselves in leadership positions. There seems to be a big difference between enumerating our individual perceptions of flaws in public officials we have charged with leading us, and ignoring the tenet of a religion that gives a significant portion of the world's population sustenance and guidance.

This country recently said farewell to Coretta Scott King, widow of the man who taught us so many lessons about respect. Dr. Martin Luther King Jr. spoke up when he needed to, but he also drew on the teachings of Mahatma Gandhi when it came to action. King's civil disobedience earned him respect, and with it respect for the followers willing to wait it out; to show the world that to achieve what they really wanted, they would act with dignity. His dream reached a lot of people through the admiration and respect his actions demanded.

Our family saw a fictionalized depiction of an instance that demanded respect this past weekend, when we made it to the final show of "1776" at the New York State Theater Institute in Troy. The funny and insightful play about the days leading up to the adoption of the Declaration of Independence couldn't help but make you think about the words of the document itself; the way Thomas Jefferson's words let King George know that we had tried and waited and enough was enough. Pity that George didn't just say OK and let us go; our forefathers deliberated long and hard before saying yea to independence.

When finally, the Congress put some strength behind Gen. George Washington's forces, were there anti-war protesters in those early days? Or was it so early in our nation's history that the English supporters either lay low or headed to Canada, or to their native country, in the face of rebellion?

Free speech seems to be foremost in our minds these

days as we learn that wiretaps that may not be legal have been taking place throughout our nation. The president claims they are necessary to prevent terrorism; some people in our society feel that a big part of freedom is privacy and it's an infringement on our rights to be illegally eavesdropped upon.

I guess there the line seems clear to me: to stay safe, I am willing to give up some liberties. I love it when they peer into my carry-on luggage at airports and in public places. I've been trying to spice up my phone conversations so the president has something to break up the monotony when he listens. It's hard to add intrigue to conversations with teenage sons calling to say which friend's house they're currently at and when I can expect the hoard at my door; or a chat with my husband reminding him to pick up a quart of milk on his way home. The best I can do is hope to elicit a groan from a wiretapper when I order the anchovy and pepperoni pizza that two family members love.

Free speech has become a big issue in our house, and I feel like a very vocal chapter of the future litigators of America has moved into my home — in the guise of our 13-year-old son, who loves words and uses them to the best possible effect that he can.

As he stands on the edge of maturity, he is a strong advocate for children's rights. I must confess that I didn't realize he was part of such a downtrodden group, but he is so persuasive that I must shake myself and remind him that his laundry is done for him, his meals are cooked, and transportation is available to many of his desired destinations. Sorry to say, going to school and doing homework are not optional; and clearing the dinner table and helping with the snow shoveling don't constitute oppression or infringement on his rights. And, yes, adults have the right to decide what should

be taught at school. He and his peers may carry the future, but those of us who've lived here a little longer have earned the right to determine the basics that the future generation should know.

While I wish that I could simply be a dictator, I do want my children and their peers to think critically and analytically. Respect for authority doesn't mean total agreement, and one of the many important jobs that parents have is to teach children when to cede a point, when and how to respectfully disagree, and when to take action.

And to learn that our actions could cost us something. On a recent foray to a local bookstore, I was stopped in my tracks by a button for sale at the counter — and pinned on the clerk's sweater. "Jan. 20, 2009. No more Bush," it read.

The same sentiment is on a bumper sticker: "Jan. 20, 2009: End of an Error," it reads. I can't help but presume that the bearers of both stickers consider themselves liberal, and more tolerant than the average bear. Yet, they have no trouble questioning my mental faculties, in the case of the bumper sticker, or offending my presidential choice, in the case of the button.

There's that line again, and here again, we're lucky to have so much choice. I put the book back, told the clerk and her associate why I wasn't buying it, and left. I heard them sniggering as I crossed the line that took me out of their business.

Did I feel dissed? Not really. Did they? Probably not. And having spoken up for what I saw as a lack of respect, I made myself show respect for everyone else I encountered that day, letting cars pull out ahead of me, observing the speed limit, shutting out lights that weren't in use in our house, and holding doors open for people entering stores behind me.

And realizing how lucky we are to have a thin line to think about as we go through our days.

## 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

Day	AVERAGE HIGH 35°		AVERAGE LOW 16°	
	High/Year	Low/Year	High/Year	Low/Year
Wednesday, February 15	54°/1908	-22°/1943		
Thursday, February 16	58°/1882	-20°/1943		
Friday, February 17	60°/1981	-16°/1973		
Saturday, February 18	63°/1981	-21°/1973		
Sunday, February 19	66°/1981	-7°/1878		
Monday, February 20	66°/1930	-16°/1966		
Tuesday, February 21	65°/1981	-9°/1950		

**SEASONAL SNOWFALL TO DATE**  
25.1 inches as of Friday, February 10th  
15.5 inches below average

#### This week in weather

**February 18, 1979** The record low temperature for the state of New York was tied at Old Forge when the temperature dropped to 52 degrees below zero. That temperature was first reached at Stillwater Reservoir on February 9, 1934.

#### Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:52am	5:27pm
Thursday	6:51am	5:28pm
Friday	6:49am	5:29pm
Saturday	6:48am	5:31pm
Sunday	6:46am	5:32pm
Monday	6:45am	5:33pm
Tuesday	6:43am	5:35pm

#### Moon Phases

February 21<sup>st</sup> Last  February 27<sup>th</sup> New 

Planets	When	Where
Jupiter	Dawn	Bright, High S
Saturn	Evening	High SE
Mars	Evening	High S to W
Venus	Dawn	Low SE
Mercury	Dusk	Very Low W

#### Area Ski Conditions

Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn.	23" - 51"	7	49	Berkshire East	10" - 50"	4	25
Whiteface	32" - 47"	8	69	Sugarbush	6" - 30"	13	104
Stratton Mtn.	22" - 32"	8	79	Hunter Mtn.	10" - 90"	4	40
Mount Snow	16" - 30"	10	66	Belleayre	15" - 55"	6	32
Okemo	18" - 32"	16	104	Jiminy Peak	18" - 50"	5	33
West Mtn.	24" - 48"	5	12	Willard Mtn.	10" - 24"	2	7
Stowe	28" - 40"	9	48	Windham	18" - 62"	6	29
Killington	20" - 30"	19	116	Smugglers'	14" - 40"	8	66

#### Factoid

The days are more than 1 1/2 hours longer than they were late in December. The sun now rises before 7am and sets at close to 5:30pm, more than an hour later than in December.

#### Tides at Albany

Day	High	Low
Wednesday	6:25am, 6:25pm	12:44am, 12:54pm
Thursday	7:02am, 6:58pm	1:22am, 1:39pm
Friday	7:40am, 7:32pm	2:01am, 2:24pm
Saturday	8:20am, 8:10pm	2:41am, 3:13pm
Sunday	9:05am, 8:54pm	3:23am, 4:06pm
Monday	9:56am, 9:48pm	4:10am, 5:02pm
Tuesday	10:53am, 10:52pm	5:03am, 6:00pm



# Symphony is bringing American music to town

By STEPHEN PAUSE

Albany Mayor Jerry Jennings was at the Palace Theatre recently to help announce the lineup for the Keys American Music Festival.

"The whole premise of the festival is to show off the whole variety of American music," said David Alan Miller, music director of the Albany Symphony Orchestra.

The festival, which is in its seventh year, will include a wide variety of music from the American repertoire.

The festival begins with "A Brave New World," a performance by Cowboy Dave (one of Miller's alter egos) at the Palace Theatre on March 5. The show is part of the Sunday Symphonies for Families series and revolves around the story of Helmut, a European violinist who doesn't believe that good American orchestral music exists. It is up to Cowboy Dave to prove to young Helmut and the Snobidian orchestra how great American music is.

The festival will next feature an evening of Kevin Cole on Friday, March 10, at 7:30 p.m.

Miller said Cole, who is considered to be the definitive interpreter of Gershwin, "the reigning pianist of the great American repertoire." His solo performance, titled "Kevin Cole Plays the Great American Songbook," will run the gamut of American performers, from Gershwin to Irving Berlin.

Cole's performance will be at the Canfield Casino in Saratoga

Springs' Congress Park. Tickets for that show are \$28, and a post-concert reception will follow.

On Wednesday, March 15, the audience will be given a rare and unique look at the inner workings of an orchestra during "Composing From the Inside...Out."

The behind-the-scenes look at orchestral machinations will allow people to first meet the musicians, including George Tsontakis and Carolyn Yarnell, a pair of composers in residency as part of the Music Alive program. Audience members will be able to sit in on a rehearsal at the Palace Theatre to see firsthand the inner workings of the ensemble.

"Casual Night at the Symphony" will round out the festival in grand fashion on March 18 at Troy Savings Bank Music Hall. There will be a pair of Martin Gould works, "Interplay" and "Concerto for Orchestra," which will be recorded for Albany Records to be featured on an album of Gould's lighter music.

Also included will be Tsontakis' work "Mirologhia," a song of Greek mourning. Tsontakis' work will also feature members of the choir from St. Sophia's Greek Orthodox Church in Albany, and possibly even students from Bethlehem Central High School that he has been working with.

For information, contact the Albany Symphony Orchestra, 465-4755, or visit the Web site, [www.albanysymphony.com](http://www.albanysymphony.com).

# Comprehensive plan up for revisions

By STÉPHANIE LUBIS

When the Bethlehem comprehensive plan was adopted last summer, it was clear that issues and changes would be necessary.

Different town departments have been working for the last six months on identifying items that need to be changed with the comprehensive plan and subsequent zoning and subdivision regulations.

"It was widely acknowledged that the zoning would not be perfect right away, so we've committed to revisit those items that need to be changed," said George Leveille, director of economic planning and development. "We see opportunities for cleanup and refinement, and we've provided an outline and schedule for the process."

At least one and possibly two public workshops are planned. The first is tentatively scheduled for April 13, which will be a forum to discuss old and new issues with the current zoning.

"Hopefully, in May, we can formally adopt the amendments," said Leveille. "This is just a preliminary list, but we know that we'll have a more workable document when we're through."

Planning board chairman Parker Mathusa said the new plan makes the planning board's job easier.

"It gives us a base to look applicants in the eye and say 'This is what we need,'" he said. "It gives us a good background and

it spells things out. The base is in place, we're just modifying it."

Board of Appeals chairman Michael Hodum agrees.

"It's consolidated areas of concern to the planning board, so there is more control," he said. "It's a good plan, but it's still early in the works, so issues will pop up."

One of last year's key items was land divisions. The town has completed a few so far and they have gone well, but there are several other zoning issues that haven't been addressed, Leveille said. There will also be public hearings on the changes as part of the state environmental quality review process.

Open issues to be discussed include whether to include cemeteries as a permitted use;

parking large commercial vehicles in residential areas; whether the town should prohibit boarding houses; permitting agricultural uses in residential districts; possibly designing guidelines for buffer zones; ways to regulate flag lots; possible regulations on residential lighting; and how to regulate mobile signs.

Leveille said some smaller issues have come up, things that are more of a technical nature and need clarification with wording.

"There are a lot of subtle issues to clarify, and we want to make sure that the regulation is consistent with the intent," he said.

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# Matters of Opinion *Spotlight* in the

## Shining stars

Two women who had a profound influence on the 20th century, and especially 20th century women, died recently. Betty Friedan who opened society's eyes about women's potential and Coretta Scott King who served as a dignified role model for women, especially black women, are both almost the stuff of legend. Although vastly different personalities, their influence will continue throughout this century.

If the young women of today want to know what it was like 50 or more years ago, check out high school yearbooks from that era and look at the young women's pictures and their future goals. What you will find is page after page of secretary, bookkeeper, clerk peppered in with an occasional nurse or teacher hopes, which, thankfully, is a far cry from women's aspirations today.

Today, we'd be more likely to find words like world leader, president or head of a large company under the young women's names.

For today's women, the sky's the limit, but even now there are a few snags. Young girls are still not infiltrating the world of math and science as they should be. It's too bad it has taken so long to close the gender education gap. But close it will, given the knowledge both men and women have access to.

We'd like to think of women fulfilling their potential would be a worldwide movement in this 21st century, but we know there are still huge obstacles for women, who in some countries still cannot show their faces in public. Millions of women are uneducated and exposed to no outside influences other than their immediate families.

And although American women do not have to endure the stigma of being second-class citizens or worse, women still have their hurdles toward fully achieving their potential. Childcare in corporate America is still not even close to the cutting edge so much that (mostly) women in the work force need more flexibility to care for their children. And families need to share their family responsibilities when both adults are working full-time.

And still, despite the opportunity, most women make considerably less money than men. Obviously we have our work cut out for us to right many of society's wrongs.

Women like King and Friedan paved the way toward growth and reaching potential and realizing possibilities, and we sincerely hope that more will continue to inspire us in this new century to become all that we are capable of being.

## Editorial

## A letter from the Middle East

By CHRISTOPHER HANIFIN

Dear Readers:

While joking with my civilian boss a few months ago about seeking an extended vacation from work in Albany to go to a warmer climate, I had no idea my request would be granted and I would end up halfway around the world. Thanks to Uncle Sam, I not only managed to get to a warmer climate in the Middle East and southwest Asia, but I was also called to active duty by the U.S. Army and became part of the Operation Enduring Freedom and Operation Iraqi Freedom missions. Important missions and worthy causes.

My name is Christopher Hanifin and I am a captain in the U.S. Army Reserves. I have been a resident of Delmar for almost nine years and since mid-January, I have been stationed at Camp Arifjan, Kuwait, which is the location for the Third United States Army, the U.S. Army Forces Central Command (ARCENT), and the Coalition Forces Land Component Command (CFLCC). Camp Arifjan is about 50 miles south of Kuwait City and is my primary duty station. I will also be performing duty in Afghanistan and Iraq during my current tour.

When I'm back home in the Capital District, my civilian job is in-house counsel for The Research Foundation of State University of New York, a private nonprofit corporation that supports research at the State University of New York. I have been an Army Reservist for almost 13 years, nine of them in the Judge Advocate General's Corps. When I obtained my commission as a second lieutenant in 1993 at Siena College ROTC, I never imagined that I would be in the Middle East today. I am fortunate to have a wonderful wife and family and a very supportive employer. For reservists or soldiers in the National Guard, both things are so important for success in the field. When you have strong support at home, this makes all the difference when focus needs to be downrange on the mission.

## Point of View

While stationed in the Middle East, I am serving in the U.S. Army Trial Defense Service (TDS). The TDS is a part of the Judge Advocate General's Corps, but is especially focused on soldier-advocacy and representation. One could draw an analogy to the TDS as the "public defenders of the Army," but that may be too simplistic. This is very different from my former role, being a Town Court prosecutor in Bethlehem, but both positions seek to promote justice. Today, I am responsible for counseling, representing, and defending soldiers who are subject to some sort of mili-

as part of the coalition forces. I have seen and met troops from many countries including Poland, Italy, Japan, Australia, Slovakia and Britain. While alcohol, tobacco and other items are banned on post and while in the country, it has been interesting to learn that the Italian soldiers are the only coalition soldiers that have lawful access to alcohol. While I am sure a good glass of wine is good for the soul, their post unfortunately is off limits to U.S. troops.

One of the unique cases that I am working on here in Kuwait pertains to an Army warrant officer who is a vessel master (ship captain) and his shipmate, who ran a vessel aground during a mission in the Persian Gulf. Essentially, the ship had to avoid hitting a small local fishing boat that would not get



A camel rests on the side of the road in Kuwait. Spotlight Newspapers will publish letters from Capt. Hanifin on its Web site, [www.spotlightnews.com](http://www.spotlightnews.com), as his tour continues.

tary administrative process (e.g., reprimand), non-judicial punishment (Article 15 of the UCMJ) or judicial litigation or process (court-martial) in Kuwait, Afghanistan and Iraq. Occasionally, I may also assist with legal assistance for soldiers, such as wills and powers of attorney.

Whether I see soldiers at the TDS office or travel to the field where they are located, I have been fortunate to be able to see numerous parts of Kuwait such as Camp Buehrig, Ali Al Salem Air Field, and the Kuwait Naval Base. While traveling to a nearby post, I noticed a friendly reminder of home — a small McDonald's trailer past hundreds of soldier's tents, serving imported McDonald's food. It was interesting to see and reminded me that American consumerism is everywhere, even here in the desert, one can still get "freedom fries."

During my travels, I also noticed a neat tradition in Kuwaiti culture: Since the actual Kuwaiti citizen is quite wealthy and does not have a workweek like most Americans, they have significant amounts of leisure time. From November to about April, Kuwaitis pitch tents in rural areas and camp out for several months to recreate their nomadic history and traditions. It is interesting to observe, but U.S. troops are not allowed to mingle with these groups for security and diplomacy reasons. Instead, we can observe from the roadside, sometimes sighting camels and caravans about the countryside.

Another interesting part about Camp Arifjan and the Coalition Forces Land Component Command (CFLCC) is the representation of all the U.S. Armed Forces integrated on mission. Army, Navy, Air Force, and Marines all work together in many respects and close proximity to each other. It is also unique to see how many foreign troops are located here

out of the way in a very narrow channel. When the fishing boat would not respond, the Army ship maneuvered, and ran aground. The Army Marine Qualification Board, which has only been convened once (I am told) in the history of the Army Transportation Command at Fort Eustis, Va., will decide whether to reinstate, suspend or revoke my client's marine license. Fortunately or unfortunately, my client and I are the second Marine Qualification Board (MQB) in the Transportation Corps. It has been very interesting to learn about the Coast Guard's "Rules of the Road" for vessels and tour one of the "accident scenes" and vessels at the Kuwait Naval Base. It was a good experience to be able to interact with Kuwaiti soldiers and to see water at KNB — something very rare if that is not your post.

To show you that this is such a small world, I was in the dining facility the other day at lunch and I saw one soldier in particular. I thought to myself that I knew him somehow, so as he was picking up his tray to leave, I went over and spoke to him. Turns out, he was a classmate of mine from Siena College and he is working with the Naval medics here in Kuwait for the next four to five months.

This assignment really makes me appreciate the United States, the blessings we have, and the freedoms we enjoy. Good work by committed and skilled soldiers is helping to stabilize the region and foster freedom for people who have not experienced self-rule — let alone a say in their government — for many, many years.

Best regards,  
Capt. Chris Hanifin  
Camp Arifjan, Kuwait APO AE 09366

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# Your Opinion *in the* Spotlight

## Headline misleading

Editor, The Spotlight:

I must take issue with the headline and the article in the Feb. 8 edition of *The Spotlight* about Verizon's new fiber-optic Internet and phone service, "Fiber optic system draws mixed reviews."

The article offered the opinion of a single customer. Yet, to most people, the term "mixed reviews" usually means a more substantial sampling of customer viewpoints.

In fact, this newspaper was given an opportunity to interview other Verizon FiOS customers for the article, but chose not to do so. Hundreds of homeowners in Delmar have signed up for the service. Many have told us they are very pleased with the speed, clarity and reliability it provides.

Instead of taking the time to ask any of these other customers their opinion, your newspaper rushed to publish a story critical of a new and exciting high-speed Internet and phone service based on the solitary review of one customer with some unusual circumstances.

It was an injustice to Verizon, our popular FiOS product, and to your readers, who have been denied a fair assessment of the service.

Verizon invites your reporters, editors and anyone else at the newspaper to experience FiOS service for themselves. I think they will find it a rewarding and enlightening experience.

Cliff Lee

Verizon Media Relations

## Curtain Call should have made theater list

Editor, Spotlight:

In your interesting article of Feb. 1, "Curtain Up," Ms. Lubis describes professional theater, and states that "NYSTI and Capital Repertory are the only two in the immediate area."

My husband and I have seen excellent productions at both of these theaters. But we were disappointed that you omitted Curtain Call Theatre in Latham from the list. They have been operating for 13 years, and have had a year-round schedule for six.

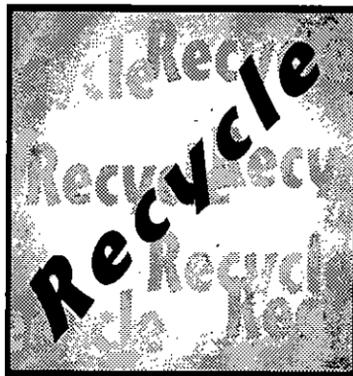
Producer Carol Max has been staging eight wonderful productions a year for four years, from serious presentations such as Nagle Jackson's riveting "Taking Leave," the warm "Visiting Mr. Green," by Jeff Baron, and Jeffrey Hatcher's "Three Viewings," which was the subject of a long review in *The Spotlight*, to hilarious romps such as "It Runs In The Family," and "Run For Your Wife."

We have been season subscribers for three years and have never been disap-

pointed. Ms. Max and resident director Steve Fletcher, a nine-year veteran of ABC's daytime drama "One Life To Live," bring in professional actors for each play. Most of the actors have long resumes in regional and Broadway theater. The majority of the plays have received superb reviews from the local media. I would like to encourage Ms. Lubis and your readers to give this marvelous professional theater a try. It's a gem.

Nancy J. Bub

Delmar



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# Your Opinion *in the* Spotlight

## Unsaturated fats good; saturated fats bad

Editor, The Spotlight:

The studies published last week indicating that a low-fat diet has negligible effect on the risk of chronic diseases validate what leading health authorities have been saying for the past decade: it's not just fat—it's the saturated fat in meat, eggs and dairy products. The studies found that those women who cut down on saturated fat had a lower risk of heart disease, stroke, and colon cancer. A wealth of studies

over the past three decades confirm that consumption of saturated fats raises substantially the risk of contracting these diseases.

The "all-fat-is-bad" crusade probably dates back to the U.S. Senate's 1977 "Dietary Goals for the United States," which originally recommended that Americans reduce their meat consumption. The outraged meat industry forced the Senate to recommend reduced fat

consumption instead.

Consumers who find the message of health authorities confusing have been listening to the wrong messenger. The national nutritional consensus, supported by the 2005 "Dietary Guidelines for Americans" and leading health advocacy organizations, has been simple, direct, and unwavering: vegetables, fruits, whole grains, unsaturated fats — good; saturated fats and cholesterol (present only in animal products), trans fats, sugar, salt — bad.

Alex Genatt  
Delmar

## FiOS service works perfectly

Editor, Spotlight:

I, too, have Verizon FiOS service. I have three different brands of cordless phones in my home. All work perfectly. My father has Verizon FiOS. His cordless phone works perfectly. Because of this, I must assume that Mr. Evans was either misquoted or lying when he stated, "Take any decent cordless phone and take it to a FiOS user, and then call a non-FiOS user, and they should expect an echo."

Which is the case? If indeed he was not misquoted I invite you to my home to prove him wrong. To headline your article "fiber optics

system draws mixed reviews" because one out of hundreds of customers are having a problem doesn't seem quite fair. I question both the logic of this statement and the motives of Mr. Evans (not a smear campaign?). As far as having to live with the problem, why? I'm sure Time Warner would love to sign him up for their digital phone service. Just imagine his letter to you when he loses power and finds out he has no phone service, unlike FiOS.

Stephen Lambert  
Delmar

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# Finance *in the* Spotlight

## Matters of the heart: for the health of your business

By Karen Zalewski-Wildzunas  
Senior Vice President  
Business Banking, KeyBank N.A.

It felt like the flu Clare remembers thinking: "What a lousy time to get the flu." Her four-year-old small business had just landed a new contract. The company was growing: Clare was busier than ever. Not to mention the demands of juggling her family life. With two active teenagers, one a star athlete, the other looking at colleges, Clare's life required her to be on the go 24-7. But right now, she felt awful.

Feeling shaky and dizzy, typical flu like symptoms, Clare hoped she could get through one last meeting and make it to her oldest son's baseball game on time. Five minutes later, she was in the back of an ambulance racing for the emergency room. She was having a heart attack.

Clare was lucky: her heart attack didn't kill her. And, her family and friends were there to rally around her when she needed them the most. But her business was not so fortunate: She was the heart of the enterprise. Without Clare to manage growth and day-to-day operations, the company faltered, then fell.

### It's a major economic problem

When her heart attack struck, Clare joined the growing ranks of women with cardiovascular disease (CVD), which causes heart attacks and strokes. Clare's company became a statistic too: last year, CVD cost the U.S. economy \$393.5 billion. That number includes spiking insurance costs, lost productivity, and failed small businesses that collapse when a leader like Clare falls ill.

Decades ago, a heart attack was most likely to strike a man. Today, that condition is reversed. Between 1979 and 2003, the number of men

with CVD shrank by about 12 percent. But women's rate of CVD actually rose by about 10 percent in the same period. According to the Centers for Disease Control (CDC), by 2002 434,000 men were dying each year from CVD. The grim news for women: in the same year, CVD killed 494,000 women.

The data is even worse for African Americans: They suffer a 30 percent higher rate of heart attack and a 25 percent higher rate of stroke than Caucasians.

CVD is now the leading cause of death for both sexes in the United States. But the higher incidence of CVD in women and minorities has a disproportionately high economic impact. Women- and minority-owned businesses are entrepreneurial engines, a large and growing force in today's marketplace. When these business owners fall ill, the nation loses new business ventures and

fresh economic energy.

When heart disease strikes, it does not just attack individuals. It impacts a person's family members, their friends and all the people that person touches, including their business. The personal and physical toll of CVD is high; the toll on small businesses is economic. And that hurts us all.

### Why women?

Many women still believe their greatest health threat comes from cancer. However, statistics from the CDC show that for every 100,000 women, CVD strikes 131 Caucasians and 170 African Americans. Breast cancer, on the other hand, affects only 25 Caucasian and 34 African-American women in every 100,000.

Statistics show that heart disease has traditionally been underreported in both sexes. Because heart disease often presents differently in women than in men, women experience more "hidden" heart attacks that are never diagnosed or reported. Clare Case had no chest pain or shortness of breath during her heart attack. Both of those symptoms are associated with heart attack, but are seen more often in men.

But underreporting is only part of the problem. Why are women at so much more risk than in the past? There are several reasons.

Women who are unaware of the growing threat from CVD are less likely to focus on heart-healthy choices. And those choices grow more important with time: the rate of CVD rises with age. By age 50, women have a higher overall incidence of CVD than men. By age 55, 20 percent more women than men have high blood pressure, which leads to CVD. Some of that risk is tied to the hormonal changes of menopause. More disturbingly, the larger risk is directly related to lifestyle.

According to the Cleveland Clinic, a world leader in heart disease research and care, the top four risk factors for CVD are diet-related. They include high blood pressure, elevated cholesterol, diabetes and obesity. All four conditions are on the rise.

Both sexes are putting on pounds: in the past 45 years, obesity rates have more than doubled in adults ages 20 to 74. Excess weight is directly related to higher medical care costs and higher illness-related absenteeism from work. Diabetes has reached epidemic proportions nationwide. Record numbers of people take cholesterol-lowering drugs.

Because CVD and other leading killers are chronic diseases, notes *Forbes* magazine, "health literacy may, in fact, be a key to longevity." That's why KeyBank, one of the nation's largest financial services companies, chose to support the American Heart Association's "Go Red for Women" campaign.

### Go Red campaign

The Go Red effort aims to alert women to their growing risk of heart disease and stroke. Using red as its signature color, and a red dress as its logo, the nationwide campaign focuses on the causes of CVD and the steps women can take to avert it.

Go Red focuses on prevention through heart-smart choices. Heart-health advocacy may include awareness programs, health screenings to detect trouble early enough to halt or reverse it, exercise programs ranging from on-site fitness centers to walking clubs and information on heart-healthy foods.



Karen Zalewski-Wildzunas

Key is not just focused on better heart health for women. As an extension of its Go Red commitment, Key's heart awareness campaign is targeted to all

employees. At locations across the country, the company has offered breakfast meetings to encourage heart-healthy behaviors, encouraged health literacy through information delivered to employees, and sponsored free health screenings.

### At the heart of your business

Data from studies across the nation shows that better heart health blunts the economic impact of CVD. Corporations such as KeyBank that support health promotion and fitness find their healthcare costs and absenteeism rates reduced. *Preventive Medicine* reported earlier this year that lower absenteeism led to a cost saving of \$15.60 for every \$1 corporations spent on prevention programs.

Investment in corporate health programs offers a significant return. Johnson & Johnson, for example, reports that it spends \$4.5 million each year on its comprehensive preventive healthcare programs. Although that seems like a big number, the company estimates that without these programs its medical bills would be at least \$13 million higher.

As it turns out, our grandmothers were right: Getting enough sleep and eating right, including eating plenty of fruits and vegetables, is heart-smart. Breaking the tobacco habit eliminates a huge risk for CVD. Exercise makes a stronger, more disease-resistant body and boosts overall energy levels.

These are personal lifestyle choices, but businesses can help make these choices easier for employees.

Many companies today offer exercise programs and health information. Free blood pressure screenings are available in conjunction with the local American Heart Association or area hospitals. Several businesses offer prizes or special healthcare premiums for employees who quit smoking. Even smaller businesses are adopting these approaches because the payoff is so obvious: healthier employees mean healthier companies.

And once it starts, the good health never stops. When women are healthier—when employees are healthier—everyone benefits: families, neighborhoods, employers, and the local and national economy.

*About the author:* Karen Zalewski-Wildzunas is senior vice president and team leader for KeyBank's Business Banking division in the Capital Region. She is based at 66 South Pearl Street in Albany and may be reached at 257-8937 or Karen\_Zalewski-Wildzu@KeyBank.com.



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# Voorheesville Elementary School offers parenting class

Voorheesville Elementary School is offering the Systematic Training for Effective Parenting Program on three Mondays: Feb. 27, March 6 and 13. There will be a \$13 book fee for this program.

For information, call Suzanne Paulson at 765-2382, ext. 518.

**Wool-Felting program**  
Thacher Nature Center is having a Wool Felting Program Tuesday, Feb. 21, from 10 a.m. to noon.

The workshop will offer a beginner introduction to wool felting. Participants will learn how fibers and colors come together and will be able to create

**NEWS NOTES**

**Voorheesville**  
Betsy Glath  
765-4415



a picture or design out of wool roving.

The class is appropriate for ages 7 and older. There is a \$4 program fee to cover the cost of materials.

Pre-registration is required and for information or to register, call 872-1237.

**Snowshoe walk planned at Thacher**

A snowshoe walk will be held from 10 to 11:30 a.m. at the Thacher Nature Center.

Plan to meet at the Nature Center for a snowshoe walk in the woods and return back to the Nature Center for hot chocolate. Snowshoes are available to rent and may be reserved in advance. There is a \$1 program fee per person and

for information, call 872-0800.

**Schools in district to close for winter recess**

Schools in the Voorheesville School District will be closed from Feb. 20 to Feb. 24 for winter break.

**PTA to meet**

The next regular meeting for the Voorheesville PTA will be held Thursday, Feb. 16, at 7 p.m. in the library at the Voorheesville Elementary School. All are invited to attend.

**Middle school movie night planned**

There will be a middle school

**Mad Science brings 'Movie Magic' to Egg**

The Egg at Albany's Empire State Plaza will present "Movie Magic: The Science Behind The Movies" as performed by Mad Science Saturday, Feb. 18, at 1 p.m.

This show gives young audiences a chance to be sound mixers, lighting operators, cameramen, gaffers, special effect operators and of course, actors and directors on the set of a Hollywood movie. Audience members will create movie scenes using the very

movie night at the Voorheesville high school commons area for grades six to eight Friday, March 3, from 7 to 10 p.m.

There will be chances to win prizes while you enjoy a fun movie. The movie night is being sponsored by the freshmen Class of Voorheesville, and there will be a \$2 charge for the show.

**UglyDoll workshop planned at library**

These quirky colorful dolls are soft and huggable and kids in grades four and older can learn about this craze in a two-day workshop Feb. 22 and 23 from 2 to 4 p.m. For information or to register, call 765-2791.

latest technology used in films like "Legally Blonde," "Agent Cody Banks," "Pink Panther" and "Rocky."

Mad Science and its entertaining and engaging activities spark the imagination of children 3 to 12 years old

Tickets for "Movie Magic" are \$10 for adults and \$6 for children and are available at The Egg Box Office at 473-1845 and all Ticketmaster locations.

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# Something for everyone during February school break

Librarian Joyce Laiosa has planned some fun events for all ages next week during February school break. Signup is necessary for all the vacation programs. There will be no story-times Feb. 21, 22 and 24.

• Exercise your way to good health Feb. 21 from 7 to 8:30 p.m. when Michael Braet, president of No Limits Fitness and an NSCA certified personal trainer, will talk with kids in grades three, four and five about getting and staying fit. Exercise and good eating go hand in hand, so the library will serve some good and easy snacks. You are never too young to think about a healthy lifestyle. This is a Cook's Club project supported by Federal Library Services and Technology Act funds, awarded to the New York State Library by the Federal Institute of Museum and Library Services.

• Uglydolls, the quirky, colorful characters that have taken the U.S. by storm, are soft and huggable companions. Kids in grades four and older can learn about this craze in a two-day workshop Feb. 22 and 23 from 2 to 4 p.m. Participants can make

## Voorheesville Public Library



their own dolls.

• Younger children age 4 through grade two can get in the Olympic spirit with some team and individual competitions for all to participate in Thursday, Feb. 23, at 10:30 a.m. Participants will enjoy some books and an art activity.

## Book ends Nimblefingers open house

The talented women in the library's Tuesday needlecraft circle are inviting everyone to admire the colorful quilts, wall hangings and other handwork projects they have hung in the community room and display case. The show goes through Feb. 28.

## Hall Gallery

Susie Flansburg is a longtime Voorheesville resident and a

wonderful artist whose landscape paintings are on display in the hall gallery for the month.

## Lifelines

Prose Writers meet Feb. 16 at 7 p.m. New or experienced writers are invited to attend with a short sample of their work, either fiction or non-fiction, to share with the group.

## Adult book discussion

*March* by Geraldine Brooks will be discussed Wednesday, March 1. Sign up now and receive a copy of the book, available at the reference desk.

Barbara Vink

• Voorheesville Public Library is at 51 School Road, Voorheesville. For information, call 765-2791 or visit [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

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# Around the County

## Improvements include roundabout on Schoolhouse Road

By STEPHEN PAUSE

The Guilderland town board Tuesday approved a motion that will affect a popular Bethlehem and New Scotland route to Crossgates Mall. The board's resolution regarding the reconstruction of Schoolhouse Road by Albany County included standard items associated with a road project, like the discharge of wastewater into the town's closed drainage system and the maintenance of sidewalks, which will be installed on one side of the road. Since the county does not

have the capacity to maintain the road, the town usually agrees to care for them. The same agreement exists for other county roads, such as Western Avenue.

There was also a need for town approval for water treatment systems, which will be located in the town's right of way.

The Commissioner of Public Works for Albany County Michael Franchini said the project will include the majority of County Route 204, from Schoolhouse Road west of the Thruway all the way down Russell Road to the city line.

"The objective is to improve the pavement," he said. "The pavement has deteriorated to a point to where the county needed to repave. In the process, we looked to improve the drainage and pathways for pedestrians and bicycles."

The portion of Schoolhouse Road between the Thruway and Western Avenue was reconstructed in 1997, and will not be affected by the new work.

While Franchini said it has not been decided which end construction will start from, the project as a whole will take two

years to complete, and it is anticipated that the project will start in the late summer.

The most extensive work will occur at the intersection of Schoolhouse and Krumkill roads, where the county has plans install a roundabout.

Franchini said that traffic estimates for the road warranted additional traffic control.

During construction, the contractor will be required to maintain one lane of traffic during the day, although some backups may occur, and there will be no construction at night.

Todd Gifford, the superintendent of highways for the town of Guilderland, said the biggest improvement will be the upgrades to the road's drainage system.

"Anytime you can get storm water off the asphalt it will extend the life of the road," he said.

Gifford said that in turn better pavement will result in a safer road for vehicles.

### Auditions scheduled for "Beauty and the Beast"

Park Playhouse in Albany is auditioning and casting roles for its summer production of "Beauty and the Beast."

Auditions will be held at Washington Park Lakehouse in Albany on Feb. 17 from 6 to 9 p.m., Feb. 18 from 10 a.m. to 2 p.m., Feb. 24 from 6 to 9 p.m. and Feb. 25 from 10 a.m. to 2 p.m.

For information, call 434-2035 or visit the Web site at [www.parkplayhouse.com](http://www.parkplayhouse.com).



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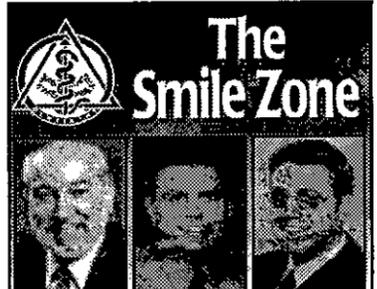
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### Conventional Wisdom

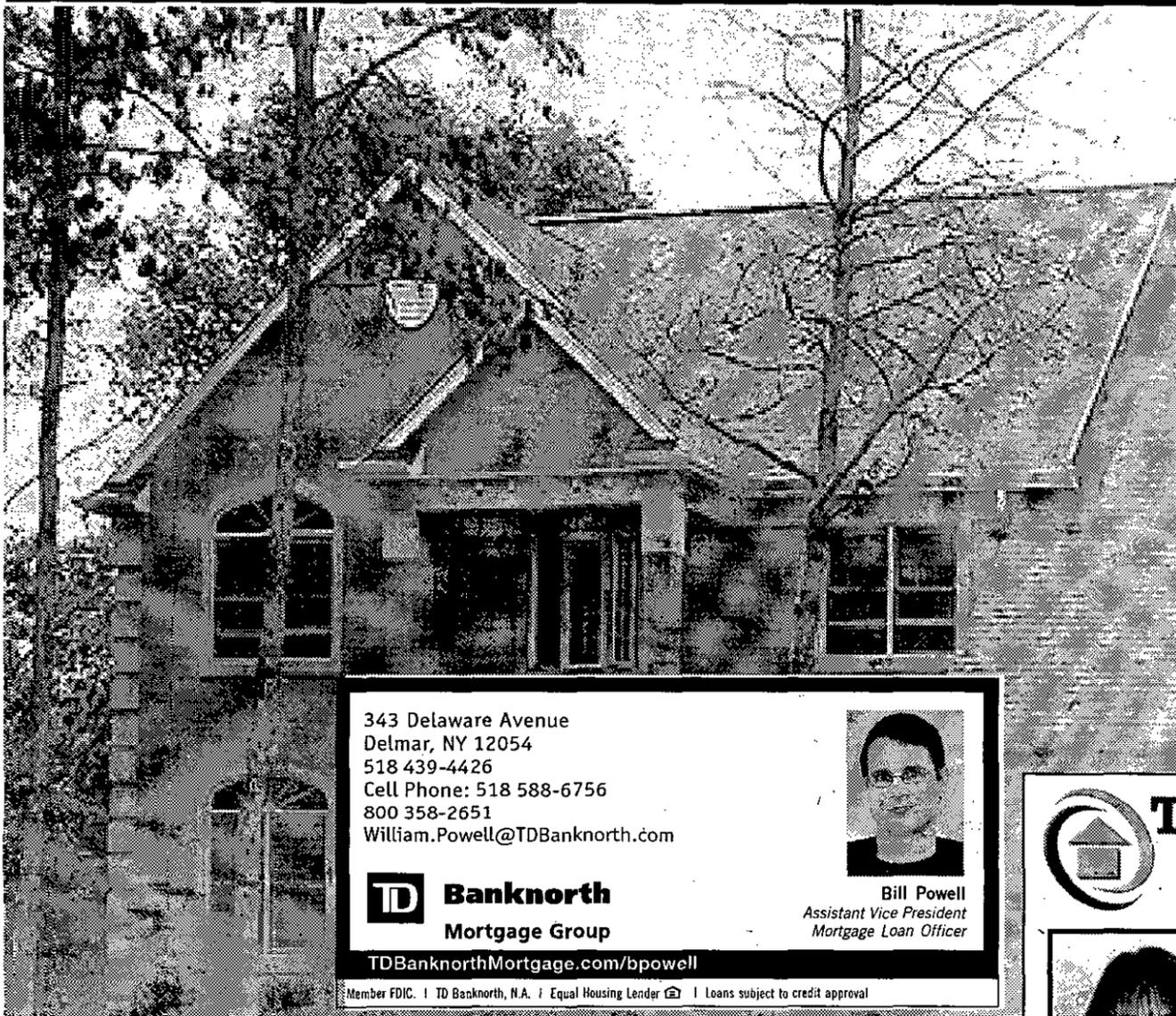
The so-called "wisdom teeth" are the upper and lower third molars, which are located at the very back of the mouth. Their name is derived from the fact that they usually erupt between the ages of 17 and 21, during the "the age of wisdom." In some people, the wisdom teeth are unable to erupt normally. Consequently, they either remain below the jaw line or do not grow in properly. Wisdom teeth usually become impacted because the jaw is not sufficiently large to accommodate all the teeth that are growing in, and the mouth becomes overcrowded. At this point the decision is made to extract the wisdom teeth, after which the orthodontist can address crowding issues.

Even if your wisdom teeth aren't causing any pain or other problems, chances are they may cause problems at some point. The most common problems are decay, infection, and crowding or damage to other teeth. But more serious complications can occur, including the development of a cyst that can cause permanent damage to bone, teeth and nerves. For more information, or to schedule a consultation, call our office. Our commitment to you is to provide a friendly, caring and relaxed atmosphere.

P.S. If wisdom teeth remain healthy and pose no problems for adjacent teeth, there is no reason to extract them.

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## Library hosts book discussion groups for all ages and interests

Anita Shreve's *Light On Snow* is our AfterDinner Books topic tonight at 7 p.m. This novel by the author of *The Pilot's Wife* explores unwed motherhood, puberty and loneliness. Each character is faced with hard choices; each action has consequences. Shreve's latest novel is a moving story of grief and redemption.

New members are always welcome; preregistration is not

necessary. The group meets one Wednesday a month and discusses both fiction and non-fiction works. Upcoming books are *The Confessions of Max Tivoli* by Andrew Sean Greer, March 15; *The Glass Castle: a memoir* by Jeannette Walls, April 19; *To Kill a Mockingbird* by Harper Lee, May 17; and *Confessions of an Economic Hit Man* by John Perkins — a recent guest on the PBS program

### Check It Out Bethlehem Public Library

Now — June 21.

The library also offers DayBooks, a monthly discussion Mondays at 1:30 p.m. Upcoming are *Gilead* by Marianne Robinson, March 6; *Disgrace* by J.M. Coetzee, April 3; *Never Let Me Go* by Kazuo Ishiguro, May 8; and Ian McEwan's *Saturday*, June 6.

Large-print and audio versions of the books are often available; just ask at the information desk.

On Monday, Feb. 20, at 2 p.m., the film based on Crockett Johnson's classic picture book *Harold and the Purple Crayon* will be shown, followed by a short discussion, snacks and a craft — a treat for kids in kindergarten through grade two and a bit of nostalgia for their parents. Call 439-9314 to register.

The Civil War is the backdrop for Richard Peck's *The River Between Us*, the choice for our next Mother/Daughter discussion Monday, Feb. 27, at 7 p.m. The book won the Scott O'Dell Award for historical fiction in 2004 and was a National Book Award

finalist. The group is open to girls in grade 5 and up with their moms. Call 439-9314 to register.

### Native American tales

Occupying an important place alongside print literature is the oral tradition. A highlight of our vacation week programming is "Skytellers — Native American myth and magic" next Thursday, Feb. 23, at 7 p.m., for grades two through five and families. Carol Ann Margolis shares Native American myths and legends that investigate the reason for day and night, why we have seasons, the origin of the stars, and other phenomena of the night sky. Each narrative will be paired with the story that scientists tell today.

Margolis brings her Skytellers program from the Henry Hudson Planetarium at the Albany Visitors Center in Quackenbush Square. The planetarium offers a wide variety of educational programs exploring astronomy, history, arts and science.

Call 439-9314 to register.  
Louise Grieco

• All library programming is free and open to the public. Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

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**Noon: Meet Former Horror Hosts Of CNY**

**1PM: Original, Uncut "Godzilla" \$5**

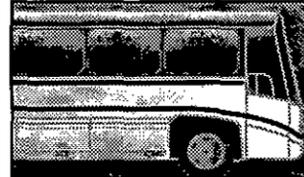
**11PM: B-Movie Trivia Night**

**Midnight: "Black Belt Jones" \$5**

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# Obituaries *in the* Spotlight

## Elmer Becker Jr.

Elmer Dick J. Becker Jr., of Selkirk, died Sunday, Feb. 5.

Mr. Becker started work as a butcher at the A&P Tea Company, leaving as manager in 1969. He began a new career with Security Supply Corp. in Albany and retired in 1990 as assistant manager. Dick's favorite past time was riding his motorcycle. He and his wife took many adventurous trips which brought them all over the United States and Canada. Dick also enjoyed square dancing with the Tri-Village Squares. He loved tending to his vegetable garden, which was admired by many passers by.

Survivors include his wife, Liz Becker; two sons, Rick Becker of Land O Lakes, Fla., and Jeff Becker of Rochester; a sister, Elizabeth Ann Noniewicz of Westbrook, Conn.; two stepsons, Edward Smith of Lawrenceville, Ga., and Kevin Smith of San Antonio, Texas.; one step-daughter, Karen Ryan of Loudonville; and several grandchildren and great-grandchildren.

The family would like to thank

their friends for their support, and the nursing staff at the Hospice Inn.

Services were from Bethlehem Community Church.

Contributions may be made to Community Hospice of Albany County, 445 New Karner Road, Colonie 12205, or to Bethlehem Community Church (Kitchen Fund), 201 Elm Ave., Delmar 12054.

## Raymond Jones

Raymond L. Jones, 77, of Coeymans Hollow, died Monday, Feb. 6.

Ray was raised in Vermont and came to Coeymans Hollow after his Army service.

He was employed as an operating engineer and retired from Callanan Industries in South Bethlehem. Mr. Jones played country music for many years in round and square dance bands. He was a bowler and enjoyed playing golf, and he was an active member of American Legion Post 291 in Greenville. He loved being with his family, and described himself as the richest man in the world who has no money.

Survivors include his wife, Mary Ann O'Neill Jones; three sons, Gary Jones of Ravena, Dennis Jones of Hannacroix, and Michael Jones of South Bethlehem; four daughters, Donna Slingerland of Virginia Beach, Linda Klob of Greenville, Sue Flannery of Greenville, and Shari Underwood of Freehold; several great-grandchildren; a sister, Mae Duncan of Voorheesville; 20 grandchildren; and several nieces, nephews and cousins. Calling hours were at Babcock Funeral Home in Ravena and funeral services were at Patrick's Church in Ravena. Entombment was in St. Patrick's Mausoleum. Memorial contributions may be made to American Legion Post 291, Maple Avenue, Greenville 12083. Arrangements were with Caswell Funeral Home, Ravena.

## Donna Fryer

Donna M. Fryer, 53, of

Slingerlands, died Feb. 7.

Survivors include her husband, Steve Fryer of Troy; two sons, Brian Fryer of Slingerlands and Brent Fryer of Troy; a daughter, Brenda Leto of Pattersonville; five sisters, Joan Myers, Bonnie DeGennaro, and Mary Verhagen, all of Clarksville, Shirley Chastenay of Schenectady and Linda MacIntosh of Bröadalbin; and one grandchild.

Services were from Durant Funeral Home in Glenmont. Contributions may be made to the Community Hospice of Albany County, 445 New Karner Road, Colonie 12205 or the Clarksville

Community Church, Rt. 443, Clarksville 12041.

## 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.

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

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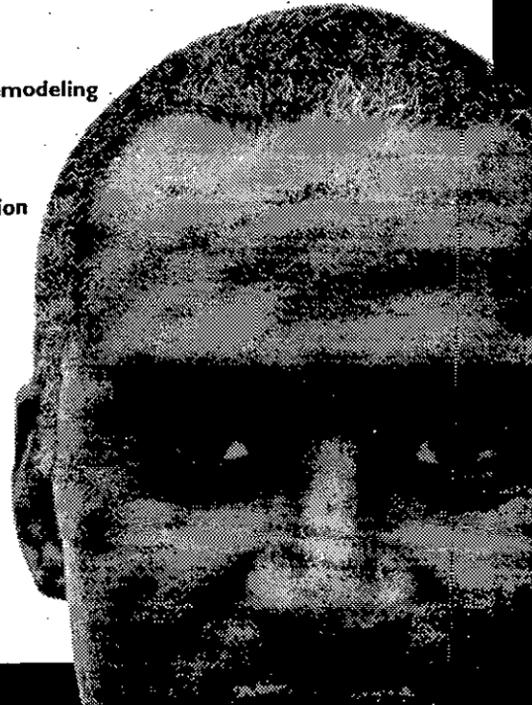
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# Everyone's behavin' just fine at Cohoes Music Hall

By W.K. AARON

Fats Waller is alive and well and living at the Cohoes Music Hall. At least his music is!

"Ain't Misbehavin'" is an evening of fun, toe-tapping, and being wrapped up in the music of a Harlem of times long past. The piece is a review of the works of one of the greatest African-American jazz musicians. Waller's untimely death at the age of 39 makes one wonder what more might have been had this musical genius not been taken so early.



Jarrett Ali Boyd and Michelle White are on stage at Cohoes Music Hall.

"Ain't Misbehavin'" is an evening of good times, and that's exactly what the cast at Cohoes gives the audience. This is a perfect example of where the whole is greater than the sum of its parts. The three-woman, two-man cast is good. Thay Floyd is outstanding in his dancing, as is his drug-induced number "The Vipers Drag." Melissa VanPelt's dancing matches Floyd's talent step-for-step and more than compensates for a less than overwhelming vocal performance. Jarrett Ali Boyd, Amma Osei, and Nakee Michelle White are all certainly adequate but no one has the gutsy star force the music really demands. Independently, none are stellar; together, however, they are wonderful. If that sounds contradictory, when they vocalize together, the harmonies are great and the sound is a delight. All of the performers are energetic though

not always powerful, and they give their all. For the most part, that is sufficient.

The true stars of the evening are Waller's music itself and Nathan Perry who doubles as musical director and on-stage pianist. His piano playing alone is well worth the price of a ticket. Perry's talent is the overpowering star of the evening.

When you leave the theater you will be singing or jiving the beats, and rhythms of the night will stay with you. Songs such as "Honeysuckle Rose," "I've Got a Feeling I'm Falling," "I Can't Give You Anything but Love," "Black and Blue" and "This Joint is Jumping" are but a few of the 30-plus numbers performed.

The orchestra, which is in fact

the set piece, is also excellent. Its size and variety have been augmented to accommodate the needs of the show; a nice thing to see at Cohoes.

In all, "Ain't Misbehavin'" is a fun evening out. Make the trip to Cohoes; you will be glad you did.

"Ain't Misbehavin'" is at Cohoes Music Hall on Remsen Street in Cohoes with performances Friday and Saturday evenings at 8 p.m., and Sundays at 3 p.m. through Feb. 19. Ticket prices are \$20 and \$28. For information, call the box office at 237-5858 or visit the Web site at [www.cohoesmusichall.com](http://www.cohoesmusichall.com).

# Parents for Excellence meeting rescheduled

The Parents for Excellence, "Transitioning to High School" meeting, cancelled on Jan. 23 due to snow, has been rescheduled to Monday, Feb. 27. The meeting will be held in the Bethlehem Central Middle School Library Media Center at 7:30 p.m. A panel of high school students

and parents will discuss their experiences at BCHS.

Join us for this unique opportunity to ask questions in an informal setting about the academic program, extra-curricular activities, and the social scene at BCHS.

# AAA alerts travelers on passport requirements

Did you know that by 2007, all traveling Americans returning to the United States will be required to have a valid U.S. passport? And not just overseas. A passport will be required for U.S. citizens who travel by air and sea to and from the Caribbean, Bermuda, Central and South America, Canada, and Mexico. Passports or other accepted travel documents will also be required for U.S. land border crossings to and from Canada or Mexico.

Simply put, without a passport, you will not be able to travel outside of the U.S. — including cruise travel, said AAA Hudson Valley Travel Agency.

There are several important reasons to get your passport now: Avoid the rush and the possibility of not being able to travel when you wish without a passport. A passport can open the doors to

travel you may not have considered before, such as cruising in Europe, Australia and Asia. Considering that a passport is valid for 10 years, the cost is minimal: \$97 for a new passport and \$67 for a renewal. A U.S. passport is easy to obtain by visiting one of the 6,000 passport acceptance facilities across the United States.

For information about applying for a passport, U.S. citizens may visit [www.travel.state.gov/passport/passport\\_1738.html](http://www.travel.state.gov/passport/passport_1738.html) or call the National Passport Information Center toll-free at 877-487-2778 or TDD/TYY: 888-874-7793.

Passport photos are available through AAA Hudson Valley, and are ready in just minutes. Photos are \$6 for members, \$10 for non-members and free for Plus members.

## Park

(From Page 1)

eventually we would have to pay anyway," he said.

Egan agreed that the extra money required for the project is a lot.

"We have the financial assets in the reserve to cover these extra costs," she said.

Town board members have been deliberating for the last few weeks to determine if continuing with the plan is the

best way to go.

The aquatic park would replace the spray fountain that has been a park feature for over 30 years. The new playground will feature two water spray areas, or pads. The first pad would be geared toward children between the ages of 2 and 5, and would feature rainbow arches and bubbly spray fountains. The other pad would be for older children and would have more sophisticated spray features for 6 to 12-year olds.

Surface Systems Inc. will

construct the park and Clough Harbor will be the engineering firm. A summer completion date is expected, although a delay from the original opening date in June is likely.

"We had to stop work while the board contemplated the additional funds, so we are a bit behind," said Lanahan.

Also planned for summer completion is a new park and playground on Elm Avenue East. Construction on the seven-acre parcel began last year, and so far parking lots have been paved and basketball hoops have been installed. A walking path, playground, trees and fencing will be installed also. The park will be free and open to all town residents.

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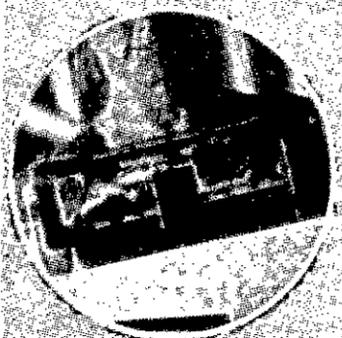
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# Inside Update



## Health

Living well is easier than ever. Area pediatricians, dentists, rehabilitation centers, surgeons and senior living centers offer state-of-the-art care.

See pages 1 - 13.



## Services

Local chambers of commerce can help you find the many amenities available in the Capital District. Whether it's a pet spa or hair salon, check out the information inside.

See pages 14 - 20.



## Update 2006:

This is the third issue of Spotlight Newspapers' Update Series. You've read about education, home, banking, finance and law, and now, health and services. In mid-March, Update 4 will cover retail, leisure, food, and building our future.

A publication of  
**Spotlight**  
 NEWS PAPERS  
 www.spotlightnews.com

BY ANN MARIE FRENCH

**H**ow many times have you thought about your health today? With the National Center for Health Statistics estimating that most people will live to an average of 77.6 years, it's important that we pay attention to how we treat our bodies, what we put into them, and how we could prevent them from being harmed.

A lifetime of good health begins at birth, and with the vaccinations that follow not too long after.

### Protection starts young

"Vaccines have been the greatest advance in our society, medically," said Dr. Alex Brand, a pediatrician with Latham Medical Group. "Vaccinations are important. They protect our children and our society."

New York requires that children entering school complete an identified immunization schedule. That means 20 separate shots before the age of 18 months; three more shots between ages 4 and 6; and the final two shots in the teen years. That immunization schedule should provide the child with protection from 11 different diseases that are known to be crippling or deadly.

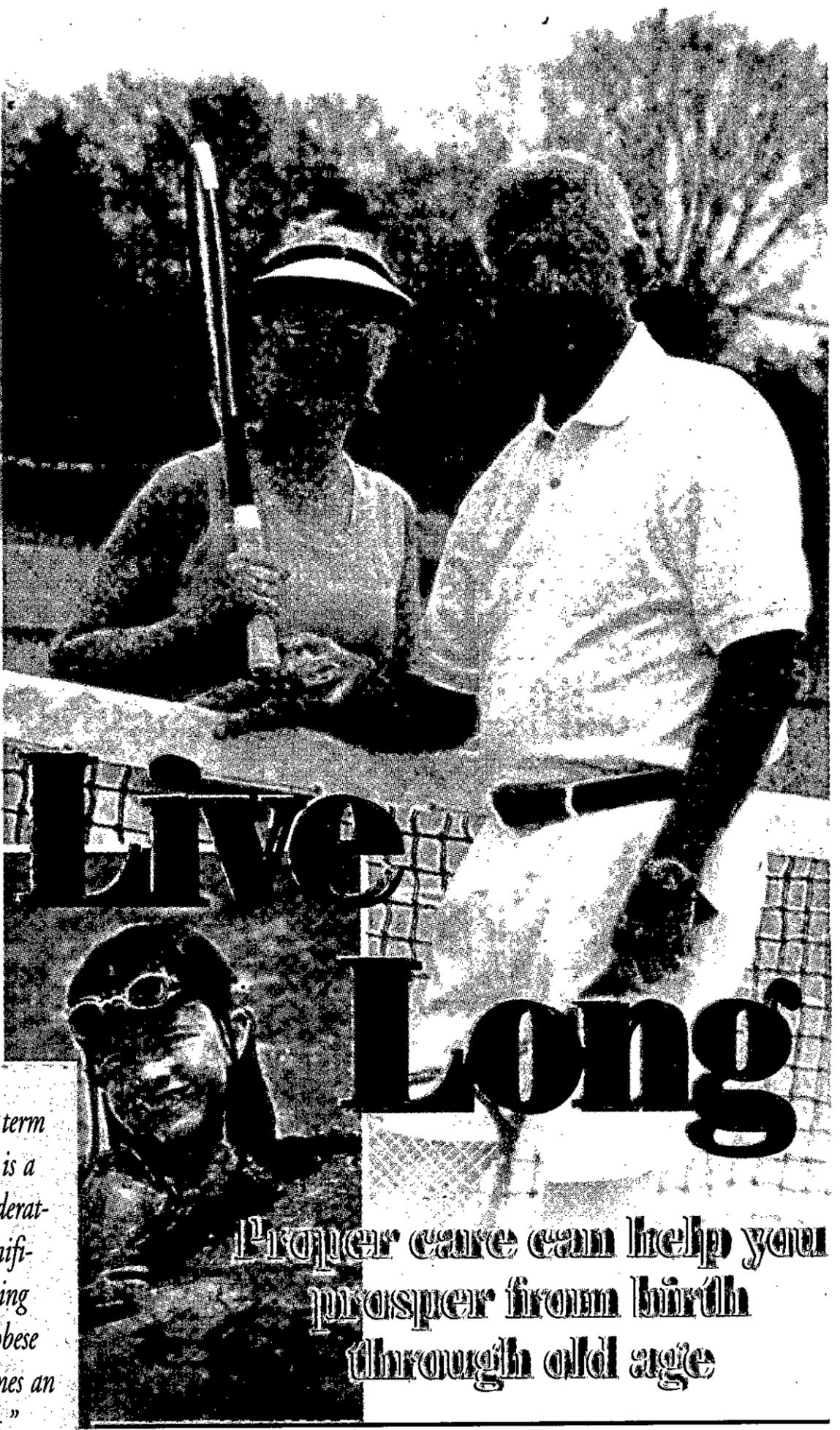
A number of debates and research has been done regarding immunizations and their impact on autism spectrum disorders. Both Brand and Dr. Jonathan Pasternack of Bethlehem Pediatrics agree that the data from the research does not indicate any link between the two.

"We have a convergence of two different phenomena at the same time," Pasternack said. "There has been an increase in autism spectrum disorders and an increase in the number of vaccines. They have been carefully studied and no connection has been identified."

Brand agreed, suggesting that children are being seen often by doctors as infants for regular medical care, including the administration of vaccines, with doctors tracking developmental milestones. He says the administration of the measles, mumps, and rubella vaccination given at the 1-year mark happens to be at a time when the doctor is closely examining the child's attainment of specific developmental milestones related to social skills, creative thinking, and behavior.

Pasternack and Brand also note that many people don't have first hand knowledge regarding the diseases the vaccinations protect us from. "It's extraordinary how many diseases we've terminated," Pasternack said. "Most people don't know the disease the vaccines prevent and thus don't realize how beneficial they are."

An example, said Brand, is chicken pox. Chicken pox, he said, is often believed to be a mild disorder and chalked up as a rite of



*"Using the term overweight is a way of moderating the significance of being obese. An obese child becomes an obese adult."*

Jonathan Pasternack

passage. Brand said the reality is that prior to the vaccination, 50 children died each year from the disease.

Pasternack cited meningitis as another case.

"Five hundred kids per year in New York had meningitis and now we never see it," he said.

Vaccinations are keeping more children alive, but a lot of those healthy-children are growing up to be overweight teens and young adults.

### Too much of us

Calling obesity a major problem, Pasternack said, "Using the term overweight is a way of moderating the significance of being obese."

He estimated that over half of his patients are overweight.

"An obese child becomes an obese adult," said Pasternack. This leads to health issues like diabetes

□ Live page 9

Proper care can help you prosper from birth through old age

HEALTH/SERVICES  
 Update 2006  
 a progress edition

# Battle against smoking waged with limited resources

At the state Department of Health, officials hand down initiatives through their tobacco control program to a number of organizations statewide.

Those organizations carry the responsibility of monitoring their respective areas and chase down the tobacco industry's latest efforts to boost sales, and in some cases, keep one step ahead.

The Tobacco Free Coalition is staying one step ahead this winter by targeting smokeless tobacco.

"The tobacco industry is starting to advocate that chewing tobacco is an alternative to smoking it," said Judy Rightmyer, program director for the Capital District Tobacco Free Coalition. She heads the coalition efforts in Rensselaer, Schenectady and Albany counties.

The "Great American Spit Out" is the coalition's latest

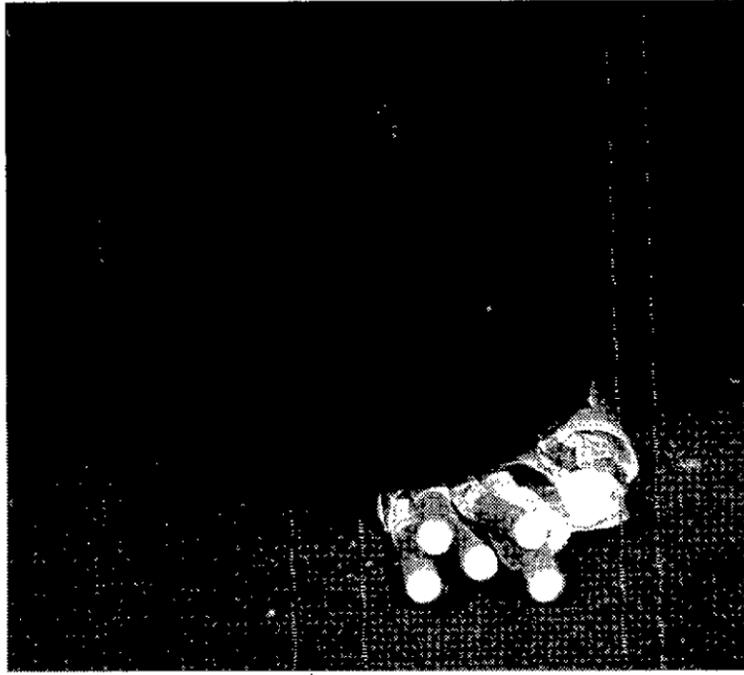
maneuver to one-up the tobacco industry. For one week the coalition will focus its efforts to keep smokeless tobacco out of the hands of New Yorkers between 18 and 24 years old.

"Through with Chew Week" began Feb. 12 and ends Feb. 16. Program directors across the state conducted prevention education programs, distributed materials on quitting smokeless

tobacco, and conducted media campaigns about the health effects of the product.

Although "chewers" are overshadowed by the 18 percent of smoking New Yorkers, the numbers are increasing as state establishments went smoke-free several years ago.

According to the coalition, since legislation ousted smokers from establishments, the tobacco industry has done more to boost



product sales through print advertising, direct marketing, adult sampling and point-of-sale retail promotions.

In northern New York counties, coalition workers began to see tents at events handing out free tins of the product. Passing it

off as a safe alternative to smoking was the last straw, Rightmyer said.

"Smokeless doesn't mean harmless," she said. Chewing tobacco causes many of the same health risks associated with smoking it, she said. Using "spit" and chewing tobacco can

contribute to serious health problems such as cancer, gum and tooth problems, high blood pressure, nicotine addiction, heart attacks and strokes, according to the coalition. The goal is to just get the word out about the effects of chewing tobacco, said Rightmyer.

"It's, at least a start," she said. "We are just hoping to get it on the radar. The tobacco industry has plenty of money to throw out to boost this product. The kinds of things we do, however, do make a difference."

*"The tobacco industry is starting to advocate that chewing tobacco is an alternative to smoking it."*

Judy Rightmyer

### Retailers are getting on board

As part of "Through with Chew Week" one Delmar convenience store has offered to host a local radio station in getting the word out about chew. For one day there will be no chew sold at the store while Rightmyer and coalition workers hand out information on the dangers of using the product.

For more information on the "Through with Chew Week," and the "Great American Spit Out" contact Rightmyer at 459-4197. To receive information on how to quit smoking, contact the New York State Smokers Quitline at 1-866-NY QUILTS.

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Capital District Tobacco-Free Coalition



# CCP's high-tech surgery improves recovery time

**R**obotic-assisted surgery has been around a number of years.

However, it has yet to become a standard of practice by local physicians.

But for a physician-owned and -governed medical practice like Community Care Physicians, P.C.,

the latest in preventive health care, treatment and procedures is par for the course.

Community Care Physicians has affiliations with every major hospital that services the area. Its 20 primary care locations, throughout the Capital District, and four free-standing medical

imaging facilities assure a fully integrated, multi-specialty use group practice expanding in the area.

The practice is multi-faceted and offers adult medicine, family practice, occupational medicine, pediatrics, urology and radiology.

The latest addition to the CCP arsenal is a surgical procedure called robotic-assisted laparoscopic prostatectomy.

"It has been in use in some places for four years. We added it in August," said Dr. Badar Mian, assistant professor of surgery for CCP's department of urology.

The procedure is used to remove cancerous prostates in diagnosed patients.

The surgery uses robotic arms and cameras to enter the body in isolated areas to remove the prostate with precision. Impacts to urinary and sexual functions, nerve and muscle damage and blood loss are nearly nonexistent. The operation is painless and recovery time is greatly increased, said Mian. Patients can be home resting the

day after the surgery, he said, and recovery follows.

When compared to traditional surgery, the outcome is typically the same, said Mian. But, in terms of the procedure, the robotic-assisted surgery allows doctors to reduce bleeding significantly, and provided a better three-dimensional "surgical field."

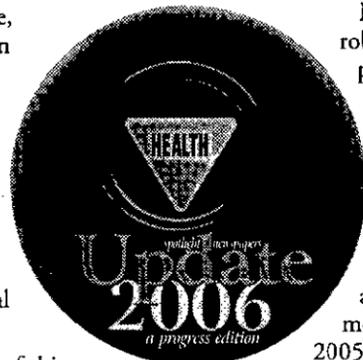
It is because of this that robotics are beginning to be incorporated into other procedures. In 2006, CCP physicians will begin to use the device to assist in bladder removal, or cystectomy. The same procedure can also clear up kidney obstructions associated with cancer of the bladder. So far, one or two practices are using robotics to perform the surgery, Mian said.

"For prostate cancer, this (pro-

cedure) is becoming a standard treatment; others (like the cystectomy) are still somewhat experimental," he said.

Making good on the robotic procedure's full potential, CCP kicked off a free prostate screening campaign in November. The goal is to screen 4,000 area men over 40, for the disease that affected over 87,000 men in New York in 2005.

The program requires a phone call, three to five minutes of paperwork and a five or more minute screening by a physician. If diagnosed, the new robotic assisted surgery takes little more than four hours. The following day most men can return to their homes.



## Products offer mobility

By **MARTY BANNAN**  
bannanm@spotlightnews.com

**F**or the past 17 years, Upstate Rehabilitation Products, a division of the Center for Disability Services located in Colonie on Karner Road, has provided people with the tools they need to increase mobility, communicate, play and work.

Services include assistive technology, invented or modified by on-site professionals, and assistance to families in acquiring strollers, wheelchairs or walkers, and customizing seating and other features to meet individual needs.

"We have always focused on high-end rehabilitation products for severely disabled people and are now positioning ourselves to have these products available to the elderly," said Mary H. Lisa, director of the division.

Upstate Rehabilitation Products provides custom and standard equipment, including power seating wheelchairs, patient lifts, pediatric mobility apparatus, specialty bathing items and ambulatory aids

"We are now advertising in senior citizen publications and are working with assisted living centers," Lisa said.

To help match customers with the proper equipment, Upstate Rehab has professionally trained staff on hand to assess each customer's needs. Customers can call and schedule appointments at any time.

"We are the only in-care equipment provider of its kind with a technician who is certified by the Rehabilitation Engineering and Assistive Technology Society of North America," Lisa said.

"Upstate Rehab represents numerous manufacturers, including Sunrise Medical Equipment and Invacare," Lisa said. "We serve customers subscribed to CDPHP, MVP, Blue Shield of Northeastern NY, GHI, Aetna, Fidelis, APA, Partners State Insurance Fund and others in addition to customers eligible for Medicare and Medicaid."

Upstate Rehab serves customers in a 15-county area. To better facilitate them, Lisa said her facility is exploring the addition of a showroom with a possible opening date later this year.

"With the type of equipment we offer, there are so many options and accessories that making the right choice is more complex than buying a car," she said. "Our staff is on hand to help each customer get what they need."

Center Commercial Services



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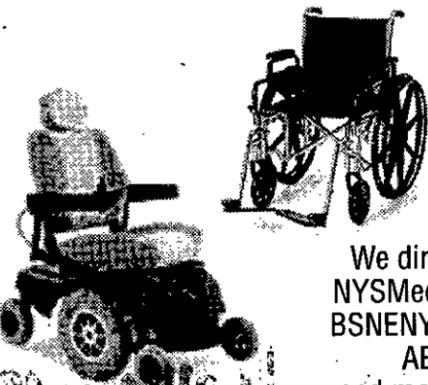
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## Robotic Prostate Surgery



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Hugh A. G. Fisher, MD  
Badar M. Mian, MD,**

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of Northeastern New York  
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262-3341**

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**Take time,  
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# The changing face of plastic surgery

It doesn't seem that long ago that when you thought of plastic surgery, you thought of celebrities being whisked inside a plastic surgeon's office through a private entrance, and emerging back into the public months later with no mention of surgery but with a noticeably improved appearance. Well, times have changed and so has plastic surgery.

It has become widely accepted and a frequent choice of ordinary men and women who want to improve their appearance and boost their self-confidence.

There have been remarkable advances in virtually all areas of plastic surgery over the last decade. New techniques have emerged that are far less invasive and that require much less "down time" than in the past.

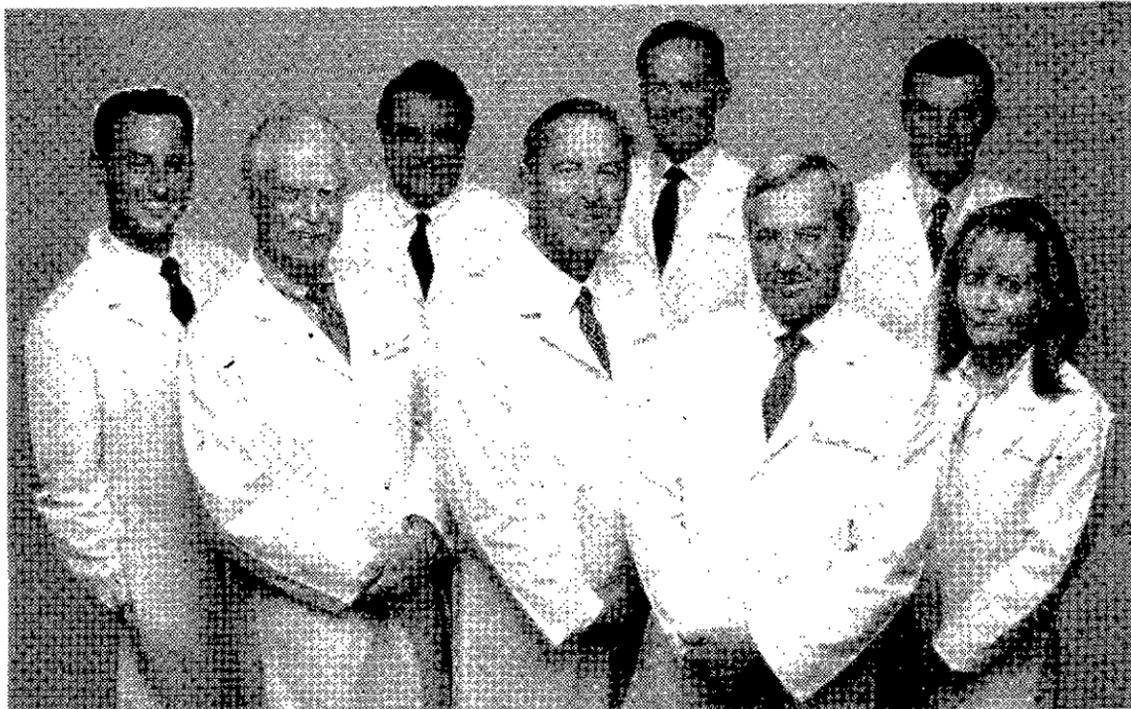
New procedures are available that can give men and women renewed confidence in their appearance. And there is a new awareness of the physical and emotional benefits that plastic surgery offers.

One of the most important first steps, if you are considering plastic surgery, is to choose a

surgeon with whom you feel comfortable. For almost 60 years — longer than most any other plastic surgery group in the entire country — men and women throughout the Capital District and the Northeast have turned to the plastic surgeons at The Plastic Surgery Group in Albany for the confidence of their years of experience and their remarkable talents. There is no substitute for experience.

The plastic surgeons at The Plastic Surgery Group include Dr. Gerald Coleman, Dr. Scott Macomber, Dr.

Steven Lynch, Dr. John Noonan, Dr. William DeLuca, Dr. Douglas Hargrave, Dr. Jeffrey Rockmore and Dr. Susan Gannon. They specialize in all types of cosmetic and restorative plastic surgery procedures. These range from office-based rejuvenating procedures such as Botox Cosmetic, lip enhancement and the latest advancements in laser wrinkle removal, to more comprehensive procedures such as eyelid surgery, forehead lifts, facelifts, nose reshaping, breast augmentation and lifts, breast reduction, body contouring after major weight loss, liposuction, spider veins, chemical peels — and many, many others. And while most cosmetic surgery procedures are considered elective by insurance



The doctors of The Plastic Surgery Group in Albany, from left to right, Dr. Jeffrey Rockmore, Dr. John Noonan, Dr. Gerald Coleman, Dr. William DeLuca, Jr., Dr. Douglas Hargrave, Dr. E. Scott Macomber, Dr. Steven Lynch and Dr. Susan Gannon.

companies and are not covered, up to 100 percent financing is available for many of the procedures at The Plastic Surgery Group. You can quickly and easily apply for financing online at [www.theplasticsurgerygroup.net](http://www.theplasticsurgerygroup.net).

There are also many new skin-care programs, products and procedures available to everyone at The Skin Care Center at The Plastic Surgery Group.

Some of these include rejuvenating facials, laser hair removal and personalized skin-care

programs designed by the group's experienced medical aestheticians.

One of the best ways to learn more about the changing face of plastic surgery is to attend the free monthly seminars at The Plastic Surgery Group's offices in Albany.

Body contouring seminars will take place Wednesday, Feb. 15, Tuesday, April 25, and Wednesday June 14. Facial rejuvenation seminars will be held on Thursday, March 23 and Thursday, May 18.

All of the seminars begin at 7 p.m. At these informal and informative monthly seminars, the plastic surgeons welcome questions and are available to speak with attendees privately. All who attend will also receive a certificate for a free formal consultation with one of the doctors.

The Plastic Surgery Group has offices at 1365 Washington Avenue in Albany.

For information, call 438-0505.

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Call Spotlight at 439-4949.

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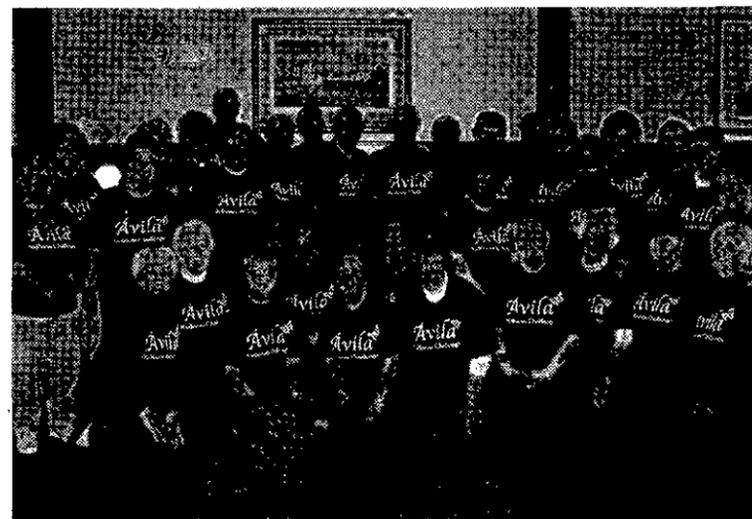
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## Avila's Wellness Challenge



These residents from the Avila retirement community for active adults completed the 2006 Wellness Challenge. They earned points for various activities from exercise classes, to healthy dinner choices to attending stimulating cultural or educational events during the month of January. These points could then be redeemed for a variety of items or services. As you can see, the experience was a lot of fun!

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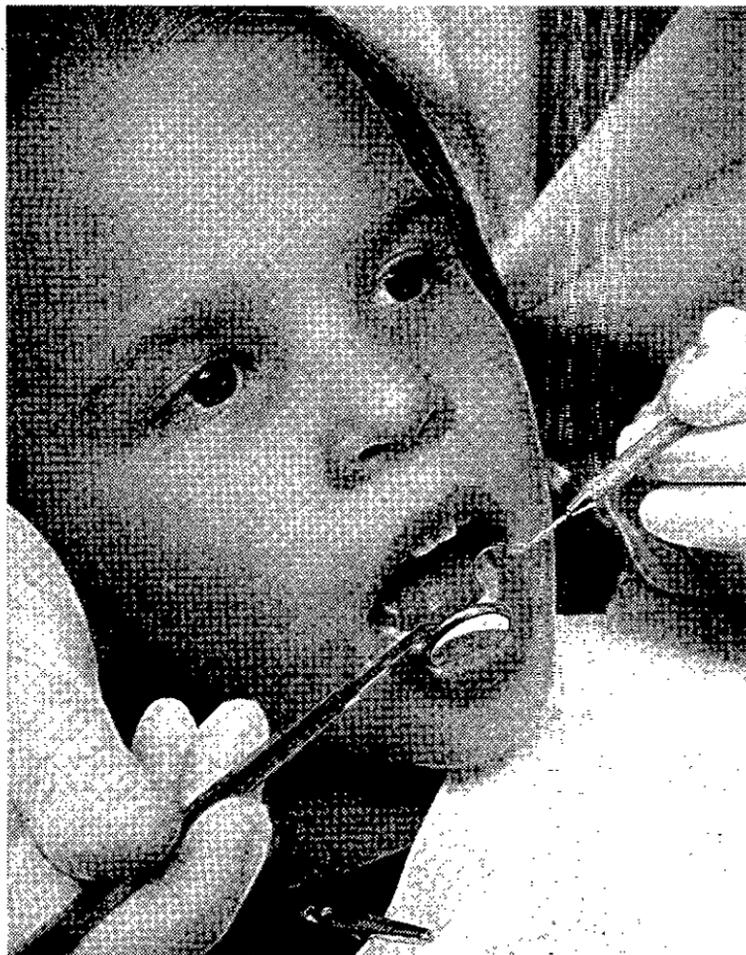
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FREE BODY CONTOURING SEMINAR: Wednesday, February 15th at 7pm • Register online, call 438-0505 or just stop by.



# Dentist customizes care

By DAMIAN PAGANO

Scientific advances have occurred in dentistry and, for people who need teeth repaired or replaced, false teeth and dentures are not the only options.

Dr. Thomas A. Abele, the founder and principal dentist at Delmar Dental Medicine, is a specialist in reconstructive and cosmetic dentistry. The practice does restorative work to repair or replace crowns and fillings, makes and implants natural looking tooth replacements, and provides a wide variety of cosmetic services including teeth cleaning and bleaching.

The practice serves about 5,000 patients per year, and also

has its own laboratory where technicians, including Abele's 92 year-old father Harold, mold and make customized dental implants, bridges and crowns.

"All the work is customized, and everything is done right on the premises," Abele said. "The lab is a great service for our patients, and it saves them a lot of time."

Dental implants are for people who have lost a tooth, and are a "viable alternative to a false tooth or dentures" for people who need reconstructive dental surgery, Abele said. The implants are made of ceramic, porcelain or zirconia (the same stuff as fake diamonds) but they have a titanium root that is planted in the patient's jaw. Abele said

dental titanium is the same material that orthopedic doctors use to make replacement knee and hip joints:

"It works for them, it works for us," he said.

Cosmetic dentistry is for people who want to improve the look of their teeth, be they chipped, decayed, stained or discolored. Abele and his staff can replace or repair damaged teeth, replace old silver fillings and prove a wide range of other smile-brightening services. The practice also offers a wide range of surgical and periodontal procedures.

Delmar Dental Medicine has been open for 36 years, the past 21 of them at 344 Delaware Ave. in Delmar. The office is open Monday through Thursday from 8 a.m. to 5 p.m. and Friday from 8 a.m. to 3 p.m. Delmar Dental Medicine can be reached at 439-4228 or on-line at delmardental.com.



## 911: Mohawk Ambulance responds

Mohawk Ambulance Service has grown tremendously since its establishment in 1964 and now serves Albany, Saratoga, Schenectady and Rensselaer counties. Mohawk's 24-hour, seven-day-a-week central dispatch center provides emergency medical and 911 services to all residents in these counties. Mohawk Ambulance Service has contracts with area hospitals, nursing homes and other organizations, and can be called upon for hospital and nursing home transfers as well as for local and long distance transportation.

Because emergency medical needs vary, Mohawk's fleet of 28 ambulances features a variety of capabilities including advanced cardiac life support (ALS) unites,

emergency medical transport, specialized wheelchair coach, and neonatal intensive care unit.

Certified by the American Heart Association as a community-training center, Mohawk offers health care providers training courses in provider level CPR, pediatric CPR, advanced cardiac life support (ACLS), pediatric advanced life support (PALS) and first aid. Mohawk also offers CPR training classes to the community.

If you have questions or comments, please call Mohawk's business office at 346-5060, or stop by Mohawk's open house on Saturday, Feb. 25 from noon to 4 p.m. at its Brunswick station, located at 42 Brick Church Road.

Got advertising?  
Call Spotlight at 439-4949.

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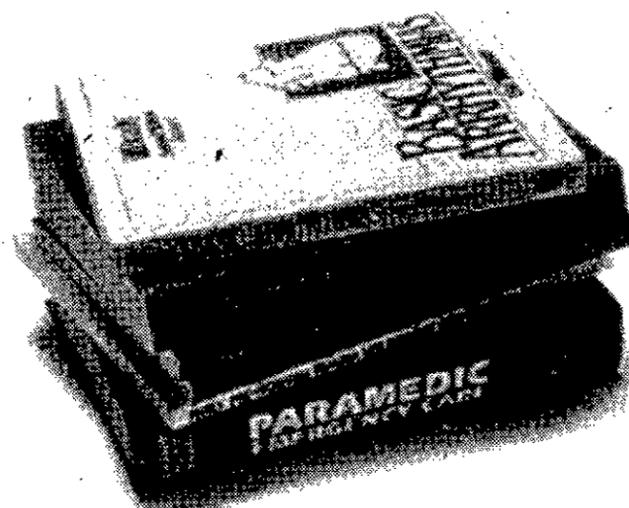
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# Dr. Dad course at Bellevue

By DAMIAN PAGANO

Are you a father and clueless about what to do when your child is sick or hurt?

*"I think it will be a good opportunity for fathers to obtain information and talk with other fathers about parenting."*

Linda Conklin

Do you take the "tough-it-out" approach when your child comes home with a cut, sprain or scrape? Do you tell the little one that, "What does not kill you will only make you stronger"?

If the answer to any of the above questions is yes, then maybe Bellevue

Woman's Hospital's upcoming "Dr. Dad" course is for you.

The hospital in Niskayuna will offer its Dr. Dad course on Monday, March 6 and Monday, March 13 for fathers of infants and toddlers. The course will teach men how to deal with the health and safety needs of their children, according to program coordinator Linda Conklin.

Registration is open, costs \$25 and a spot in the course can be reserved by calling 346-9410.

Conklin said the course will feature interactive workshops. Fathers will learn how to promote safety at home and what to do when a child is sick or injured. Dr. Phillip Pam, who is a neonatal specialist and a father, will teach the course and convey "basic knowledge that will enable fathers to handle whatever medical situation arises," Conklin said.

"It empowers fathers to be actively involved in their child's well-being and safety," she said.

Instruction will include

pointers on basic first aid, how to build a first-aid kit for the home and how to "child proof" the home."

The course will also impart knowledge on how to avoid and deal with common health risks for children, such as: poisoning, drowning and choking. There is a social aspect as well.

"I think it will be a good opportunity for fathers to obtain information and talk with other fathers about parenting," Conklin said.

The program is new this year, and is designed to help fathers take an active role in their children's health. Although many do, some fathers also leave that responsibility to the child's mother, Conklin said.

"It just seemed to be a natural to find a program for expectant and new dads," Conklin said.

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



## Bethlehem Pediatrics carries on the tradition

We are the continuing the tradition begun by the former Delmar Pediatrics at 785 Delaware Ave. in 1968 by Tullio R. Mereu, M.D. Come to visit our office, meet the staff and enjoy with your children the kind of care we are committed to deliver.

Dr. Jonathan Pasternack leads the team and has served the community at 785 Delaware since 1971. Board certified in pediatrics and a fellow of the American Academy of Pediatrics, he also holds a master's in public health degree. His practice interests include general pediatrics as well as the treatment of attention deficit hyperactivity disorders and mental health problems in children and young adults.

Dr. Padma Adi, a graduate of the pediatric residency program at Albany Medical Center, practices general pediatrics. She is the mother of two young sons, and has a warm and cheerful demeanor that both parents and young patients appreciate. Dr. Adi offers an alternative for our patients who are more comfortable with a female practitioner. She also works with Dr. Sue Pinapati of Guilderland.

Kathleen Bain-Bush, F.N.P., is our nurse practitioner and brings special talents to our practice. She has a master's degree and is deeply knowledgeable about nutrition and eating disorders. Her plans are to see pre-teen through college age

patients, and she will also be available for consultations related to nutritional issues. If you are worried about a child with unusual weight gain or loss, or erratic eating habits, call Kathy.

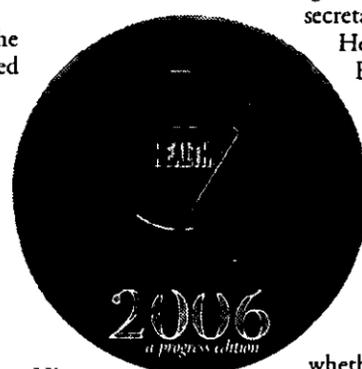
When you call our office, you will be greeted by one of our secretaries—Michelle, Heather or Tammy. Expect a warm greeting and prompt response to your needs, whether you are calling for a prescription renewal or an appointment.

Not sure whether you need to come in or just want a word of advice? Talk to one of our nurses—Meg, Joanie, or Traci. They will sort out your needs and help you to decide if an office visit is indicated.

Of course, there is Scamp, official greeter and canine play therapist—available daily to accompany your child through any appointment or just for a hug. He does like to chase a ball in the waiting room. Ask for him by name.

Please feel free to speak with our office manager, Theresa Deyoe, or our nurse-manager, Meg Calhoun, about any concerns you may have regarding your visit to our office. We rely on the input of our patients to assist in making our practice ever better in meeting your children's needs.

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## Expect the best.

Bellevue Woman's Hospital recently earned its second straight 5-star rating for excellence in maternity care from HealthGrades, a national source for healthcare information. Bellevue is the only 5-star rated maternity provider in the Capital Region, and in the top 15% of hospitals nationwide.

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and support staff of people who know you and who care about your family  
Theresa Deyoe, Office Manager  
Michelle Sadowski, Asst. Office Manager  
Heather Wolodkevich, Meg Calhoun, Nurse Manager  
with Joan McTeague and Tracy Emmi and Scamp

THIRTY-FOUR YEARS AND COUNTING

## News or views?

The Spotlight Newspapers welcomes announcements of programs or events occurring in our local coverage areas. All announcements should include the date, time, location and cost 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 P.O. Box 100, Delmar, 12054.

The Spotlight Newspapers also welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length. All letters must include the writer's name, address and phone number. Spotlight Newspapers also welcomes longer opinion pieces for the Point of View section. For information about on submitting a Point of View, call 439-4949.

# One-stop dental care

By STEPHANIE LUBIS

From aromatherapy pillows to soothing music, the dental office of Gary L. Nelson, D.M.D., in Delmar is dedicated to providing patients with the utmost in comfort.

"We think our atmosphere is unique, and it helps patients to relax," said manager Chrissy Testani, who is also Nelson's daughter. "We take pride in having a practice that is gentle, comfortable and friendly."

Nelson has been practicing for 34 years in the Delmar area and it remains a private, family-owned practice. Nelson, his wife and their three children have all been involved in the practice since its inception. A full range of services are offered, from cosmetic work to general dentistry to orthodontia.

Appointments are encouraged, but walk-ins are welcome and the staff is usually able to fit patients in quickly. For emergencies, Nelson is always on-call.

"It's a one-stop shop for dental care," said Testani.

A homey atmosphere with flowers and soothing music also helps patients to relax. Patients have the option of listening to music on headphones to help keep calm and can bring their own musical selections or choose from the practice's collection. Televisions are also available, and blankets and heated aromatherapy pillows are provided to help with comfort.

Dr. Nelson's practice has recently upgraded to digital technology with X-ray radiography, which means less radiation and a quicker and easier process.

"Better technology means better diagnostic tools," said Testani.

Better technology also means a

shorter wait for insurance checks, said Testani. E-mailing X-rays to insurance companies instead of using regular mail or having the patient pick them up significantly reduces the waiting period, meaning patients get reimbursed more quickly.

Nelson's office does not take insurance; however, the office does submit forms to insurance companies, which reimburse the patient directly.

Individualized care is the cornerstone of Nelson's practice. As a local neighborhood practice, the staff has gotten to know patients, and Nelson always sees patients on time.

"Some patients come in and actually want to read the magazines, but there is no time," said Testani.

A staff that gets along well is another attribute of Nelson's practice.

"We really like coming to work," said Testani. "We work as a team, and that positive attitude spills over onto how we treat our patients."

Nelson's practice has grown in the last year, said Testani. A boom in the area housing market means many more first time patients.

"A lot of dental patients are becoming consumers, hopping around and seeing what works for them," said Testani. "There are a lot of people moving in the area, and we've had a lot of new patients. We've had good feedback from patients."

The dental office of Gary L. Nelson is located at 274 Delaware Ave. in Delmar. Office hours are Monday through Thursday, from 8:30 a.m. to 5 p.m. The phone number is 439-9994. Visit the Web site at [www.garynelsondmd.com](http://www.garynelsondmd.com)

# Kingsway offers living services

Contrary to what many people believe, making a move to a senior community can ensure that a person is able to remain independent, and living at Kingsway community in Schenectady provides many services and housing options that not only remove the burden of responsibility, but add to the quality of life.

At Kingsway, there are close to 500 residents, and all of them are 60 or older, taking advantage of three different levels of care.

"It's a lifestyle they have earned," said Jean Barnoski, director of marketing/sales at Kingsway.

"People living here have the freedom to do what they want without the maintenance of a home, which gives them the time to relax and enjoy life."

Kingsway is owned and operated by the McPartlon family and was established in 1975. It offers three buildings of independent living apartments on a 25-acre campus, each offering different services.

In addition, there is an assisted living facility and a nursing home.

Court Apartments offer medium sized one-bedroom

apartments without additional services. Parkland Garden Apartments offer spacious studio, one-and two-bedroom apartments with services such as housekeeping and meals included in the rent. Finally, the Village boasts luxurious one-and two-bedroom apartments

socials, as well as local trips for lunch and shopping.

Located in a residential area on Kings Road in Schenectady, Kingsway's philosophy is "caring in the family tradition."

"We care for every individual, and we value and support independence and continued development of our residents," Said Barnoski. In addition to assisted living and the nursing home, Kingsway also offers rehabilitation services, adult day services and respite care.

The rehabilitation service allows a resident to recover in a place that fosters peace of mind.

Adult day services are

and are offered with one, two or three meals a day, weekly housekeeping and linen service.

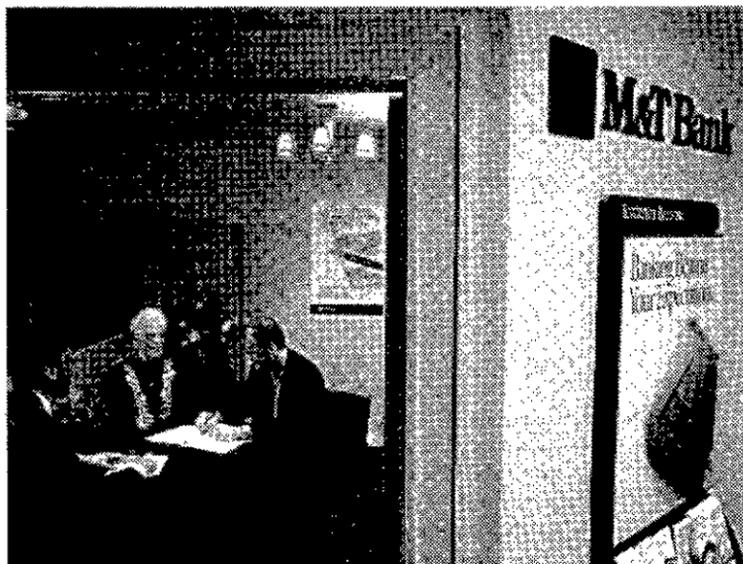
All housing plans include 24-hour staffing, ongoing maintenance, scheduled activities and transportation, as well as a full-service bank, fitness room with personal trainer, miniature golf and a movie theater to show films popular with the residents.

There is also a busy activity schedule that includes bridge, tai chi, a walking club, bingo, guest speaker and wine and cheese

offered for \$42 per day to non-residents who want to take part in the activities and service at Kingsway.

Respite services are available for individuals to live at Kingsway for a short period of time - one to six weeks - if their primary caregiver will no be available. The cost of this service is \$126 per day.

"Our goal is to offer peace of mind," said Barnoski. Kingsway Manor Assisted Living is located at 323 Kings Road, Schenectady. The phone number is 393-8800.



Kingsway community in Schenectady offers services and comfortable housing options for close to 500 senior citizens on its 25-acre campus. Kingsway offers 24-hour staffing, scheduled activities and transportation as well as an on-site full-service bank and movie theater. Above, Kingsway's bank.

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**5,000**  
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Residents living on our 25-acre campus

**440**  
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**59**  
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**3**  
Levels of care in the Kingsway continuum

**#1**  
Choice for retirement living



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

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# Delmar Place adds unique service for area veterans

By DAMIAN PAGANO

During the past few months, the staff at Delmar Place has offered a service to people that is not commonly available at other assisted living facilities.

*"For somebody to try and get this benefit anywhere else is a nightmare."*

George Scala

The company hired a consultant to research and obtain the Aid and Allowance Benefit for veterans and surviving spouses of veterans who qualify for it.

The benefit can help defray the cost of assisted living, but can be difficult to obtain, according to Delmar Place Executive Director George Scala.

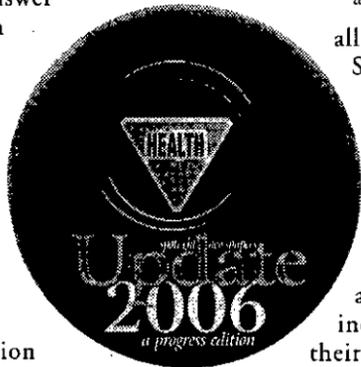
"For somebody to try and get this benefit anywhere else is a nightmare. The forms are complicated and confusing,"

Scala said. "Our consultant takes that burden off the families. Within 24 to 48 hours, people will know if they qualify for that benefit or not, and having that answer helps families with their financial planning. It also opens up our community to a whole population who otherwise could not afford to live here."

Delmar Place has been in operation for the past several years. It has 94 apartments and offers its residents a wide range of services and amenities designed to make life in retirement as comfortable as possible. Weekly housekeeping services are provided, as is transportation to and from appointments. Cable television and high-speed Internet service is provided for all residents. Licensed professional nurses are on duty 24 hours a day.

Residents can also enjoy a wide variety of social, educational, cultural and spiritual activities, and can take meals three times per day in a restaurant-style setting that is

very flexible with seating arrangements and serving times. All the services are included in the Delmar Place's monthly rent.



"Our rates are all inclusive," Scala said. "Anything that is provided here is included in the rent, and people don't have to worry about their rent increasing as their care needs change."

Delmar Place is located at 467 Delaware Ave. in Delmar on a park-like 6.7 acres next to the Bethlehem Public Library. Rents start at \$2,800 per month for studio apartments and \$3,550 for one-bedroom apartments. The facility also offers short-term "respite" stays for \$175 per day.

For more information about Delmar Place, call 434-4663 or e-mail [info@delmarplace.com](mailto:info@delmarplace.com).

# Planet Fitness fits your budget

By JIM CUOZZO

Dave Leon has been bodybuilding his whole life and has owned fitness clubs ever since he started one in his garage in the early 1980s. While training for the Mr. America title in 1989, he built a gym in his garage, depositing money from a coffee can to help in the purchase of new equipment. Soon, 20 lifters began training with Leon in his garage and there was \$1,000 in the coffee can. With that money, Leon made a deposit on property in Schenectady on State Street to open his first gym. Within two years he had 400 members.

Planet Fitness has now entered his life, and Leon is now the owner of three Planet Fitness Clubs in the Capital District in Delmar, Rotterdam, and Loudonville. With 20,000 members enrolled, Leon believes his fourth fitness center set to open in May in Clifton Park will put him over 30,000 members.

"We cater to the average person, the people who are not heavy fitness people," says Leon. "We have a clean gym with new equipment and lots of it where everyday people work out."

It only costs \$15 to become a

member and as Leon puts it, there are "no contracts, no commitments, no high pressure sales."

"A membership allows you in to any location with unlimited hours, free training and hundreds and hundreds of kinds of exercise equipment including cardio, elliptical, the whole works," said Leon.

Planet Fitness clubs originated in New Hampshire with two brothers who marketed the product with the company's trademark purple and yellow colors and a slogan that goes with their workouts called "Judgment Free Zones."

"We cater to the average Joe, one tour and you're sold," Leon said.

Leon has the sole Planet Fitness franchise in the Capital District and expects to grow the business to 10 locations soon. Leon was named Schenectady County small businessman of the year shortly after his own first club called "Body Dynamics" opened in 1989. His clientele is mainly in the 35-55 year old age group and he builds most fitness buildings he owns. "We are a huge brand name with a huge market and because of that we are attracting all kinds of people," Leon said.

# Cancer treatment at home

When the diagnosis is serious, it's good to know that there's help nearby.

Providing quality cancer care is the mission of New York Oncology Hematology, P.C. Formed from the merger of 45 doctors in 12 locations within an eight-county area that runs from Amsterdam/Johnstown to Hudson and includes the entire Capital District, this medical practice provides state-of-the-art cancer care, right here at home.

Providing a high level of care starts with providing comprehensive care. That's just what New York Oncology Hematology offers, bringing together the latest scanners, most sensitive diagnostic tests, newest radiation treatment, and everything in between—everything, in fact, that many people think they can only find at a hospital.

"Previously, people went to Boston or New York City for treatment, but now that our practice has installed the most advanced equipment, we can provide the same level of treatment with much greater comfort and convenience for our patients," explained Diane Guillerm, one of the practice administrators for New York Oncology Hematology. "Not having to make a long drive or even hike through a large parking lot makes a huge difference for those who are dealing with this disease."

Indeed, New York Oncology Hematology's 12 locations include four cancer centers, fully equipped with cutting edge equipment such as a full diagnostic laboratory, and new linear accelerators for use in radiation treatment. The practice's affiliation with U.S. Oncology, a large national management company, also gives it access to the latest

research studies, which may make patients eligible for earlier treatment from the newest medications and experimental protocols.

While equipment, research and experience are important components of providing cancer care, New York Oncology Hematology also places a priority on one other equally important element: compassion.

"We treat each patient as an individual, realizing that you can have 10 people with the same disease and it can affect each person differently," said Nancy Izzo, practice administrator. "We work to care for each person in every unique aspect of their disease."

That's why it's routine for nurses to spend extra time doing everything from supporting family members to accommodating special, non-medical needs. Recognizing an increasing need for patients and family support services, both financially and emotionally, the physicians and staff of New York Oncology Hematology founded the Capital District Cancer Resource Foundation. They donate their time and talent to help patients with the activities of daily life during treatments. This support helps reduce the stress of maintaining daily routines during treatment and contributes to maintaining dignity and quality of life. The proceeds are used to help patients take care of the unexpected extras such as grocery money, cab fare to reach treatment, or other important but often-overlooked needs.

Combining that kind of compassion with the cutting-edge treatment is what cancer care is all about—and it's what New York Oncology Hematology does every day, with every patient. For more info, visit [www.nyohpc.com](http://www.nyohpc.com).

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(From Page 1)

and cardiovascular disease, not to mention breathing and sleeping issues. Brand said poor self-esteem is often a side effect of being overweight for teens.

Brand said he looks at the child's body frame and height rather than just the weight to determine whether he or she is overweight. Regular checkups allow for a consistent tracking of the child's growth, and it is that trend that must be examined, he said.

"Parents have no idea about what a normal healthy weight is," said Pasternack. "Their image of a healthy child is an overweight child. Parents feel they are malnourished if you can see their ribs."

Most parents are overweight, he said, with many being severely overweight.

"I try and give the kids a basic understanding of how we gain weight," said Brand of his discussions with teenagers. He reviews energy expenditure, use of calories, and food intake. Often a referral to a nutritionist is helpful. Noting that more than one person in the family is typically overweight, Pasternack suggested that the adults in the family serve as role models for the teen.

"Kids often do better when they focus on not gaining weight rather than losing weight," he said. "The goal isn't a target weight but a target lifestyle."

Pasternack added that changing dietary habits and small increases in activity levels can begin the process.

"It is the little changes, sustained, that make a big difference," he said.

**Skin safe**

Younger adults, whether vaccinated or not, overweight or within the accepted guidelines, should be concerned about their skin. Dr. Jerome Hill of Capital District Dermatology of Albany said, "Over half of all new diagnosed cancers are skin cancers. There will be over one million new cases of skin cancer diagnosed in the US this year."

Hill noted that one in five Americans will develop some form of skin cancer during their lifetime, with one in 34 developing the most serious form of skin cancer, melanoma. With statistics like those, Hill and the Skin Cancer Foundation encourage people to reduce their risk of skin cancer by

utilizing sunscreens with an SPF 15 or higher; avoiding the sun during the peak hours of 10 a.m. and 4 p.m., wearing wide-brimmed hats and sunglasses, and clothing that offers more coverage of the skin.

"The best sunscreen is a broad-spectrum sunscreen that blocks both UVB and UVA exposure," Hill said. Experts from the Skin Cancer Foundation added that



proper application of sunscreen is important, too. Sunscreen should be put on before moisturizers, and that every 90 minutes, an ounce of sunscreen should be reapplied over the skin. Don't skimp: one ounce is equivalent in size to a golf ball.

No one is immune to skin cancers, but those with higher risk include the fair skinned, with light eye and hair color, as well as those with a history of excessive sun exposure. Caught early enough, all three types of skin cancer, basal cell (the most common), squamous cell, and melanoma, have high survival rates; however, those skin cancers caught in the latest stages have very low survival rates. The Skin Cancer Foundation recommends a monthly self-exam.

"Remember the ABCD's of skin cancer," Hill said. "Asymmetry, border irregularity, color and diameter are all indicators of a possible problem."

By examining their skin on a regular basis, people will be more apt to notice the small changes to their moles and skin pigment. The scalp, the area behind the knees, and the genital areas are all common places for skin cancer that often are forgotten about when completing self exams.

If a change is noticed, individuals should talk to a dermatologist right away. The Skin Cancer Foundation recommends that everyone see a dermatologist annually for a professional examination.

"Approximately 105,000 new cases of melanoma will be diagnosed this year," said Hill. "The increased incidence of skin cancer is thought to be related to increased sun exposure. Five or more sunburns will double your risk of developing skin cancer."

**Keep smilin'**

So while lying out on the sun

should be a dying trend, dentists are noting that more middle-aged people are coming in for cosmetic and orthodontic work.

"We see a lot more focus on cosmetics," said Chrissy Testani, practice manager for Gary Nelson, DMD in Delmar. "When you reach middle age you can focus more on yourself. You can spend more time and money on yourself."

"Dentures are not automatic," she said, noting many people are seeking implants rather than the traditional dentures. Implants are cosmetically more attractive and provide more comfort for the patient, Testani said. Other examples of cosmetic work are teeth whitening, resurfacing the front side of teeth, as well as minimizing broken teeth using bonding or porcelain veneers. Cosmetic surgery generally is paid for out-of-pocket by the patient and not by insurance carriers.

While orthodontic work is typically thought of for teenagers, Testani and Dr. Geoffrey Abele of Delmar Dental note that older people often require orthodontic work when previous work needs to be replaced or has relapsed. In addition to repairing old restorations, Abele said periodontal disease is another common problem in middle age, one that often results in the loss of teeth. Abele said regardless of age preventive care is important. That includes routine dental care and good hygiene habits.

"Maintaining the health of your teeth allows you to keep your teeth longer," said Testani. "Periodontal disease never fully goes away but we can maintain it."

Sometimes that requires increased visits to the dentist beyond the regularly recommended every six months.

**Staying independent**

Periodontal disease is the least of numerous concerns for the 60 and over population. Christina Sowl with the Saratoga County Office for the Aging said the elderly population is most concerned about their ability to remain independent.

"Above all else they want to stay in their home," said Sowl. Seniors often believe that staying in their own home makes them independent, but it's possible that the opposite is true. Although moving to independent senior apartment homes can be a difficult decision to make, Kate Spiller, spokeswoman for Beltrone Living Center, said people are usually happy when the move is completed.

"I have yet to meet one person who has regretted the decision," Spiller said. "Many people wish they had done it sooner."

Spiller and Sheri Van Orden of Avila, another local independent living retirement community, report that seniors find they gain independence when moving into the apartments. Both facilities take care of housekeeping, maintenance, meals, and transportation. They also offer a host of social events and the opportunity to establish relationships with other seniors.

"They've got more control," said Van Orden of seniors' lifestyles

after they move. "They don't have to worry about depending on someone else."

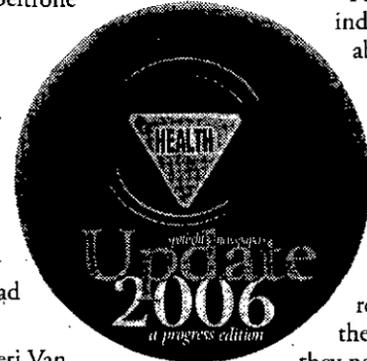
Similarly, residents at the assisted living residence Delmar Place gain independence almost immediately, said Executive Director George Scala. Scala said that while not everyone needs medication management or assistance with personal hygiene matters, those two components make a large difference in an individual's life.

"For someone who needs those services, living in our community provides more independence for the individual than they would have on their own," said Scala, who noted that without assistance individuals in their own homes are often unkempt, don't eat or take medications regularly and don't get much socialization. Additionally, visits with family members tend to focus on completing the senior's chores or discussing food and medications.

"People not only gain independence but are able to live life in a higher quality," said Scala.

Noting that not all residents of Delmar Place need the assisted living services, Scala said the residents choose the level of service they need with the range being broad enough to include one service or all of them.

Scala said assisted living programs have been around for a while but demand for them is increasing because the elderly population is increasing. Spiller and Van Orden predict baby boomers will not only flock to these types of assisted and independent living communities but will make the choice to do so earlier than their parents.



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# St. Peter's helps stroke patients recover

Jean Cicio, who suffered a stroke while she was asleep, made a remarkable recovery at St. Peter's Hospital, designated a stroke center by the state Department of Health.

When Cicio was rushed to the hospital by ambulance, she could think and speak clearly, but could neither walk nor use her left arm.

Only six weeks later, she went home after making rapid progress through St. Peter's rehabilitation program. By continuing her physical therapy through St. Peter's Home Care program, in another month she was striving toward independent

walking in the community, doing a lot of the routine daily activities and using her affected arm.

"The therapy there is excellent," she said. "I'm walking now and I can dress myself. I worked hard because I wanted to get back to my job and my garden."

At 60, Cicio is younger than most stroke victims. Dr. Jonathan Cooper, St. Peter's chief of rehabilitation medicine, said she made a substantial recovery in a short time through physical and occupational therapy.

A stroke occurs when a blood

vessel that carries oxygen and nutrients to the brain is either blocked by a clot, or bursts. Because that part of the brain cannot get the blood (and oxygen) it needs, it starts to die unless treated promptly.

St. Peter's array of services includes an acute stroke care team beginning in the emergency department and in

the stroke unit; designated acute care beds for stroke patients; state-of-the-art neuro-diagnostic services; and a full continuum of rehabilitation levels of care.

St. Peter's also provides periodic stroke screenings and information programs for the public. In 2004, St. Peter's treated approximately 300 patients for strokes.

In 2000, the independent Solucient Institute named St. Peter's among the 100 top hospitals in the nation for services to stroke patients.

St. Peter's is the only hospital in the Capital District (and one of four in New York state) ever to receive this Top 100-stroke designation.

According to the American Stroke Association, someone dies of stroke about every three minutes. With 163,000 deaths a year, stroke is the third leading cause of death,

behind heart diseases and cancer.

In the four-county Capital District, 2,031 residents were hospitalized for stroke in 1999 and 297 people died from strokes, according to the state Department of Health.



Jean Cicio hits a balloon at St. Peter's as part of therapy with John Bogardus of Delmar, a certified occupational therapy assistant.

*"The therapy there is excellent. I'm walking now and I can dress myself."*

Jean Cicio



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# Pediatricians are part of the community

**D**elmar Pediatrics may be in new offices, but the doctors who work there have brought with them decades of experience.

Dr. Michael Looney opened the practice with three of his colleagues, Dr. Holly Swanson, with whom he has worked for more than a decade; Dr. Jennifer Lerner and Nurse Practitioner Veronica Armbruster. Looney

himself has 17 years of practice under his belt.

Looney said the goal of Delmar Pediatrics is simple.

"Our goal is healthy, happy children and loving families," he said.

To that end, the practice provides a vast array of services, including well care, immunizations,

developmental screening and follow-ups, emotional support, and dietary guidelines. They even see patients on the weekends.

As pediatricians, the doctors see children from birth through college and sometimes even beyond that.

The four practitioners at Delmar Pediatrics have school-aged children of their own, so they know firsthand what parents have to go through when coming to their office.

"If you're a pediatrician and a parent, you have a greater insight into people," Dr. Looney said. "Those of us who have stayed up all night with a sick child are very different than hearing someone say they've been up all night."

"I think in pediatrics you have to treat people like you would want them to treat your own children," he said. "You can't treat it like a business. You're a pediatrician 24 hours a day."

Each of the practitioners is active in the community as well, and they sponsor local youth sports



"If you ask our patients, they love coming in to see their own doctor, and the best measure of a pediatric practice is word of mouth from the patients themselves," he said.

For Looney, that is only one of the joys of his profession.

"I get to see children coming back to see me, of patients that I've watched grow up," he said.

"There's always something new and different. I always have to learn new things."

The practice itself is off to a good start as well.

"The four practitioners are extremely happy to be here in our new facilities," Looney said. "Our patients seem to really enjoy the new offices and we look forward to continuing our practice and our care into the future."

Delmar Pediatrics is located at 1220 New Scotland Road in Slingerlands. For information, call 439-2273.

*"I think in pediatrics you have to treat people like you would want them to treat your own children."*

Michael Looney

## Look good, feel better

**E**dwin Williams, III, MD, FACS, board certified and nationally recognized facial plastic surgeon, introduces the Rejuva Center medical spas located within The Williams Center for Excellence at 1072 Troy-Schenectady Road in Latham, and a recently opened second location on 18 Congress Street in downtown Saratoga Springs.

The Williams Rejuva Centers offer several non-surgical and minimally invasive facial rejuvenation procedures that require little or no down time and can take off years in a matter of minutes. Services include Botox® and Restylane®, as well as Radiesse, medicated skin creams, medical facial peels and laser treatments for hair removal, rosacea, spider veins, hyperpigmentation and collagen stimulation. All treatments are administered by a highly trained nurse practitioner and cosmetic nurse specialists under the direction of Dr. Williams.

Botox® Cosmetic is a natural purified protein that works by blocking the transmission of nerve impulses to the muscles that cause facial lines and wrinkles. A very low dose is administered that only affects the treated area and does not travel throughout the body. Botox® normally lasts for approximately three to four months and can be used to treat forehead wrinkles, furrows between the brow area, smile lines, fine lines around the lips and chin wrinkles. Treatment takes about 30 minutes and effects are noticeable within three to four days. Patients usually do not experience any side effects or down time. Williams has been recognized by Allergan, the maker of FDA-approved Botox® cosmetic, as a leader in the field of cosmetic surgery and refers clinicians to The Williams Center for Excellence for teaching and training.

While Botox® works to relax underlying muscles that cause facial wrinkles, Restylane®, a gel that is injected into the skin, adds volume to lips and fills in wrinkles and folds. Restylane®, is made up of hyaluronic acid, a naturally occurring substance found in the joints of the body. Hyaluronic acid attracts and binds water molecules which add more volume and act to "plump" facial wrinkles and enhance lips. Depending on the area treated, Restylane® can last up to six months and no pre-testing is required, since hyaluronic acid is found naturally in the body. Treatment takes approximately 45

minutes and patients may experience slight swelling for 24 to 48 hours after treatment.

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# Village living suits seniors

Rooms won't be available until July 1 this year.

However, the development firm heading the Hearthstone Village senior housing complex has nearly filled the first of three buildings to be built already.

Just off Watervliet Shaker Road in Latham the village began to take shape early last year after an anticipated groundbreaking by Colonie area seniors and developers.

Troy-based United Group Corp. is heading the village operations.

Even before cement had been poured, and steel and iron had been erected, nine leases of the Hearthstone Village had been signed. Since breaking ground, company representatives have met with dozens of families looking to relocate to the facility.

"It's a whole new idea of senior living. It's a village concept, being that the residences are nestled around a (centrally located) clubhouse," said Kate Spiller, United Group director of marketing. "It's three little neighborhoods in one larger community."

Hearthstone will offer 144 living units among three, three-story buildings holding 48 apartments each. Apartments range from 697 square feet to 1,082 square feet. Units include one bedroom with one bathroom, and a two bedroom with one or two baths. Each unit is equipped with hot water, heat, a patio or balcony, central air and a fully applanced kitchen. Tenants need only to pay rent, ranging from \$950 to \$1,525, depending on apartment size, and electricity.

The village is the product of years of studies about area senior populations.

In its initial planning stages, Hearthstone developers conducted

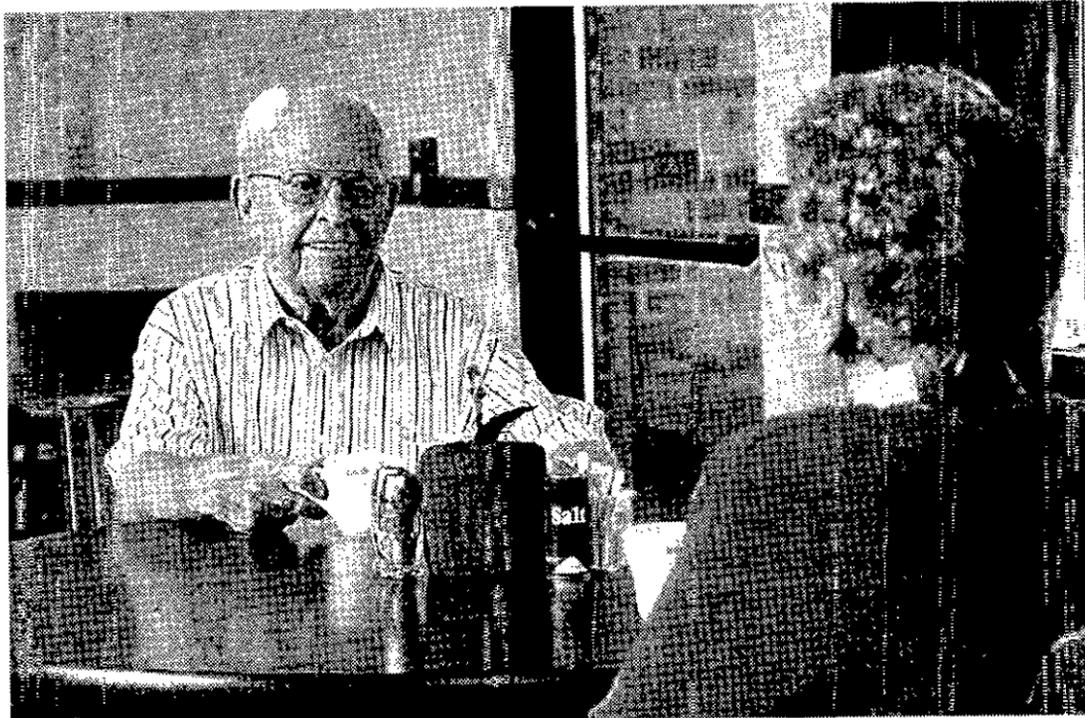
a demographic study of Colonie and developed the village and amenities based on that information. Based on the information gathered, developers decided to place the village near older Colonie developments where residents are approaching retirement age. The village is filling a niche in the town.

According to the Colonie Senior Services Department, 31 percent of Albany County's senior population calls Colonie home and those number are on the rise. The high number of retiring seniors prompted the town to look into housing options for its elderly. Hearthstone's answer was through the multifaceted village that assures senior independence, and comfort, said Spiller. The village is best suited for active independent adults, age 62 and over, who will want to make use of the amenity rich environment.

Through a community building, the senior complex will offer various programs, from fitness to education. Equipped with conference and media rooms, fitness center and locker rooms, the community building will serve as the staging ground for financial and legal advice, recreation and safety seminars, and dozens of workshops accompanied by on-site assistance. The complex also features an indoor heated lap pool.

The village is located at 626A Watervliet Shaker Road. Apartments will be available to adults 55 years old and up. In June 2006, the first unit will be available for tenants. Completion of the two other units and community building will be staggered by two to three and a half months after completion of the first.

To talk to a Hearthstone representative about leasing one of the village's apartments, call 687-7393.



## Center for Preventive Medicine

Do you want to lose weight not just with a temporary diet but with a more permanent lifestyle change? Do you want to prevent diabetes mellitus without drugs? Would you like to treat sleep apnea without surgery? Would you like to minimize the use of medication, but have no medically trained person to guide you in a responsible way?

If the answer is yes to any or all of these questions, you might want to consider the Center for Preventive Medicine.

For the past seven years the Center for Preventive Medicine, under the direction of Paul E. Lemanski, M.D., has offered a cutting edge diet, lifestyle and exercise approach to complement the regular care you receive from your own physician. Offices are conveniently located in Kingston, Albany, and Glens Falls and as part of Prime Care Physicians, P.L.L.C. you can be assured of the highest scientific standards and a complementary approach which is based in the medical evidence of the most successful clinical trials and the best proven science available.

The Center for Preventive Medicine offers physician and dietitian consultation for weight management, heart disease risk assessment, diabetes prevention, blood pressure control and cholesterol management with a goal of minimizing the use of medication.

The center also offers group classes for weight reduction and

heart healthy cooking. Moreover, unlike the staff of other commercially available weight reduction programs, the center's are medical professionals with advanced degrees in nutrition.

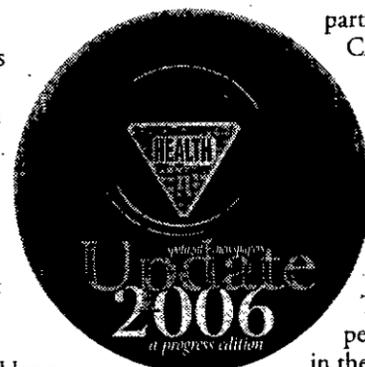
The Center's CARDIOFIT weight reduction program is a 12-week group class taught by physician and dietitian. It emphasizes heart healthy eating, behavior modification and long-term lifestyle change.

While appropriate for anyone overweight or obese CARDIOFIT is specifically targeted at those at higher risk because of established heart disease, diabetes, metabolic syndrome, high cholesterol, sleep apnea or a family history of heart disease. For a full description, please see the center's Web site [www.CenterForPreventiveMedicine.com](http://www.CenterForPreventiveMedicine.com) or call 518-435-2735.

CARDIOFIT participants are taught a two-phase eating plan. Phase one reduces weight by employing an increase in protein, a reduction in carbohydrates and low saturated fat. Phase 1 allows weight loss while blunting appetite. Phase 2 maintains weight loss employing a high omega-3 Mediterranean eating plan based on a clinical research study shown to reduce the risk for heart attack and heart attack death by 70 percent.

The center's weight reduction programs have helped more than 4,000 people lose weight, feel better and reduce reliance on medication.

A study of 400 participants in CARDIOFIT program revealed an average weight loss of 25 pounds, a reduction in the LDL or bad cholesterol of 19 percent, a reduction in Triglycerides of 29 percent and an increase in the good cholesterol or HDL by 18 percent.



The center's Mediterranean Cooking Class, which serves to support program graduates in maintaining a heart healthy lifestyle is open to the community. The classes are taught by a professional chef and meet the second Wednesday of the month. The subject of each class is posted on the center's Web site 1 week before classes, and participants are asked to e-mail [paul.lemanski@primecarepc.com](mailto:paul.lemanski@primecarepc.com) to reserve a place in class or call the office 518-435-2735.

The center's Heart Healthy Restaurant Program supports CARDIOFIT graduates and the community by collaborating with Capital District and Saratoga area restaurants to offer heart healthy options on their menus. See the center's Web site for a full description and list of participating restaurants.

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# National news magazine lauds rehab hospital

By STEPHANIE LUBIS

**S**unnyview Hospital is well known as a stand-alone rehabilitation center for people of all ages who have suffered from spinal cord injuries, traumatic brain injury, stroke and diseases which require physical and occupational therapy. What's not as well known is that it houses the largest permanent art collection on display in the Schenectady area, with 96 pieces completed by people with disabilities.

"People might think that because the artwork is done by people with disabilities, that it won't be very good, but this artwork is at an extraordinarily high level," said Wanda Fischer, public relations executive for Sunnyview.

The hospital is also sponsoring one-person shows, with the first to open March 16. That show will feature the works of Richard Collner, a professor at the State University of New York since 1975. The show runs through May 11 and is free.

Rehabilitation includes many activities that seem more like fun than therapy. A studio arts project and a lifestyle wellness center that serves both patients of Sunnyview and the community on a subscription basis are part of those activities. The wellness center boasts a therapeutic pool which residents can be lowered into by a moveable floor. The temperature is kept between 92 and 94 degrees, and once in the pool, patients take part in

exercise classes.

"Pools can be difficult for those with disabilities, because getting in and out can be difficult," said Fischer. "So the moveable floor is really a big help."

Driving assessment and training following stroke, Stim-Master bicycles for those with neurological disorders or diseases, massage therapy, chair yoga and other integrative therapy approaches are all part of Sunnyview's program.

Currently there are openings in the post-stroke group, which is unusual, Fischer said. Therapeutic activities such as making blankets to sell at craft fairs, and other activities are more than just pleasant ways to pass the time.

"Our therapists turn it into a learning experience," said Fischer. "For example, when our patients made blankets to sell at the craft fair, that helped with their fine motor skills, then they did all the accounting of the money they charged for the blankets, including selling them and figuring out the

profits versus money spent on materials. When our patients go home, they will need these skills."

There is no average stay at Sunnyview, because each patient is different. Sunnyview takes all insurances, and before a patient is admitted, an insurance specialist works with the patient to make sure there are no problems.

Sunnyview also works with a number of area nursing homes, including Amsterdam Memorial, Kingsway and Fulton County Nursing Home, sending trained physical, occupational and speech therapists to those facilities.

Sunnyview also features four board certified physiatrists, which is a specialty that goes with rehabilitation. Physiatrists work with the body's mechanics after an injury. A team of neuropsychologists are on staff to help stroke victims deal with depression. A low-vision program through the occupational therapy department helps stroke victims with vision problems.

"We try to make their houses safe so they can still function at

home," said Fischer.

Painting the walls white to create a lighter space and creating high contrast color schemes in the kitchens and bathrooms can help prevent injury.

"The program has only been around for a few months," said Fischer. "We help them develop tools."

Sunnyview hospital has been serving patients both locally and statewide since 1928. The staff includes 172 physicians whose certified specialties encompass primary care and internal medicine, pulmonology, cardiology, neurology, among others. In 2000 and 2001, *U.S. News and World Report* included Sunnyview Rehabilitation Hospital as on its list of top 50 hospitals in rheumatology, along with health care giants such as the Mayo Clinic, Johns Hopkins Hospital, and Massachusetts General Hospital.

Sunnyview is located at 1270 Belmont Ave. in Schenectady. For information, call 382-4502.

## Fitness for Her has new owner

By STEPHANIE LUBIS and JOSIE ORSINI

she has added.

"I've added a ball class, body sculpting class, boot camp class and weight lifting class," said Bere. "I'm trying to get hip-hop and am trying really hard to get an exotic dancing class."

Bere has also invited a nutritionist to visit the gym one Saturday a month to give a seminar. The nutritionist is free to members and non-members.

The gym is open seven days a week, Mondays through Fridays from 4:30 a.m. to 9 p.m., and weekends 8:30 a.m. to 5 p.m.

Classes are included with membership, or for non-members, are only \$5 per class. Fitness for Her offers memberships to suit all women, ranging from one, three or six months; to one year; or weekly or day passes. Women can also receive personal training and can even purchase sessions while not belong to the gym.

Fitness For Her is located at 333 Delaware Ave. in Delmar. Call 478-0237 for information or a tour.

**F**itness For Her in Delmar is now under new management, and manager Amy Bere is glad to have the opportunity to help women attain their fitness goals through her personal training and a wide variety of classes.

Bere customizes fitness routines depending on the clients and their goals.

"It will fit your lifestyle and body type," she said. "Also, if you've never worked out before, it can really help to have a personal trainer."

Bere previously owned Total Image Gym in the Amsterdam area for three years. She then ran a chain of fitness facilities in the Johnstown/Gloversville area called Fit Happens.

"I was running the three gyms and they weren't mine," Bere said about her decision to run the women's gym. "It was time for me to do something of my own that would cater to women."

"When I owned the gym in Amsterdam, I had a partner who was more into power lifting and body building," she said. "It was hardcore weight training, and I didn't want to continue with that because the average person is not interested in that."

As the new manager of a women's facility, Bere is excited about a gym that focuses specifically on women and their needs.

"Women can come and they don't have anyone judging them; the only person to impress is yourself," she said. "The women that come here are interested in getting fit. It's a nice atmosphere."

Bere graduated from Gloversville High School and Fulton-Montgomery Community College, where she earned a degree in anatomy and physiology. She has been involved with physical fitness since high school.

"Helping people change their bodies through diet and weight training is so rewarding," she said. "If I can make someone feel better about themselves, then I've done my job. I love working with people."

Bere found Fitness For Her for sale after looking on the Internet. It has been about a month since coming under Bere's ownership and she is excited about new classes

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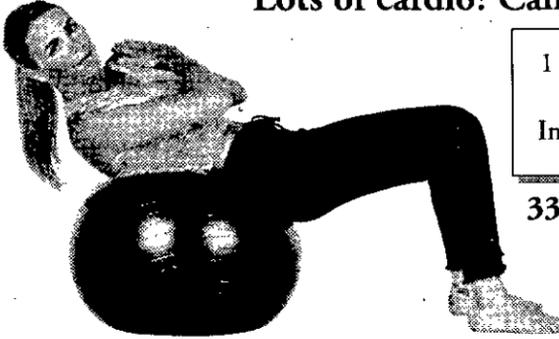
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# Pets get five-star treatment

By JOSEPHINE ORSINI

Since selling her Delmar store in 2004, 16-year PetSpa owner Tracy Muscatello has been able to focus all her energy on her Latham location, giving pet owners and pets alike the chance to enjoy a number of benefits.

*"We go out of our way to figure out what is best for our pets. Their well-being is our first concern."*

Tracy Muscatello

The day care and grooming center is mainly for dogs, and has playrooms complete with televisions, beds and toys, where trained assistants can play with the dogs.

"Our grooming salon is revamped as well, for larger dogs we now have a shower stall so they don't have to get into a tub," said Muscatello. "It was custom-made; it's wonderful and the dogs seem to love it."

Also unique to the facility is its full-camera coverage.

"We have cameras in the store so customers can come in and see dogs on the monitor being groomed or played with," said Muscatello. "It's a great feature and if someone wants a tape of their dog playing we can do that for them."

Muscatello said that eventually the store hopes to even have a way for customers to view their dogs online, much like a webcam.

"Right now, it serves as an extra blanket of security," Muscatello said. "We want people to know they can have a secure feeling and know what's going on at all times."

PetSpa of Latham has 10 full- or part-time employees, all of whom are pet care professionals. Muscatello will also take on apprentices for a year before allowing them certain responsibilities. Staff members are always on hand from 6 a.m. to 9 p.m. and the animals are monitored at night as well.

"We go out of our way to figure out what is best for our pets," she said. "Their well-being is our

first concern." The center boards both dogs and cats in separate quarters, but mainly grooms dogs. Cats are groomed if they are accustomed to it, but since cats generally handle the stress of grooming differently than dogs so they will usually be referred to specialized cat groomers, unless they are used to being groomed.

"We do whatever is going to make the animal more comfortable," said Muscatello.

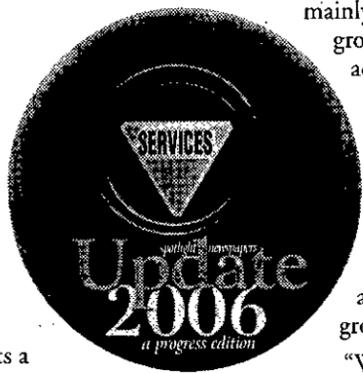
She will also make special evening grooming appointments for owners who want to be present when their dog is being groomed.

Also limited to dogs is playrooms. Cats have condos and jungle gyms to stretch and play.

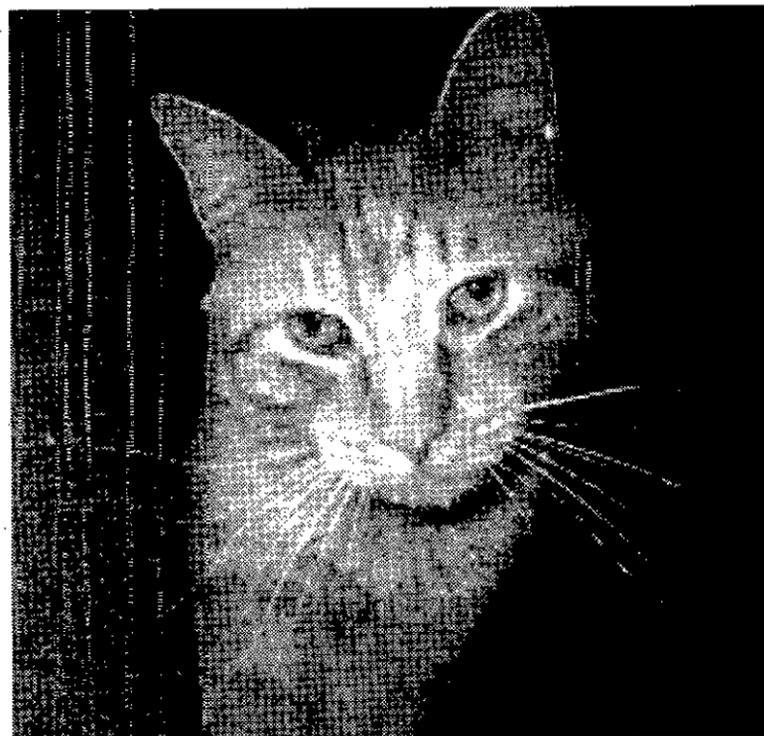
Muscatello is excited about the PetSpa changes and looks forward to continuing advancements in the future.

"We've redone everything, the equipment is state-of-the-art, the facility is warm and inviting, and I have a terrific staff," said Muscatello. "We are definitely living by our motto of promoting standards in quality pet care."

For information, stop by PetSpa in Bayberry Square at 637 Loudon Road in Latham, or call 783-5506.



# Friendly feline



Hope Animal Rescue matches pets with people. Bobaloo, pictured above, is a friendly orange tabby. He gets along great with everyone. He would love to find a home with his sister Dolly, or at least a home with other animals, since he is so social. Visit him on Sunday, Feb. 19 from 1 to 3:30 p.m. at The Pampered Pooch (2136 Rt 50, Ballston Spa), or call 428-2994 for information, or visit the Web site, [www.hopeanimalrescue.org](http://www.hopeanimalrescue.org).

# Townsend & Company keeps you stylish

Townsend and Company, opened in 1988 by Doug Townsend, is a first-rate salon that has been providing clients in the Capital District with high quality styling for 18 years.

The Albany salon offers just about everything for their customers. The trained professionals do hair, makeup, waxing, manicures and pedicures. A rarity that Townsend provides for his clients is hair extensions, something not offered by many salons in the area.

Townsend and Company is located inside a downtown townhouse dating to the 1830s, giving the salon more of a personal quality while at the same time maintaining a professional atmosphere.

Nearing completion is the third floor of the salon, which is where the massage and waxing rooms are located. Townsend said the company is working on a deck for the floor, so that clients can have a quiet place to relax after getting a massage or pedicure.

The view from the top floor is one of the unique qualities of the salon.

Unlike some salons, where the chairs are in a row like an assembly line, Townsend has taken full advantage of the building space, allowing for more personal styling spaces, something he is proud of.

"It's almost like walking into someone's house," he said. "Everyone has their own little corner to work in."

The blend of a professional salon and home is something befitting the clientele, who range from legislators to state working commuters from suburbia. Townsend said that being so close to Interstate 787 helps draw in

people from quite a distance, who come for the exceptional service.

In addition, Townsend provides many smaller amenities that improve a client's experience, such as offering beverages, hanging their coats, and making people feel comfortable in general.

Townsend has been a stylist since 1978, and said that he is always looking to improve his stylists' skills. For new clients they will conduct follow-up "report cards" to make sure the customers are happy with the job. He also does his best to stay up-to-date with the newest trends in styling. And techniques.

"I'm very picky about that, making sure the customer is the first person that's taken care of," he said. "I'm a firm believer in continuing education."

Despite the remodeling finishing upstairs, Townsend said he was more excited about business as usual.

"I'm just looking forward to getting the salon going full force, keeping my stylists busy," he said. "We will please anyone we can possibly please. If they're looking for something new, we'd like to provide that for them."

Townsend and Company is located at 153 South Swan St. at the corner of Madison Avenue and Swan Street. For information, call 449-1535.

*"It's almost like walking into someone's house," he said. "Everyone has their own little corner to work in."*

Doug Townsend

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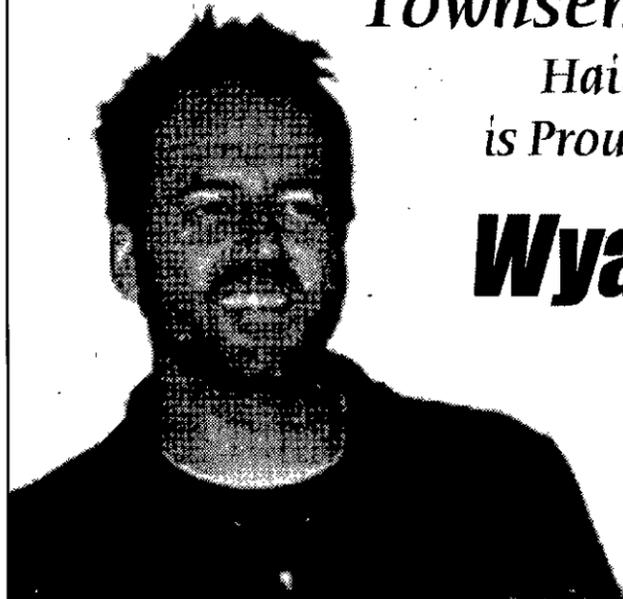
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# New Chamber to continue mission

Chamber of Commerce executives are often given to enthusiasm and grand thoughts about their communities, and Marty DeLaney, president of the Bethlehem Chamber of Commerce, is no exception.

"We have always been solidly committed to our mission of making this area a great place to live," said DeLaney. "But we couldn't do it without a committed group of volunteers."

A hands-on board of directors who really care about the community and who want to keep plugging away at making it even better really help. And each of them brings a different perspective to the organization.

"Especially this year, with several new members joining the board, we are excited about the possibilities," said DeLaney.

Bill Alston, manager of Realty USA in Delmar, took over as chairperson last month from Heather Tangora or Tangora Technologies. Alston plans to continue the tradition of taking it to the streets, visiting as many businesses and

professionals as possible to ask two questions: What do you need and how can we help?

Roseanne O'Meara, manager of TD Banknorth and board vice-chair, agrees that personal contact is the key.

"The best way to serve the businesses in our community is to visit them face to face, and really listen to their concerns."

Whenever a new business opens, DeLaney and a staff or board member take the time to visit the new business and let them know the local Chamber is there for them.

"The Chamber is made up of large and small businesses, professionals, government and school officials and independent contractors, and it is important to have wide representation of these members on the board," said DeLaney.

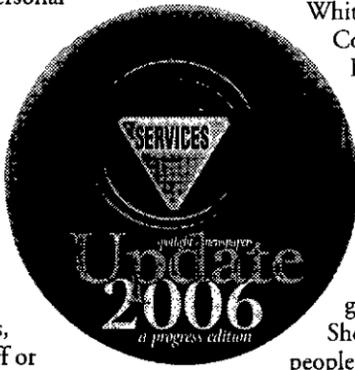
Deputy Police Chief Tim

Beebe was recently named chamber treasurer, along with newly appointed board secretary Don Slingerland of United Tree Service. Others new to the board are David

Lamendola of Verizon, Whitney Thomson of Coldwell Banker Prime Properties, Jane Linenfelser of Paychex and Margie Sheehan of New Visions of Albany.

"All of us work well together," said Sheehan. "We like people and we want to help them. Whether it's raising funds for beautification projects, publicizing events like the Business Expo coming up in May, or offering seminars about public relations, marketing and the media, there is a wealth of experience in the Chamber and we have an expert in every category."

The Bethlehem Chamber of Commerce is located in Main Square, 318 Delaware Ave. in Delmar. Call 439-0512.



Top: The Village at Fillmore Pond in Bennington, Vt. Above: the living room. Left: the dining room.

## The Good Life at the Village at Fillmore Pond

The Village at Fillmore Pond, a premier senior living community located in Bennington, Vt., offers independent living and assisted living apartments.

The residents at Fillmore Pond bring a wide variety of interests and backgrounds. Many are golfers, bowlers and community volunteers. Some are from this region, and some have come from the far corners of the country in order to be closer to family members.

For residents who require assistance, an experienced nursing staff is on hand to provide help with any daily tasks that may become difficult to perform. The goal of the Fillmore Pond community is to allow residents to remain as independent as possible with whatever help they might require in order to do so.

All residents have their own apartments and receive some or all meals in the dining room. Housekeeping and laundry service are included, as are convenient on-site services for banking, shopping, exercising and hair care. Lectures, concerts and trips to the area's many cultural attractions are weekly occurrences. Transportation to medical appointments is provided and easy access parking is available to residents with cars.

Independent living residents live in either one or two-bedroom apartments with full kitchens. Assisted living residents live in either studio or one-bedroom apartments with kitchenettes. Apartments are sunny and beautifully maintained.

For information about the Village at Fillmore Pond, or to arrange a tour, call 802-447-7000.

## Students place in Intel contest for third year in a row

By JOSEPHINE ORSINI

Since its formation in 1884, the Academy of the Holy Names has remained dedicated to the education of young women as a college preparatory school for grades kindergarten-12. The school prepares its students to become moral, intellectual, spiritual and cultural leaders by exposing them to a variety of subjects.

It's continuing that idea with its science research program, which it does in conjunction with the University at Albany as part of their high school in the university program. For 10 years, the program has served as an independent study option, earning Holy Names students college credit, while helping them to make advances in science well before graduating from high school.

"It's an elective which goes above and beyond the expectations of the science department and other curriculum," said Carol Farrell, head of the Academy's science department. "In addition to their research, the girls are also doing the requirements of their grade level."

Donna Mooney teaches the program, training at workshops and seminars to teach the program.

The three-year program typically starts in 10th grade. Seniors are then eligible to enter the Intel-sponsored Science Talent Search, formerly the Westinghouse Science Talent Search. Thousands of high school seniors enter the contest each year for scholarship money and a chance to go to Washington and meet the president.

In the past three years, Holy Names has had a semi-finalist each year, one of whom became a finalist.

"It's miraculous enough to win," said Farrell. "But to be a school of our size, it is really unique."

Holy Names has had four semi-finalists in the Intel contest. Each year, there are 300 semi-finalists and 40 finalists. From that, there is a top 10 and then one winner, who wins \$100,000 in scholarship money. Since the beginning of the contest in 1942, six students have gone on to win the Nobel Prize.

The semi-finalists all earn \$1,000 for their science departments as well as \$1,000 in scholarship money. The school was able to purchase new laptops for the science department by having three winners in a row these past years.

"Those students really represent the best there is," said Farrell.

The semi-finalists include Jen D'Ascoli in 2004, who also became a finalist; Michelle Kloc in 2005, and Michelle Nguyen-McCarty in 2006.

Holy Names was founded by the Sisters of the Holy Names of Jesus and Mary. Religion, computer, literacy, foreign language, and library skills begin in pre-school. The Upper School curriculum offers advanced placement courses, advanced research courses, and opportunities for students to earn college credit through the State University of New York. Campus ministry, community service, peer leadership, music, drama, interest clubs and sports are among the activities.

The Academy of the Holy Names is accredited by the Middle States Association of Colleges and Schools.

Dedicated to the pursuit of excellence, the school encourages young women through reflection and experience to discover their talents; through hard work to develop these talents; and use these talents to change the world. The Academy is located at 1073 New Scotland Road in Albany.

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# Daughters of Sarah leads in support and care

At the newly renovated Daughters of Sarah Senior Community, innovation, community involvement and ongoing staff support result in enhanced quality of life for the men and women who make their home there in both Daughters of Sarah Nursing Center and The Massry Assisted Living Residence.

Originating on Western Avenue in 1942 as a home for 19 elderly people, Daughters of Sarah Nursing Center now cares for 201 individuals, all in private rooms in its single-floor design. In addition to skilled nursing, the center offers short-term rehabilitation services

and its Greatdays Medical Adult Day program.

Greatdays' medical model provides help with medication, visits to in-house optometrists and podiatrists if needed, and help with bathing. Older adults in the region who would otherwise be alone at home are welcome to spend Monday through Friday in the large, cheery room with many windows in the nursing center. Greatdays registrants receive hot lunches as well as nutritious snacks, and are welcome to use all the facilities and services in the nursing center.

Greatdays Program Coordin-

ator Julie Weiner, a registered nurse, knows her registrants are well cared for. What she wants people to know is that "We have fun here." Registrants receive visitors from entertaining guests several days a week, including singers, dancers, and other musical groups, former Peace Corps volunteers, dog shows, wild animal educational shows (featuring a bear cub), and bell-ringers. In addition to enjoying others as entertainers, the registrants have many opportunities to engage in activities they enjoy, including singing in a choir, creating holiday parades, baking brownies and other confections,

making chocolate-dipped strawberries, and a variety of non-edible arts and crafts.

The nursing center has attracted several grants from the state Department of Health to develop "culture change" and other staff-enrichment programs through which staff at all levels are encouraged to develop sensitive communication techniques to attend to the needs of the men and women in their care.

The facility-wide renovations to the nursing center resulted in more energy-efficient heating and cooling systems, a residential design which increases the opportunities for enhanced dignity and privacy for residents, a more efficient meal delivery system, and a more home-like look, replacing the hospital-like design of the 1970s, when the current building was erected.

The Massry Residence features the area's largest assisted living apartments in an elegant environment. Its programs offer

not only Jewish cultural stimulation, but also opportunities to be involved with the outside community. Residents have been literacy volunteers, supported programs for Ronald McDonald House, and have donated handmade sweaters for children in poverty-stricken areas around the globe.

The Capital District community generously encouraged and supported a major five-year expansion and renovation project, which was also supported by the largest grant ever given in this community by the Harry and Jeanette Weinberg Foundation from Baltimore, Md.

Daughters of Sarah Senior Community is founded on Jewish values and traditions and its facilities are kosher.

For more information on Daughters of Sarah Senior Community, interested call the main desk at 456-7831, or visit them online at [www.daughtersofSarah.org](http://www.daughtersofSarah.org)



## Get help with hair loss locally

By JIM CUOZZO

Fifty million men and 30 million women worldwide deal with the problem of hair loss. The Hair Loss Control Clinic in Latham has been serving the needs of people in the Capital District for over 18 years.

"We are a small clinic but we do very good work," said owner Bill Blatter. "We have grown over the last four years to an international business with 31 clinics across the country and internationally."

Many people are apprehensive to make the first call but they might be surprised at the success rate once they see the professionals at the Hair Loss Control Clinic.

"Over 80 percent of our cases, or the vast majority of our people, will regrow hair," said Blatter. "We are a small company and we know our clients. We listen to them and take the time to help them."

Blatter said there are many people who make claims in this business but cannot back them up, but at the Latham hair loss clinic, the winning combination is listening to the client and treating

their problem with the right products that are tested and proven to work.

"When you come in, we go through a whole medical questionnaire with our hair loss consultants. We will find out what caused the hair loss and conduct a complete scalp analysis," Blatter said.

If necessary, you will then speak with a doctor who may order a prescription.

"Our success is in our technique and our advanced products we sell on-site," said Blatter. One of the often-used treatments is low-level light laser technology, which has no side effects. Another is a product called Hairscripts Complete, the third generation herbal alternative to Propecia. Hairscripts Complete blocks DHT from attacking or shrinking hair, providing all the essential vitamins and minerals for complete hair health.

Blatter is a Siena graduate and a marketing major who became a part owner, then complete owner, after using the services of the Hair Loss Control Clinic.

"Over the years we have put

together all the best information," said Blatter. "Although there are no miracles, there are real medical advances that can stop hair loss and regrow hair."

For information about the Hair Loss Control Clinic, can contact them in Latham at 1072 Troy-Schenectady Road, or call 786-7000. A variety of information on the HLCC can also be obtained on the Web at [www.hlcconline.com](http://www.hlcconline.com).

## OMCE wins record settlement against New York State

OMCE, the Organization of NYS Management/Confidential Employees Inc. (OPEIU/AFL-CIO) recently announced a final settlement with New York over a 2003 salary dispute which will net an estimated \$30 million to the State of New York's M/C employees and retirees.

It appears to be the largest award ever won by an employee organization against the state as an employer in the history of the Taylor Law, New York's collective bargaining law for public employees.

The case, Gilligan v. Stone, was brought by OMCE on behalf of the state's M/C workforce. The

appellate division panel, in support of the lower court, ruled that the budget director exceeded the withholding authority granted her in the 2000 M/C pay bill (Laws of 2000, Chapter 68, Part B, Section 17.a) when she directed the withholding of all performance advance payments in 2003. The salaries of state M/C employees, by statute, progresses in six equal steps from a hiring rate to a job rate. In 2003, the state Division of the Budget withheld any step advances, citing the "dire fiscal constraints" being placed on New York.

In its decision, the court stated that, under the Civil Service statute cited in the lawsuit (CS Law Section 131.6), the budget director "has the authority to promulgate rules and regulations to withhold employee performance advances for various reasons, such as individual job performance, and even to determine or limit the amount of such payments, but at

no point is it indicated in that statute or the M/C paybill that these payments could be abolished for any reason, including the state's fiscal condition." The court went on to state that, inasmuch as the budget director had "no authority to create a rule out of harmony with the statute," she "exceeded her authority by withholding all performance advancement (annual step increase) payments."

Thousands of active and retired M/C workers will receive awards of various amounts, some thousands of dollars, depending on their grade level and number of missed increments. Retroactive payments will be made in the March 22 administration and March 30 institution paychecks.

The full text of the decision (Case No. 95375, Matter of Gilligan v. Stone) is available on the Appellate Division Web site at the following address: <http://decisions.courts.state.ny.us/ad3/Decisions/2005/95375.pdf>.

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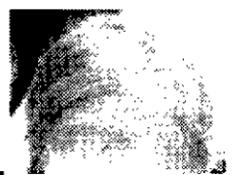
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# Chamber has the scoop on Guilderland

The Guilderland Chamber of Commerce celebrates 34 years of service in 2006, with 625 member businesses and organizations. The Guilderland chamber is a partnership of business and professional people working to build a healthy economy and to improve the quality of life in the community. The GCC motto "Large Enough to Serve, Small Enough to Care," genuinely represents the organization. Jane Schramm, executive director of the GCC, is proud that the staff and volunteers work hard to stay connected with all of their members and meet their needs.

"We strive to make sure that we not only cover our members' basic business needs but also work to ensure that we offer new opportunities whenever we can," she said. "Times, technology and business needs change and we recognize those facts and try to stay ahead of the curve. We offer members numerous benefits, such as business referrals, business and health insurance products, several money saving AFLAC products, free demographic information and certificates of origin, discounted payroll services, credit card services, and unique member-to-member only discounts on a number of additional member products and services. We offer professional assistance and guidance in areas ranging from starting a business, to funding, marketing and promoting a business. We are proud to present an extensive year-round calendar of programs and events that include something helpful and informative for each of our members. An investment in membership in the Guilderland chamber affords businesses an inexpensive way to build and grow their business, complete with all the necessary tools and amenities, at the lowest chamber investment rates in Albany County. We are proud to represent the people, businesses and organizations that do so much to strengthen our local and regional economy, keep it healthy and support our quality of life."

Each January, the Guilderland Chamber creates and publishes the *Altamont, Guilderland & Voorheesville Business and Community Directory*. It provides useful town information like a brief history of the area, houses of worship, and an extensive telephone listing of important local phone numbers. It also shares helpful information on our GCC members. This free publication can be picked up at the GCC office, Altamont and Guilderland town halls or at our local libraries in Altamont, Voorheesville and Guilderland.

The GCC, in concert with its 12-member board of directors, acts as the principal advocate for area commerce, industry, and the professions in maintaining and strengthening a sound and healthy business climate in Guilderland and the area communities. The Guilderland chamber represents all areas of the business community, from large companies to home-based businesses to sole proprietors. The GCC is a member-driven organization with member volunteer support from the board of directors, and also from several



A new venture this year at the Guilderland Chamber of Commerce is "Pigtacular!" The GCC is offering the opportunity to any business or organization to adopt a life-sized fiberglass pig. The pigs will then be "adorned" by area artists to represent the adopting organization and placed in locations throughout Guilderland. Above, GCC member Bill Parmelee stands next to one of the pigs.

important committees, such as the membership, ambassadors, program and events, leads group, women in business, lone rangers and the business development committees.

The lone rangers (sole proprietor/small business group) meet in a casual monthly forum designed specifically to assist the small businessperson. This free program is held at noon on the second Wednesday of each month at the Guilderland Library. The programs address topics such as business advice from the Small Business Development Center at the University at Albany, opportunities from the Community Loan Fund, public speaking, health and fitness, and add dynamic ways to market your business no matter the size.

The business development committee researches and investigates member-related business concerns and issues. It recommends and provides programs and seminars to keep the community up-to-date about topics such as zoning, the changes at the University at Albany and Albany Nanotech, Albany County Empire Zones (of which there are two in Guilderland), and how businesses can get technical and financial assistance from federal, state, county and local entities. It also works with a number of local and community business development groups, and with 23 other chambers of commerce from Poughkeepsie to Plattsburgh in the Tech Valley Chamber Coalition. It's an active member of the New York State Business Council and CANYS (the Chamber Alliance of New York State), which monitor the pulse of statewide business-related issues and often are strong voices for chambers in dealing with New York State government and lobbying issues.

The GCC hosts a number of recognition and awards ceremonies, and a senior job fair. A new venture this year is "Pigtacular!" which brings together business, community

and the arts. The GCC is offering the opportunity to any business or organization to adopt a life-sized fiberglass pig. The pigs will then be "adorned" by area artists to represent the adopting organization (think giant piggy bank to represent a local bank) and placed in locations

throughout Guilderland throughout the summer, for the entire world to see and enjoy.

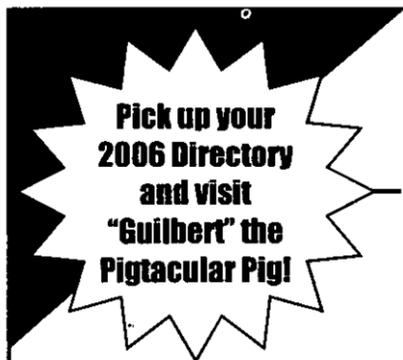
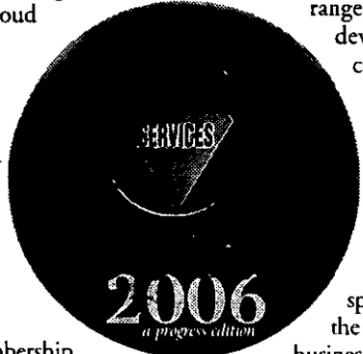
"The Pignic in the Park" kick off is scheduled for June 29 in Altamont. There will be activities surrounding the pigs all summer and the festivities will culminate on

October 12 at "Hogtoberfest" at the Albany Country Club. All pig sponsors will be encouraged to choose a charitable organization to partner with because at Hogtoberfest, the GCC will be auctioning off donated pigs and the proceeds from the sale of each pig will go directly to the chosen charitable organizations.

For information about the Guilderland Chamber of Commerce or the town of Guilderland, visit the Web site at [www.guilderlandchamber.com](http://www.guilderlandchamber.com), or call the chamber at 456-6611. The chamber is located at 2021 Western Avenue, in Pega Plaza. And is open Monday through Friday, 8:30 a.m. - 4:30 p.m.

*"We strive to make sure that we not only cover our members' basic business needs but also work to ensure that we offer new opportunities whenever we can."*

Jane Schramm



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# High-tech hearing aids distinguish sounds

Advanced Hearing Aid is an independent practice that sells and repairs hearing aids, but more importantly, prides itself on the quality service they provide to customers.

*"We don't have sales quotas. We're dealing with the patient and their needs, not trying to sell products."*

Tony Tiberi

person who watches TV and talks to one person and someone who's 65 and still active and goes to board

meetings, and a younger person who likes to go out to the bar."

She said that Advanced Hearing Aid is a small business that has been around for nine years, and in addition to hearing aids, Advanced Hearing Aid also sells TV amplifiers, sound and swimming plugs, among other devices intended to make the world audible.

Although many people are referred from doctors for hearing aids, it is not a necessity. Some people may not necessarily medically need a hearing aid or other listening device, but it would make their lives easier.

Tiberi said that in the past year there have been many exciting advancements in hearing aid technology.

The most promising advancements have been made in the artificial intelligence of hearing aids.

Today's smart devices can

detect the differences between speech and ambient noise, making better quality sound amplification.

The aids can adjust to a person's lifestyle by measuring environments, whether a person is more likely to be in a noisy or quiet environment, basically creating its own prescription.

Each of the artificial intelligence hearing aids transmits to a computer system, allowing specialists to monitor the way the device is functioning.

Another recent advancement is open ear fitting, in which the bulk of the device rests behind the ear lobe with just a small tip that passes through the ear. The technology has been around for about two years, but it has vastly improved since its inception.

In addition, the rise of digital hearing aids over the old analog systems has made it easier for people to make sense

of noisy environments.

As the technology is in use longer, the prices have started to come down, but for some people, hearing aids are still a major investment. To this end, Advanced Hearing Aid does its best to accommodate people's financial needs. For qualified customers, there's interest-free payments for up to a year, and Advanced Hearing Aid is also one of the only in the area to offer aids through New York Empire Insurance. Also, Advanced Hearing Aid does not charge for a consultation.

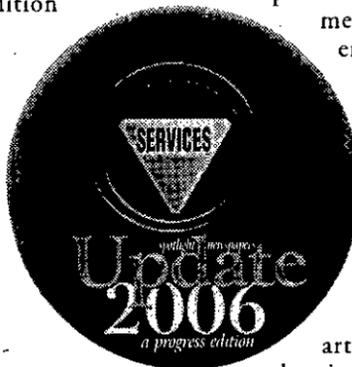
In addition to personalized service, the workers at Advanced Hearing Aid do their best to be flexible, so their clients do not have to wait long to be seen. They also offer smaller service centers in Ravena and Greenville so customers can get service closer to home.

Tiberi is a board certified hearing instrument specialist



and received a degree in speech and hearing science from SUNY Plattsburgh.

Advanced Hearing Aid is located 1540 Central Ave. in Colonie. For more information, call 869-1544.



# Feed your immune system for a healthier winter

While you can take cold and flu precautions — such as washing your hands frequently, limiting time with infected people and getting plenty of rest — poor nutrition can put you at risk by weakening your immune system.

According to New York State Dietetic Association Spokeswoman Michele Gallant, the best defense against cold and flu is a healthy, balanced diet made up of foods from all food groups; however, there are certain foods that can boost your immune system.

## Color your plate

Eating a well-balanced diet with lots of fruits and vegetables of many colors can help boost your immunity.

Vegetables including broccoli, cauliflower, cabbage, Brussels sprouts, and turnips are rich in betacarotene, which the body quickly turns into vitamin A.

Sweet potatoes, or any of the orange vegetables, also add vitamin A to the diet, which is important to the health of our skin, the immune

system's first line of defense.

Foods that contain vitamin B6, including bananas and carrots, boost the production of antibodies to fight infection. Fruits containing vitamin C such as kiwi and oranges are needed to help the body resist infection and heal wounds.

Many fruits and vegetables also contain "phytochemicals" that give the vitamins in these foods a supercharged boost of protection from germs that cause illness.

## Start your day with yogurt

Studies show that adding yogurt to your diet may help you resist infection and boost your immune system. Eating yogurt each day is an easy and tasty way to build your body's defenses against bad bacteria.

Research has demonstrated that the lactic acid bacteria from yogurt protects the gut and inhibits the growth of harmful bacteria.

It is also important to

consume yogurt after taking antibiotics to restore some of the beneficial bacteria that helps the body break down foods. Brands that contain active cultures are a good source of healthy bacteria for the stomach and intestines.

## Drink your milk

In addition to providing the body with much-needed calcium and vitamin D, milk contains other nutrients that make it a crucial component of an immune boosting diet.

These include vitamin A for healthy skin, zinc, which helps produce white blood cells needed to fight off foreign bacteria and viruses, and magnesium, which is essential to make the immune system function properly.

Milk, cheese and yogurt are also great sources of conjugated linoleic acid (CLA) which recent studies have shown may also

enhance the body's immune system.

*Sweet potatoes, or any of the orange vegetables, add vitamin A to the diet, which is important to the health of our skin, the immune system's first line of defense.*

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# Service, secret set cleaners apart from rest

By MARTY BANNAN  
bannanm@spotlightnews.com

A new dry-cleaning and laundry service is now operating in the Capital District.

With four locations serving its customers, Best Cleaners plans to grow.

"Our family has been serving dry-cleaning and laundry customers in the Northeast since 1954. The Capital Region became the newest home for Best Cleaners in 2005. We look forward to bringing our expertise to you," said owner Tim McCann, who along with his wife Catherine opened four stores in the Capital District 14 months ago.

Tim's grandfather, William McCann, opened his first dry cleaning business out his garage in

Middletown, Conn., and expanded it to three stores. His father, Tim, further expanded the business to 10 stores that still thrive in Connecticut.

As a young adult, Tim went out on his own working for AT&T before deciding to follow the family tradition.

When he learned that three Roxy United dry cleaners locations were up for sale, he decided it was time to do it.

Upon opening for business, McCann said he trained his staff to set themselves apart from the rest.

"We constantly strive for superior quality and outstanding customer service," he said.

"You can see and feel the difference when your clothes are

finished at Best Cleaners. The great quality is a result of a combination of the finest people available, trusted equipment and the most reliable detergents the industry has to offer. We focus on continued training to ensure that you consistently have a great experience with Best Cleaners."

Best Cleaners offers same-day service.

"Drop off most any garment before 10 a.m. and it will be ready by 4 p.m.," McCann said. Exceptions would be furs, wedding gowns and some household fabrics.

McCann said that most tailoring could be ready in 48 hours.

"We have a large investment in tailors and seamstresses," he said. In

all, McCann added he has 45 employees trained to serve customers.

"Doing well is what makes us different. We provide superior quality products better than everyone else's," McCann said that all work is done on site.

Best Cleaners' secret, McCann said, is its GreenCare process.

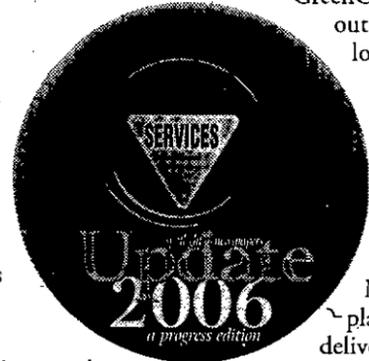
GreenCare is natural cleaning method that's free of harsh chemicals. McCann said GreenCare is an environmentally responsible cleaning solution.

"There isn't a fabric in your closet too delicate for GreenCare,

even fabrics labeled 'Do Not Dry-Clean.' We care about the customers we serve and the planet we share, so we are proud to offer GreenCare. Clothes come out feeling softer, looking more vibrant and there is no longer a need to air them out to get rid of the chemical smell."

In addition to expanding, McCann said he plans to add home delivery and drive through service for customer convenience.

Best Cleaners is located in Loudonville at 65 Osborne Road, Latham at Latham Circle, Menands at 242 Broadway and Delmar at 156 Delaware Ave.



## Family knows singles, community

The Millett family knows the value of working as a team. While the main focus of their business is connecting single people through their family owned and operated dating service, Compatible Connections; the Milletts do much more than just play Cupid in working to bring local people together.

Within the Compatible Connections office at 1510 Central Ave., the Milletts have hosted various events focused at promoting and supporting local businesses. Within the past year, the CC office has sponsored fundraisers, held functions for women-owned companies and worked with numerous professionals in establishing a network of locally owned businesses.

"It's all about connections. When people work together, new opportunities arise," said Krystal Millett-Garrison, 22, the youngest of the three generations of matchmakers. With that in mind, Garrison fashioned the *Creative Connections Gallery* within the office of Compatible Connections.

"I'm a photographer who wants to help support other local artists. Artists who, like me, are trying to build a name for themselves in the community. I wouldn't be here without the help of others, so I'm giving back in the small way

that I can."

"I really love what we do here," said Kim Millett, 43, owner of Compatible Connections. "I love working with my family and being

together and started the evening by saying, 'Everybody, meet someone you don't know!' ... and I've been doing it ever since."

As upstate New York's longest running dating service, Compatible Connections was established in 1993. "We offer a tried and true method. The best way to successfully match people is by knowing them personally. We view our clients as friends, and we work with each individual to help them find their ideal partner." Kim Millett stated. "We are the village match maker, with a modern twist."

Compatible Connections has emerged in the world of online dating. Working with local web designer Brian Lenihan of

Network42, CC recently launched the latest version of the 'Members Only' section of their Web site. "We want to offer the convenience of the Internet, while continuing to maintain our personal approach in the matchmaking process." With the new online section, Compatible Connections clients can peruse profiles and pictures of other clients, while still receiving insight and suggestions from CC directors.

For information, visit [www.CompatibleConnections.com](http://www.CompatibleConnections.com) or [www.GreggMillett.com](http://www.GreggMillett.com) or call 452-6876.



Three generations of the Millett family run the matchmaking service Compatible Connections.

able to give back to the community that supports our business. It is truly a privilege to work with people in helping their dreams come true."

Gregg Millett Ph.D., 65, founder of Compatible Connections said, "It is great to be a part of a family business. This all blossomed from a simple idea. Years ago, I was new to the Capital Region, and didn't know many locals. I thought to myself, 'There are so many people here, yet no one knows each other.' I wanted to shout, 'Everybody! Meet someone you don't know!' A month later, I brought a group of single people

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You can feel confident in calling HRS Construction. They will supply ample references for you to review. Tom, Stan and Paul also stress the importance of insurance. They feel that no matter whom you hire, you need to be sure that they are insured with both general liability and workers compensation insurance. Up-to-date insurance

and customer references are two ways for you to know you are dealing with a reliable, trustworthy company. HRS Construction has both.

The HRS Construction showroom and office is located at 137 Columbia Turnpike in Rensselaer. The HRS showroom gives you the opportunity to come in and talk over your ideas and browse among the many samples in a relaxed atmosphere. You will find only quality products with the names you know and trust at the HRS showroom. If you would like, you can also visit HRS Construction at [www.hrsconstruction.biz](http://www.hrsconstruction.biz). HRS continues to build its business with repeat customers as well as new customers.

HRS is available for estimates at your home or place of business. Just give them a call at 426-4107 to set up an appointment. Estimates are free of charge. HRS Construction looks forward to having the opportunity to serve you.

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## Want to get in shape this year? A treadmill can help

### Tips for choosing the machine that's right for you

Losing weight and getting in shape are two of the most common New Year's resolutions. Make this the year that you keep those resolutions by starting a sensible program of healthy eating and regular exercise.

Winter can be a tough time of year to begin a fitness program, since the weather often makes exercising outdoors impossible, especially in colder climates. A treadmill is a great way to get the physical and mental benefits of a regular workout, no matter what the weather. And having a treadmill at home means you'll have fewer excuses for not exercising.

Here are some tips on what to

look for in a quality treadmill:

- Deck – a long deck will accommodate your full running stride.
- Frame – for durability, a steel frame is best.
- Rollers – rollers should be 2 inches or larger in diameter.
- Programmable – To change the variety of your workout, better treadmills have built-in electronic programs to help you achieve your fitness goals.
- Warranty – a longer warranty means the manufacturer stands behind their equipment. A good warranty will include: a lifetime warranty on the frame; a 10 year motor warranty; three to five years on electronics; and a minimum of one year in-home service.

## All 4 Fun Fitness offers special activities for kids

All 4 Fun Fitness is celebrating winter break next week by offering special activities and extra open gym time for children age 6 months to 9 years old.

The indoor facility, located off Route 7 in Latham, focuses on making fitness and movement fun for kids. In addition to the regularly scheduled classes, All 4 Fun Fitness will be hosting a children's beach party, dance party and various other activities. Open gym, a time for children and their parents to come and enjoy the facility without the structure of a class, will also be scheduled throughout the week.

All 4 Fun Fitness, which opened in September 2004, offers age-appropriate classes in a non-competitive atmosphere. Activities include rock-climbing singing and dancing, playing parachute, walking across the balance beams, jumping in the ball pit, riding scooters, relay races and riding on the zip-line just to name a few.

The main goal is to have fun while introducing children to physical education activities and skills. Listening, comprehension and socialization skills are also developed in this active environment. The teachers



aim to build the children's self-esteem with lots of positive reinforcement. By making fitness and movement seem like play,

All 4 Fun Fitness hopes to help combat the childhood obesity problem that is becoming more prominent in America.

Each session at All 4 Fun Fitness is eight weeks long and includes one class and up to two open gym periods per week. The facility hosts various other events such as field trips for nursery schools, Mom's clubs and Girl Scout troops as well as a summer camp program. All 4 Fun Fitness is also a very popular place for children's

birthday parties. The All 4 Fun staff turns the music up and really gets the kids moving to bring a party atmosphere to the facility. Parents can sit back and relax while the instructors guide the children through a warm-up and several games.

All 4 Fun's parties are exclusive with only the party guests allowed to use the facility during the two hour adventure. The birthday child is considered a guest of honor and is showered with extra attention. Each action-packed party ends with a trip down the zip-line completing an exciting and memorable occasion for both children and parents.

For information about All 4 Fun Fitness and the program it provides, call 782-1600 or visit the Web site: [www.all4funfitness.com](http://www.all4funfitness.com).



## Tend to your emotional health

By Bob Grimson

Mental illness is on the rise. Recent reports indicate one in five Americans suffers from a mental disorder and the cost of treating depression in this country is about \$40 billion annually. Your mental and emotional health is part of your overall health and fitness plan, and taking care of it will pay off in a happier, healthier life.

To maintain good mental and emotional health, be willing to communicate with others. Express your feelings in a non-threatening way with the people in your life, such as friends, family members and co-workers. Talk about your anger or concerns before they build up and cause stress. This is a case where

being proactive can be beneficial.

Take some alone time for yourself every day. If it's just 20 minutes reading, walking around the block or working out, it's important. Spend time meditating, listening to calming music or just enjoying life.

Don't try to keep up materially with others. Wanting more and more objects can get in the way of spending time and sharing with others. Your loved ones are more important and taking time to enjoy a sunset or take in an activity with them will benefit you in many ways.

Build a network of people you trust with whom you can share ideas, triumphs and setbacks. Be willing to give them the same support they provide for you. Avoid situations and

people who make you feel inadequate or bring you down. Get out of unhealthy situations no matter what it takes.

Do something physical every day. It can be walking, gardening, cleaning the house or even washing the car. Physical activity causes your body to release endorphins and these substances give you a good, productive feeling.

Finally, be true to yourself. Remember that you are a unique individual with talents and ability to get through the bad times in your life. Stand up for what you believe and chart your own course.

Staying emotionally healthy and strong takes just as much effort as staying physically involved.

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*What is the last new IRA ruling or tax law change you are aware of?*

*Who should I name as my IRA beneficiary?*

*How do you keep track of IRA beneficiary forms?*

*Can you show me the IRS life expectancy tables you use to calculate required IRA distributions for both IRA owners and beneficiaries?*

*What will happen to my IRA after my death?*

*Who do you call when you have questions about IRA Distributions?*

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IRA investors and those with \$100,000 or more in their retirement plan can contact John Gigliello, E.A., M.B.A. with questions or to obtain his free booklet, "How to Keep the IRS Out of Your IRA." Contact John Gigliello, E.A., M.B.A. at (518) 786-3300.

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# Obituaries *in the* Spotlight

## John Reynolds

John J. Reynolds, 71, of Naples, Fla. and formerly of Coeymans, died Saturday, Feb. 4.

Mr. Reynolds graduated from Vincentian High School in Albany and Notre Dame University in 1956 with a degree in mechanical engineering. He also played baseball at Notre Dame. John worked for General Electric, Cherry Burell, Clark-Hurth Components and Ingersoll-Rand. He was family orientated, extremely generous and an avid sports lover.

John was the husband of the late Aletha Reynolds. Survivors include three daughters, Ann Reynolds of Florida, Jane McDermott of New Jersey, and Kelly Reynolds of Vermont; two sisters, Mary Yager of Ravena and Josephine Reynolds RSM of Albany; and four grandchildren. Services were from St. Patrick's Church in Ravena.

## Jo Anne Buehler

Jo Anne Claire Buehler, 53, of Slingerlands, died Wednesday, Feb. 8.

She was a very caring and dedicated person to all the patients that she attended at the Aged Eye Center in both Albany Medical Center and Albany Memorial Hospitals.

Survivors include her parents, Anthony and Rita Held Buehler Jr. of Simsbury, Conn.; and two brothers, Anthony C. Buehler III of Mt. Pleasant, Texas and William James Buehler of Canton, Conn.

Services were from St. Thomas the Apostle Church, Delmar. Contributions may be made to the Northeastern Association of the Blind, 301 Washington Ave., Albany 12206.

## Joseph Lambert

Joseph James Lambert, 75, of Ravena, died Feb. 9.

Mr. Lambert was born in Williamsport, Pa; a brother, Ralph Coutant of Ridgewood, New Jersey; a sister, Jean Koffend of Wisconsin; and several grandchildren.

Funeral will be at Myers Funeral Home in Delmar at a later date. Interment will be in Evergreen Cemetery.

Contributions may be made to Community Caregivers Inc., 300 Millrose Court, Gunderland 12084.

## Gertrude Trulsen

Gertrude Trulsen, 67, of Slingerlands, died Feb. 11.

Mrs. Trulsen was the widow of Donald T. Trulsen.

Survivors include a son, Donald Trulsen of Slingerlands; a daughter, Jen DeSeau of

Williamsport, Pa; a brother, Ralph Coutant of Ridgewood, New Jersey; a sister, Jean Koffend of Wisconsin; and several grandchildren.

Funeral will be at Myers Funeral Home in Delmar at a later date. Interment will be in Evergreen Cemetery.

Contributions may be made to Community Caregivers Inc., 300 Millrose Court, Gunderland 12084.

## Letters policy

Spotlight Newspapers welcomes letters from readers on subjects of local and regional interest.

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

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# Milestones *in the* Spotlight

## Drew, Apigian marry

Allison Drew, daughter of Dr. Philip and Linda Drew of Delmar, and Kyle Apigian, son of Lester and Barbara Apigian of Amherst, N.H., were married Dec. 30.

The ceremony was held at the

Freehold Country Inn in Freehold.

The bride is a graduate of Bethlehem Central High School, Cornell University and the University of California at

Berkeley. She is a scientist for Amgen in Cambridge, Mass.

The groom is a graduate of Bowdoin College and the University of California at Berkeley, where he received a Ph.D.

The couple resides in Somerville, Mass.



Kyle Apigian and Allison Drew

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## Wedding Directory for Bridal Services

<p><b>BALLROOM DANCING</b> Albany Ballroom Social Dance School 6 Winners Circle, Colonie (off Wolf Rd.) AlbanyBallroom.com "Your Wedding Dance...A Memory in the Making" - First Lesson Free! Call 542-5108.</p>	<p><b>JEWELRY</b> Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie, 456-6800. Diamonds - Handcrafted Wedding Rings &amp; Attendant's Gifts.</p>
<p><b>FLORISTS</b> Floral Garden Specializing in Weddings 339 Delaware Ave., Delmar, 478-7232 www.thefloralgarden.com Catering to all budgets</p>	<p><b>PHOTOGRAPHY</b> Personal, Professional Photographic Services. - 469-6551.</p>
<p><b>FREE BRIDAL SHOWS</b> January 8, Albany Marriott, 21st Annual, 1-5 January 15, Franklin Terrace Ballroom, 1-4 February 18 &amp; 19, National Museum of Dance, 1-4. Free Admission. 464-8247 Bridalshows@aol.com</p>	<p><b>VIDEO SERVICE</b> 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</p>
<p><b>INVITATIONS</b> Paper Mill Delaware Plaza. 439-8123 Personalized invitations &amp; announcements for weddings, showers, bar mitzvah, new baby, graduation.</p>	<p><b>WEDDING INFORMATION</b> Bridal Show Dates, Articles: 1st Planning Step, Bridal Experts, Pre-marital Stress, Past Relationships. www.PocketWeddingGuide.com</p>

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# Entertainment *in the* Spotlight



Photos by Timothy Raab

## A Flurry of Excitement

By DAMIAN PAGANO

**G**et some spring in your step and dance the flurry this weekend in Saratoga Springs.

The 19th annual Dance Flurry will start Friday evening, Feb. 17 and will continue through Sunday. Venues throughout town will host music and dances, and flurry program director Peter Davis said everyone is welcome, whether you move like a robot or jig like a wild Hibernian.

"It's a really great way to have fun," Davis said. "No one should be

intimidated. It's not all advanced."

Last year's Dance Flurry drew 5,000 people and featured more than 800 musicians and dancers. This year's event will feature about 700 performers but will still offer people their choice of clogging, flamenco, step dance and tap. DJ Kwick Step will also bust a move during his break dance performance, and people are welcome to jam however they like. Dance lessons will be offered, as will music instruction.

"Just to walk around town and take it all in, as a tourist, is also really fun," Davis said.

Dances will take place at the Saratoga Springs City Center and the adjacent Saratoga Hotel and Conference Center, the Canfield Casino in Congress Park, the Saratoga Music Hall in Town Hall, the National Museum of Dance on South Broadway, The Parting Glass on Lake Avenue and at Temple Sinai at 509 Broadway. There are more than 200 sessions scheduled during the weekend.

Care to dance the night away? Organizer of the event said in a press release that, "at any given hour during the Dance Flurry weekend ... between six and 13 simultaneous workshops, performances, dance parties and impromptu 'jams' keep downtown Saratoga venues alive with the sound of music, dance,

storytelling and enthusiastic social interaction."



There are 16 dance parties on Saturday night alone.

The Flurry is enough to draw Livia Vanaver and a posse of people from

Rosendale, in the Hudson Valley almost two hours away from Saratoga.

"This is the event that everybody looks forward to all year long," she said.



"We have dancing fools all over the place down here. We love it. It's one of the happiest weekends of the year."

Vanaver will perform with

Vanaver Caravan, a group of musicians and dancers.

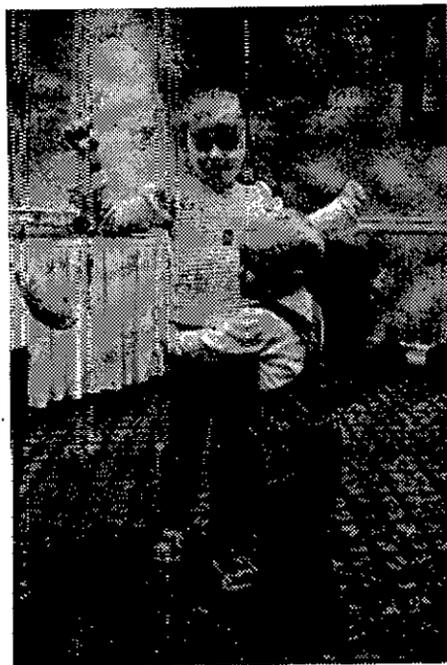
The group will be busy through the weekend with family dance instruction and performances. She said one highlights of their performance will be an hour

of dancing to Woody Guthrie's classic American folk music — songs like "This Land is Your Land," "The Dust Bowl Ballads," and "Hard Traveling."

"It's very natural," she said. "A little unusual, but very natural."

Another highlight will be a percussive dance performance/participatory workshop. During it, participants are encouraged to make sounds "with their bodies and feet," Vanaver said.

For information about the upcoming Dance Flurry, check events posted on the World Wide Web at [DanceFlurry.org](http://DanceFlurry.org). Event headquarters will be at the City Center, and information will be available there about event locations, times and prices.





# Calendar of Events *in the* Spotlight

## Wednesday, Feb. 15

### BETHLEHEM

**DELMAR ROTARY**  
Normanside Country Club, 7:30 a.m. Information, 767-2930.

### PLAYGROUP MEETING

First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for child caretakers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976, ext. 228.

### 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).

### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

### BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

### ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

### SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 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.

### ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 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, 7 p.m. Information, 439-7098.

### BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information; 767-2886.

### HEALING TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

### NEW SCOTLAND

### FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

### PRAYER MEETING

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

### 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.

## Thursday, Feb. 16

### BETHLEHEM

### BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

### FREE HEALTH LECTURES

Dr. Ron Stram and staff offer free health lectures every third Thursday of each month. All events at the Center for Integrative Health and Healing, 7:30 p.m. Registration recommended. Information and topics, call 689-2244 or visit [www.cihh.net](http://www.cihh.net)

### BETHLEHEM ART ASSOCIATION

Delmar Presbyterian Church, 585 Delaware Ave., 7:30 p.m., Information, 439-3948.

### ADULT BIBLE STUDY

First Reformed Church of Bethlehem, 7 p.m., Route 9W, Selkirk. Information, 767-2243.

### 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.

### 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.

### NEW SCOTLAND KIWANS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

### V'VILLE LIBRARY

Lifelines Prose Writers meet at 7 p.m. No signup necessary. Support group. New or experienced writers welcome. Information, 765-2791

## Friday, Feb. 17

### BETHLEHEM

### AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m.

### 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.

## Saturday, Feb. 18

### BETHLEHEM

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

### COEYMANS

Roast pork dinner  
Roast pork dinner at Trinity United Methodist Church, Route 143 Coeymans Hollow from 4 to 7 p.m. Donation dinner with take out available. Reservations not required. Information, 756-2629 or 756-6551.

## Sunday, Feb. 19

### BETHLEHEM

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

### 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 Rockefeller 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, 439-6454.  
*St. Matthew's Church*, Mountain View Road, Voorheesville, 765-2805.  
*Unionville Reformed Church*, Delaware Turnpike, 439-5001.  
*United Pentecostal Church*, Route 85, New Salem, 765-4410.

## Monday, Feb. 20

### BETHLEHEM

### PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Also Wed. 2-5:30 p.m. Information, 439-0503.

### 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.

### EXPLORER POST 157

For boys and girls 14-21, focusing on environmental conservation, 310 Kenwood Ave., 7:30-9 p.m.

### DELMAR COMMUNITY ORCHESTRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

### ROYAL ARCH MASONS

Temple Chapter No. 5; Masonic Temple, 421 Kenwood Ave.

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m.

### NEW SCOTLAND

### LIBRARY BOARD

Every third Monday, Voorheesville

Public Library, 51 School Road, 7 p.m. Information, 765-2791.

### QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

### SELKIRK

### BOARD OF FIRE COMMISSIONERS

Monthly meeting, 7 p.m. Information, 465-3193.

## Tuesday, Feb. 21

### BETHLEHEM

### FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

### TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

### PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

### PLANNING BOARD

Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

### BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

### ONESQUETHAU LODGE 1096 F&M

Masonic Temple, 421 Kenwood Ave.

### 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.

### VOORHEESVILLE PTA

Elementary school cafeteria, 7:30 p.m. Information, 765-3644.

### V'VILLE LIBRARY

Exercise your way to good health with Michael Braet of No Limits Fitness at 7 p.m. Vacation program for grades 3, 4 and 5. Signup necessary. Call 765-2791.

## Wednesday, Feb. 22

### BETHLEHEM

### DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

### PLAYGROUP MEETING

First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for child caretakers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976, ext. 228.

### 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).

### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue-Park, 2-5:30 p.m. Information, 439-0503.

### BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

### ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

### SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 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.

### ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 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, 7 p.m. Information, 439-7098.

### BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

### HEALING TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

### NEW SCOTLAND

### FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

### PRAYER MEETING

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

### NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

### V'VILLE LIBRARY

UGLYDOLL workshop (two sessions, also Feb. 23) for grades 4 and older from 2 to 4 p.m. Make your own doll. Signup necessary. Call 765-2791.

### AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m.

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8:30 AM - 5 PM  
Monday-Friday  
**Deadline:** Thursday at 4PM for following week



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125 Adams St.  
Delmar, NY 12054



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**113,400**  
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\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Number of Weeks \_\_\_\_\_

MasterCard or Visa# \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

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D	A	M	S	B	E	A	S	T	H	E	A	R	T	B	U	M			
U	S	M	C	E	L	B	O	W	A	S	T	O	R	I	R	A			
R	O	M	A	N	T	I	C	D	I	N	N	E	R	O	U	T			
A	N	D	R	E	W	D	A	T	E	D	A	M	A	R	I	L	L	O	
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B	I	G	B	O	X	O	F	C	H	O	C	O	L	A	T	E	S		
O	R	A	S	I	T	O	L	E	S	A	R	I	S	S	E	V	E	R	
O	O	Z	E	R	E	Y	S	P	E	S	T	S	T	A	X	I			
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S	O	B	C	O	O	P	A	A	R	U	T	E							
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Guilderland Spotlight • Niskayuna Spotlight • Rotterdam Spotlight  
Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight  
Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight*

# Spotlight Classifieds

## LEGAL

**DIVORCE IN JUST 24 HOURS** With or Without Travel...With or Without Your Spouse's Signature! AS LOW AS \$1,095 info@divorcefast.com/www.divorcefast.com Divorcefast, 365 Boston Post Road, #241, Sudbury, MA 01776 978-443-8387.

## MOVING SALE

SOFA & LOVESEAT, \$650. Player piano/rollers, \$4,200. Oak computer desk, \$280. Cape Cod glasses- 32 varied pieces, \$80. Two brass lamps, \$80. Two oak storage cabinets, \$560.

Automechanic tools, \$9,000 OBO. 439-7823.

## MUSIC

**STRING INSTRUMENT REPAIR:** Bow Rehairing. 439-6757.

## MUSIC INSTRUCTION

**INSTRUMENT CLASSES:** Guilderland. Six weeks, March 7- April 11. Fiddle, Pennwhistle, Banjo, Mountain and Hammered Dulcimer, Guitar, Mandolin, Recorder, Accordion, African Drumming. Music Theory. Call Old Songs, 518-765-2815.

## MUSICAL INSTRUMENTS

Trombone-Silver Yamaha-New Condition w/accessories and case. \$350 Call 475-1088 Day or night.

## 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.

## PAINTING & PAPERING

**PAINTING & WALLPAPERING:** Insured, 20 years experience. 858-0398.

## PERSONAL CARE AIDE

**COMPANION FOR MOBILE ELDERLY WOMAN.** P/T or F/T in Colonie area. Must have car. 479-2229.

**IN HOME CARE:** 25 yrs. experience, personal care, meals. Shopping, light housekeeping. Maria 272-7278.

## PET SERVICES

Delmar Resident & Animal Lover will provide in-home pet sitting services within the Tri-

village area. Daily/weekly. References. Please leave message 727-6886.

## PIANO TUNING & REPAIR

**PROFESSIONAL PIANO** tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

## SALES

This is creating **MILLIONAIRES!** EARN \$1000. DAILY with ABSOLUTE proof! 97% of this business is AUTOMATED! "Three Step Success System". 24hr info line: 1-800-887-1897.

## 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

**EXPERIENCED MATH TUTOR.** Middle and High School. Regents, SAT, ACT. 221-4836.

**MATH TUTORING HIGH SCHOOL** All Math levels including SAT Prep. 36 Years Experience. NYS Certified. Also Interested in Albany Academy Students. 439-0610. SAVE THIS NUMBER!

## 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.

**WOODWORKING TOOLS** made before 1950, iron and wooden planes, chisels, levels, saws, etc. Premium paid if in original box or in original tool chest. 518.461.0067.

# Employment Classifieds

## HELP WANTED

**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.

**INDEPENDENT LIVING SKILLS INSTRUCTOR-** Basic Function: Teaching adults with TBI gain skills to live independently as possible in a community setting. Provide functional assessment of the survivors independent living skills, develop plans to increase those abilities. Qualifications: Master degree in a related field of training (Psychology, spe-

cial education, social work) and one year experience; or a bachelor degree with two years; or a high school diploma with three years providing functionally based assessments. 1/8888-586-3061 ext. 101

**MAINTENANCE PERSON, PAINTER** for 198 Unit Complex: F/T M-F. Must have own tools & vehicle. Call 439-1191.

**P/T LEAD TEACHER:** My Gym Children's Fitness. Must love children. Dance, gymnastics background helpful. Morning, some weekends. Call 371-1577.

**RETAIL STORE MANAGER:** Think on your feet? Love to deal with the public? Friendly? Experienced? Send cover letter and resume in confidence to: Store Man-

ager, P.O. Box 100 Delmar, NY 12054.

**SERVICE COORDINATOR-** Basic Functions: Responsible for overall implementation, coordination, integration and monitoring of service plan. Ensure adequate communication; facilitate independence and serve as an advocate to persons with disabilities. Qualifications: Master degree with one year's experience or bachelor's degree with two years experience or H.S. diploma or equivalent with three years experience providing service coordination to individuals with disabilities. Call Noni at 1-888-586-3061 ext. 101

**STABLE ASSISTANT:** Immediate FT/PT position; 15 stall private boarding facility,

Delmar, NY. (Exit 23 NYS Thruway); Excellent wages, benefits. Stalls, stable chores, turn-out/in, farrier/vet calls, schedule; exercising for experienced rider. Non-smoker, experience, love of horses and references required. Contact Holly at 478-0728 or kenwoodcrestfarm@hotmail.com.

**DELIVERY MAIL POSITIONS!** Earn \$12- \$48 per hour/ No experience Full Benefits/ Paid Training Now Hiring! Call Now Toll free 1-866-409-2663 ext 41.

**Driver- COVENANT TRANSPORT.** Check out our 4 divisions. Temp Control, Dedicated, Regional and Team Expedited/ Longhaul. Solo, Teams, Student Graduates, O/O. Lease Purchase. 888-

667-3729 drive4covenant.com.

**Driver- HOMETOWN NATIONAL CARRIER.** Small Company Feel, Big Company Benefits. "We are the ENTIRE Package" Start your career today! Immediate Phone Interviews. Call Jennifer @800-308-2809, x22. www.knighttrans.com. Class-A CDL with haz- 6 months OTR.

**EXCHANGE STUDENT COORDINATOR WANTED** with good community contacts to place/ supervise exchange students for 4 week program during July or August. Good additional income. Fax resume: Global Friendship, Inc. 732-477-4908 or Email Global550@aol.com.

**Railroad Freight Conductor** positions in New York! Earn

\$40- 65K plus Benefits! Applications are REQUIRED for interviews. Apply online: www.AMDG.WS Call toll free 866-373-2916.

**THERAPISTS WANTED-** Speech Pathologist, Occupational Therapist, Physical Therapist, "CFY", Bilingual School Psychologist, SEIT Teacher positions available throughout New York City, Long Island, Westchester, New Jersey. Great benefits. Call Bilinguals, Inc. 212-684-0077 x103.

## SITUATION WANTED

**AIDE:** Certified, mature, excellent references; transportation, reasonable rates. Live-in/live-out. 209-4878.

**AIDES AVAILABLE:** Mature, Reliable, Specializing in Alzheimer's, stroke, rehab &

eldercare. Bonded & insured. Over 30 yrs. experience. Clean background checks. 312-7404.

**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.

## WORK WANTED

**AIDES WILL DO ANY HRS,** Also 24/7 Home Care for elderly. Reasonable. Criminal background check done. Insured. 573-6399 or 861-7008.

**CARING CORNER:** Independent Caregiver. Your home. Experienced. Call Donna 275-1537.

# Real Estate Classifieds

## REAL ESTATE FOR RENT

**COLONIE:** 1 Bedroom Apartment, Quiet neighborhood. Easy parking. Available 3/1. \$500.00+ utilities. 446-0945 or 810-5550.

**DELMAR:** Available 3/1/06. Spacious 1BR, 1st floor apt. Lease. Immaculate. \$590/month + security/utilities. W/D Hookup, Walk-up attic, Residential area. 640-4602.

**DELMAR- Small 1BR,** available 02/15, \$575. Heat/Hot water included. Off street parking, Hardwood floors. Good for one. 456-6644.

**DELMAR- 3BR apt. with garage.** \$1000+/month. Available Immediately. Call 527-8017.

**DELMAR: 2-3BR Apt., 1BA, Deck,** Newly remodeled, 1,700 sq ft- security- no pets. \$900 including utilities. 518-439-4966 or 439-2017.

**DELMAR: 2BR Duplex \$850+, 1.5BA, W/D Hookup, Deck, Garage.** No smoking/pets. Lease, 3/1. 478-0026.

**DELMAR:** Corner of Orchard

& Cherry. \$750/month. 2 bedroom apt., second floor. Includes heat & garage, on busline. No pets. Available early March. Security deposit and references required. 475-1173.

**DELMAR:** 1 bedroom apartment in historic house. Garage, Washer/Dryer, \$515+. No Pets. 279-0616.

**SLINGERLANDS: ADORABLE 1BR Apt. W/D, Dishwasher,** \$625+ utilities. Available March 1. 1st, last, 1mo. security. 221-9545.

## REAL ESTATE FOR SALE

**FOR SALE:** Three unit, separate utilities, 2 car garage, large lot. Could be converted to one family with income apartment. \$199,900. Call 439-4024.

## REAL ESTATE

**Central Florida Vacation Homes!** Home investment prospect with income and unlimited enjoyment for the family. Pre- construction pricing from \$169,900 Tuscany Pointe Call 1-888-382-0088.

**NO DOWNPAYMENT? PROBLEM CREDIT?** If you're motivated and follow our proven, no-nonsense program, we'll get you into a NEW HOME. Call 1-800-830-2006, or visit www.AmericanHomePartners.com.

## BUILDINGS FOR SALE

**BUILDING DIRECT! 25 YEARS.** Orders now for spring delivery, and save! Extensive range of sizes and models. Built to last. Priced to sell! 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

**DELMAR RANCH** by owner- 3BR, 2BA, Double deck, Lawn sprinkler, Attached garage \$299,500. 439-7823.

## LAND FOR SALE

**ASHEVILLE, NC AREA HOMESITES** Own a private mountain retreat. Gated

riverfront community. Stunning mountain views. 1 to 8 acres from the \$60s. Four-season climate. Call 866.340.8446 Bear River Lodge.

## LAND/LOTS

**COLUMBIA COUNTY 10+ Acres,** 2 miles off of Taconic Pkwy. \$129,900, 518-943-9769.

## LOTS & ACREAGE

**FLORIDA BUILDERS LOTS-** Double your investment in 1 year. Looking for the next new area to invest in? Gated golfcourse communities. Wholesale pricing. 954-319-7954 www.SunStyles.com.

**SALMON RIVER GETAWAY 8 Acres-** was \$25,900 NOW \$14,900 Private wooded setting for snowmobile/ hunting camp! Walk to Salmon River and Redfield Reservoir. EZ terms! Won't last! 800-260-4614.

**TROUT STREAM 20 acres-** \$59,900 Ideal horse farm! Lush pasture, 750ft on Blue Ribbon trout stream! Gorgeous upstate NY setting! EZ drive NYC Terms! Call now!

888-918-6264 www.upstateNYland.com.

## VACATION RENTALS

**Adirondack Get Away.** Charming 3BR cottage on private lake. Avail 7/15-10/15. Monthly rentals only; \$4500/mo. 770-928-6711 or cjc2007@comcast.net

**GLENMONT:** Van Wies Point on Hudson River. 1BR Country Cape, Summer only. All amenities. 463-2000.

**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. Negotiable. 489-2341

**MYRTLE BEACH SC.** Free Brochure- Private homes and condos- Pets OK. Daily, weekly, monthly. Oceanfront and Beachside. As low as \$400. 1-800-645-3618 www.retreatmyrtlebeach.com.

**OCEAN CITY, MARYLAND.** Best selection of affordable rentals. Full/ partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate.

1-800-638-2102. Online reservation www.holidayoc.com.

**Orlando/Disney Vacation Homes** from \$89 per night fully equipped 3-7 bedroom homes with private pool just minutes from Disney and all other attractions 1-877-287-1645 www.florida leisure.com.

**OUTER BANKS, NC -Vacation** with family in Corolla. Pine Island North -Ocean Sound.

Accommodate 8 -26 people pools, elevators, golf, pets. Corolla Classic Vacation, brochure, call toll- free 866-453-9660 or corolla classicvacations.com/nyp.

## VACATION PROPERTIES

**NAPLES, FLORIDA- A HOT HOT BUYERS MARKET!** Great values high 200's to over \$1M- condos, homes, beach, golf, more. Nancy Thomas Gulf Breeze RE 239-250-2589.

# Automotive Classifieds

## AUTOMOTIVE FOR SALE

1993 Jeep Grand Cherokee Laredo, 4X4, runs strong, fitted with personal plow, new AC compressor and more, needs brakes, \$2,750, call Mike 518-280-2875.

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

2004 VW Turbo Beetle Convertible, Black, 37,000 miles, 5 speed, engine upgrades to 230 horse power, FUN car!! garaged, bra, mud flaps, car cover, extra mats, \$18,600/BO, call Mike 518-280-2875.

81 MONTE CARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.

**Advertise your business with Spotlight Newspapers - Call us today at 439-4949**

## LEGAL NOTICE

## LEGAL NOTICE

CATSKILL ASSOCIATES I, LLC. Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on December 14, 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-12661 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is NMM TOWERS, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 5, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12682 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is NMM SANDCREEK, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 5, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12683 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is NMM GREENRIDGE, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 5, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12684 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MRP CLOVER PARK ASSOCIATES, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 5, 2006. 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

## LEGAL NOTICE

LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12685 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Swift Builders, LLC ("LLC") filed with the Secretary of State ("SSNY") on December 30, 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, 15 Kenwood Avenue, Glenmont, NY 12077. 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-12700 (February 15, 2006)

## LEGAL NOTICE

ARTICLES OF ORGANIZATION OF A.M.C. REALTY OF SARATOGA, LLC Under Section 203 of the Limited Liability Company Law. FIRST: The name of the limited liability company is: A.M.C. REALTY OF SARATOGA, LLC. SECOND: The county, within this state, in which the office of the corporation is to be located is: the County of Albany.

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 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: A.M.C. Realty of Saratoga, LLC c/o Metro Metals Recycling, LLC 849 First Avenue Watervliet, New York 12189. FOURTH: The limited liability company is to be member managed. Charles F. VanHall, Organizer A.M.C. Realty of Saratoga, LLC c/o Metro Metals Recycling, LLC 849 First Avenue Watervliet, New York 12189. ARTICLES OF ORGANIZATION OF A.M.C. REALTY OF SARATOGA, 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-12716 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of a Domestic Limited Liability Company (LLC). The name of the LLC is Growth Opportunity, LLC. The Articles of Organization were filed with the NY Secretary of State on 12/14/2005. 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 595 New Loudon Road #210, Latham, NY 12110. LCD-12753 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A REGISTERED LIMITED PARTNERSHIP (L.P.). The name of the L.P. is BRUNSWICK ASSOCIATES OF ALBANY, L.P. The Cer-

## LEGAL NOTICE

tificate of Registration of the L.P. was filed with the NY Secretary of State on October 20, 2004. The purpose of the L.P. is to engage in any lawful act or activity. The office of the L.P. is to be located in Albany County. The Secretary of State is designated as the agent of the L.P. upon whom process against the L.P. may be served. The address to which the Secretary of State shall mail a copy of any process against the L.P. is c/o Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12775 (February 15, 2006)

## LEGAL NOTICE

SIMILLE ENTERPRISES LLC. Notice of Formation of Simille Enterprises LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 1/13/2006. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 344 Torquay Blvd., Albany, New York 12208. The purposes of the LLC are to acquire, own, hold, improve, manage and operate the real property known as approximately 10.5 acres located at 1139 Loudon Road, in the Town of Colonie, New York. LCD-12795 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of High Meadow's Vineyards, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 19, 2006 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, 146 Blechman Road, Ravena, NY 12143. 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-12813 (February 15, 2006)

## LEGAL NOTICE

HARLEM 121 ASSOCIATES LLC. Notice of Organization: Harlem 121 Associates LLC was filed with SSNY 01/25/06. Office: Albany County. 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 Relyea Services LLC 1524 Central Ave., Albany, NY 12205. Purpose: To engage in any lawful activity. LCD-12815 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP (L.P.). The name of the L.P. is CLOVER PARK APARTMENT ASSOCIATES OF ALBANY, L.P. The Certificate of Limited Partnership of the L.P. was filed with the NY Secretary of State on January 13, 2006. The purpose of the L.P. is to engage in any lawful act or activity. The office of the L.P. is to be located in Albany County. The Secretary of State is designated as the agent of the L.P. upon whom process against the L.P. may be served. The address to which the Secretary of State shall mail a copy of any process against the L.P. is c/o Tri City Rental LLC, 255 Washington Avenue Extension, Albany, New York 12205. LCD-12828 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION

## LEGAL NOTICE

OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is EMPIRE AUTOMOTIVE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 30, 2006. 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 15 Swayze Drive, Latham, New York 12110. LCD-12848 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is EAGLE STREET ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 2, 2006. 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 12205. LCD-12861 (February 15, 2006)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is FIRST COLUMBIA ACQUISITIONS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 6, 2006. 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 22 Century Hill Drive, Suite 301, Latham, New York 12110. LCD-12871 (February 15, 2006)

## LEGAL NOTICE

GLOVERSVILLE PARTNERS OF ALBANY, L.P. Notice of Formation of a limited partnership (LP) Certificate of Limited Partnership filed with the New York Secretary of State on January 27, 2006. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110. LCD-12877 (February 15, 2006)

## LEGAL NOTICE

WATT STREET OF ALBANY, L.P. Notice of Formation of a limited partnership (LP) Certificate of Limited Partnership filed with the New York Secretary of State on February 1, 2006. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110.

## LEGAL NOTICE

LCD-12878 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of a limited liability company (LLC). Name: LEG Properties, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 1/6/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 20 Lyons Avenue, Delmar, NY 12054. Purpose: any lawful activity. LCD-12882 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Mason Production Services LLC. Authority filed with Secy. of State of NY (SSNY) on 12/21/05. Office location: Albany County. LLC formed in Virginia (VA) on 12/6/05. 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. VA address of LLC: c/o F. Lewis Powell, III, Hunton & Williams LLP, 951 East Byrd St., Richmond, VA 23219. Arts. of Org. filed with VA Secy. of State, 1300 East Main St., Tyler Bldg., 1st Fl., Richmond, VA 23218. Purpose: any lawful activity. LD-12662 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of HOME SHARP LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/20/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1085 E. 12th St., NY, NY 11230. Purpose: any lawful activity. LD-12664 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Springs Window Fashions, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/14/05. Office location: Albany County. LLC formed in Delaware (DE) on 12/26/1978. 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: 7549 Graber Road, Middleton, WI 53562. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-12668 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of Silex International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/29/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd, 41 State Street, Ste 405, Albany, NY 12207. Purpose: any lawful activities. LD-12670 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of CHOICE OVERSEAS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/25/05. 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-12687 (February 15, 2006)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Qualification of Chesapeake Appraisal Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/16/05. Office location: Albany County. LLC formed in Delaware (DE) on 11/14/05. 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., Ste. 3, Dover, DE 19901. Purpose: any lawful activity. LD-12689 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of The Towers-Las Vegas, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/30/05. Office location: Albany County. LLC formed in Nevada (NV) on 5/11/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. NV address of LLC: 1050 E. Flamingo Road, Ste. 147, Las Vegas, NV 89119. Arts. of Org. filed with NV Secy. of State, 206 North Carson St., Carson City, NV 89701. Purpose: any lawful activity. LD-12695 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Toys "R" Us Europe, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/3/06. Office location: Albany County. LLC formed in Delaware (DE) on 7/21/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12696 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Marquis Digital Imaging LLC. Authority filed with Secy. of State of NY (SSNY) on 1/3/06. Office location: Albany County. LLC formed in Delaware (DE) on 12/29/05. 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. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-12697 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Kraft Plaza LLC. Authority filed with Secy. of State of NY (SSNY) on 1/3/06. Office location: Albany County. LLC formed in Delaware (DE) on 12/29/05. 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 The Kraft Group, One Patriot Place, Foxborough, MA 02035. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12698 (February 15, 2006)

## LEGAL NOTICE

Notice of Qualification of Crafts, Etc! Property Co., L.L.C. Authority filed with

## LEGAL NOTICE

Secy. of State of NY (SSNY) on 12/29/05. Office location: Albany County. LLC formed in Oklahoma (OK) on 3/20/1997. 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: 7701 SW 44th, Oklahoma City, OK 73179. Arts. of Org. filed with OK Secy. of State, 101 State Capitol Bldg, Oklahoma City, OK 73105. Purpose: any lawful activities. LD-12706 (February 15, 2006)

## LEGAL NOTICE

APPLICATION FOR AUTHORITY OF HOB-LOB, LIMITED PARTNERSHIP (Pursuant to Section 121-902 of the Revised Limited Partnership Act) FIRST: The name of the partnership, which is a foreign limited partnership as defined in Section 121-101 of the Revised Limited Partnership Act of the State of New York, and which is hereinafter referred to as the "partnership," is: HOB-LOB, LIMITED PARTNERSHIP SECOND: The jurisdiction of the partnership's organization is Oklahoma, and the date of said organization is December 16, 1993.

THIRD: The county within the State of New York where the office of the partnership is to be located is the County of Albany. FOURTH: The Secretary of State of the State of New York is designated as the agent upon whom process against the partnership may be served. The post office address within the State of New York to which the Secretary of State of the State of New York shall mail a copy of any process against the partnership served upon him is: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, New York, NY 10001.] FIFTH: The registered agent of the partnership is to be the agent of the partnership upon whom or upon which process against the partnership may be served. The name and the address within the State of New York of said registered agent are as follows: National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, New York, NY 10001.

SIXTH: The address of the office that the partnership is required to maintain under the laws of the jurisdiction of its organization, or if not so required, of its principal office, is: 7701 SW 44th, Oklahoma City, OK 73179 SEVENTH: The name and the business or residence address of each general partner of the partnership are as follows: NAME

H.L. MANAGEMENT, INC ADDRESS 7707 SOUTHWEST 44TH ST OKLAHOMA CITY, OK 73179

EIGHTH: The partnership is in existence in the jurisdiction of its organization at the time of the filing of this Application for Authority.

NINTH: The name and the address of the authorized officer in the jurisdiction of the partnership's organization where a copy of its certificate of limited partnership is filed are: Secretary of State of Oklahoma, 101 State Capitol Bldg, Oklahoma City, OK 73105 APPLICATION FOR AUTHORITY OF HOB-LOB, LIMITED PARTNERSHIP (Pursuant to Section 121-902 of the Revised Limited Partnership Act)

Filer: Tena Lumpkins 145 Baker Street Marion, OH 43302 LD-12707 (February 15, 2006)

## LEGAL NOTICE

Notice of Formation of Bavette LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/3/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process

**LEGAL NOTICE**

against it may be served. SSNY shall mail process to: The Company, 301 East 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12708 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of HCH Enterprises, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/28/05. Office location: Albany County. LLC formed in Rhode Island (RI) on 6/05/2001. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o HIQ Corporate Services, Inc., 516 North Charles St, 5th Fl, Baltimore, MD 21201. Principal address of LLC: 9 Old Snake Hill Road, Gloucester, RI 02814. Arts. of Org. filed with RI Secy. of State, 100 North Main St, Providence, RI 02903. Purpose: any lawful activities. LD-12709 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of MIGHTY HOLDING LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/4/06. 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. Purpose: all lawful activities. LD-12711 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of WTN Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/29/05. Office location: Albany County. LLC formed in California (CA) on 3/4/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the CA address of LLC: 2545 Napa Valley, Corporate Dr., Ste. C, Napa, CA 94568. Arts. of Org. filed with CA Secy. of State, 1500 11th St., 3rd Fl., Sacramento, CA 95814. Purpose: all lawful purposes. LD-12712 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 678 Properties, LLC. The Articles of Organization of the LLC were filed with the Secretary of State on January 4, 2006. 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 agent of the LLC upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 678 Troy-Schenectady Road, Latham, New York 12110. LD-12714 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Alchester Development, LLC. The Articles of Organization of the LLC were filed with the Secretary of State on January 4, 2006. 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 agent of the LLC upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 678 Troy-Schenectady Road, Latham, New York 12110. LD-12715 (February 15, 2006)

**LEGAL NOTICE****LEGAL NOTICE**

Notice of Formation of RHSH Realty LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/5/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-12717 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of COMCAST COMMERCIAL SERVICES, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/4/06. Office location: Albany County. LLC formed in Delaware (DE) on 8/3/00. 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. DE address of LLC: c/o Comcast Capital Corporation, 1201 Market St., Ste. 1000, Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12718 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of KHRG Muse LLC. Authority filed with Secy. of State of NY (SSNY) on 1/6/06. Office location: Albany County. LLC formed in Delaware (DE) on 1/3/06. 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. DE address of LLC: c/o Corporation Service Company, 2711 Centerville Road, 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-12719 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of NEW EASTERN PARKWAY ASSOCIATES, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/5/06. 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 Mallow, Konstam & Hager, 321 Broadway, 5th Fl., NY, NY 10007. Purpose: all lawful activities. LD-12720 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of PREMIUM CORPORATE SOLUTIONS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/6/06. 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-12745 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of 604 North Broadway, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on December 23, 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, 190 Hilton Road, Slingerlands, NY 12159. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.

**LEGAL NOTICE**

LD-12748 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of limited liability company (LLC). Name: Technology Plus, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) December 19, 2005. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to Technology Plus, LLC, 121 Drahos Drive, Altamont, New York 12009. Purpose: any lawful purpose. LD-12751 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of Advantage Tank Lines, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/4/06. Office location: Albany County. LLC formed in Delaware (DE) on 11/19/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-12752 (February 15, 2006)

**LEGAL NOTICE**

Publication Notice of Organization of Limited Liability Company. FIRST: The name of the Limited Liability Company is THE PEANUT PRINCIPLE LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on September 19, 2005. THIRD: The county within New York State in which the office of the Company is to be located is Albany. FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 1158 New Loudon Road, Cohoes, NY 12047. FIFTH: The Company's purpose is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. LD-12755 (February 15, 2006)

**LEGAL NOTICE**

Mattress Kings, LLC. Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with Secretary of State of NY ("SSNY") on 11/30/2005. Office location is 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 any such process served to 65 Queen Anne Drive, Slingerlands, NY 12159. Purpose: is any lawful business activities. LD-12758 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of LEEMAN & PARTNER LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/6/2005. 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 St, Ste 24-H, NY, NY 10021 Purpose: any lawful activities. LD-12759 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of Goodwill Consulting LLC. Arts. of

**LEGAL NOTICE**

Org. filed with Secy. of State of NY (SSNY) on 11/21/2005. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12760 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of WILSBURG INTERNATIONAL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/11/2005. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12761 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of MCKENZIE & RIVER LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/5/2005. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12762 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of 145-153 EDGEcombe LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/4/06 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 Street, Brooklyn, New York, 11218 Purpose: any lawful activity. LD-12763 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of JMS Distributors LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/4/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3048 Bedford Avenue, Brooklyn, New York, 11210 Purpose: any lawful activity. LD-12764 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of 1727-29 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/11/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 626, Yonkers, New York, 10710 Purpose: any lawful activity. LD-12765 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of 1715-17 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/12/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 626, Yonkers, New York, 10710 Purpose: any lawful activity. LD-12766 (February 15, 2006)

**LEGAL NOTICE**

Digital Radius LLC. Notice of Formation of Limited Liability Company. Articles of Organization filed with the Department of State of New York on December 27, 2005. The county in which the office of the Limited Liability Company is to be located is Albany. The Secretary of State of New York is design-

**LEGAL NOTICE**

nated as agent of the LLC upon whom process against it may be served. Secretary of State may mail a copy of any process to PO Box 258, Voorheesville, NY 12186. Latest date of dissolution of LLC: None. Purpose: Any lawful act. LD-12790 (February 15, 2006)

**LEGAL NOTICE**

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the Limited Liability Company is AZAD COMPANY, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on January 10, 2006. THIRD: The county within New York State in which the office of the Company is to be located is 372 Second Avenue, Albany, New York 12209. 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 372 Second Avenue Albany, New York 12209. FIFTH: The purpose of the business of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. LD-12797 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF ORGANIZATION. Notice is given that Articles of Organization for IAC Management, LLC were filed with the Secretary of State on December 21, 2005. The office of the LLC shall be located in Albany County, New York. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against it served upon him or her is: 41 State Street, Suite # 405, Albany, New York 12207. The purpose of this limited liability company is Asset Management. LD-12799 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of Toys "R" Us International, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/20/06. Office location: Albany County. LLC formed in Delaware (DE) on 1/17/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, 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-12800 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of DIW Merger Sub, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 11/29/05. 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. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12801 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of Black River Felts Mills LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/26/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-12802 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of Progress Telecom, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/11/03. Office location: Albany County. LLC formed in Delaware (DE) on 11/4/03. 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: 100 2nd Ave. South, St. Petersburg, FL 33701. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-12805 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of Long Beach Venture LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/23/06 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, Suite 703, New York, New York, 10016 Purpose: any lawful activity. LD-12806 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of 2445 Manhattan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 1/23/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 23 Kirby Lane, Jericho, New York, 11753 Purpose: any lawful activity. LD-12807 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of RMR Buffalo Properties LLC. Authority filed with Secy. of State of NY (SSNY) on 1/25/06. Office location: Albany County. LLC formed in Maryland (MD) on 1/23/06. 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. MD address of LLC: c/o CSC-Lawyers Incorporating Service Co., 11 E. Chase St., Baltimore, MD 21202. Arts. of Org. filed with MD Secy. of State, State House, Annapolis, MD 21401. Purpose: any lawful activity. LD-12816 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of GUEST SUPPLY LLC. Authority filed with Secy. of State of NY (SSNY) on 1/19/06. Office location: Albany County. LLC formed in Delaware (DE) on 9/13/05. 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. Principal office of LLC: 4301 US Highway One, Monmouth Junction, NJ 08852. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: food services. LD-12818 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF

**LEGAL NOTICE**

LIMITED LIABILITY COMPANY Name: Hameroff and Sons, L.L.C. (LLC). Articles of organization filed with sec. of state of NY (SOS) on 12/14/05. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 705 Broadway, Albany, NY 12207. Purpose: Any lawful act or activity. LD-12819 (February 15, 2006)

**LEGAL NOTICE**

JAX SNAX, LLC. Notice of Formation of Limited Liability Company. Articles of Organization of Jax Snax, LLC (the "LLC") were filed with the Department of State of New York ("SSNY") on January 9, 2006. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to c/o 3 Candlewood Court, Albany, NY 12205. The LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Lavelle & Finn, LLP. Address: 29 British American Boulevard, Latham, New York 12110. LD-12820 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of Cafel LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/10/2006. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12824 (February 15, 2006)

**LEGAL NOTICE**

Notice is hereby given that an Order entered by the Supreme Court, Albany County on the 23rd day of January, 2006, bearing Index Number 213-06, copy of which may be examined at the Office of the Clerk, grants me the right to assume the name of Linda Irene Plumb. My present address is 697 Elm Ave., Selkirk, NY 12158; the date of my birth is 2-13-1949; the place of my birth is Cleveland, Ohio; my present name is Belinda Irene Plumb. LD-12825 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of FRANCESCO LAGNESE PHOTOGRAPHY LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/25/06. 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 Francesco Lagnese, 165 Madison Ave., Ste. 502, NY, NY 10016. Purpose: all lawful activities. LD-12826 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of PEARL TOWERS GP LLC. Authority filed with Secy. of State of NY (SSNY) on 1/24/06. Office location: Albany County. LLC formed in Delaware (DE) on 12/16/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Omni Development Corp., 40 Beaver St., 5th Fl., Albany, NY 12207. DE address of LLC: c/o Corporation Service Company, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, John G. Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-12827 (February 15, 2006)

# Sports *in the* Spotlight

## Guilderland answers BC's challenge with late run

By ROB JONAS

When Bethlehem laid down a second half challenge, Guilderland responded.

The Lady Dutch went on an 11-0 run late in the fourth quarter to pull away for a 49-42 victory over the Lady Eagles Sunday in the Division 2 finals of the Suburban Council Tournament at Hudson Valley Community College.

Bethlehem rallied from a 32-22 deficit late in the third quarter to take a pair of one-point leads midway through the fourth quarter before Guilderland took command again.

"The only thing that went through my mind was if I show panic, they'll panic," said Guilder-

land coach Frank Cacckello. "I thought we did a good job of maintaining our composure."

"They settled themselves down and made their shots, and we missed our opportunities at the other end," said Bethlehem coach Mark Nealon.

Guilderland built a 26-16 half-time lead and maintained its 10-point advantage through much of the third quarter before Bethlehem got going. Alex McCullough made a tough inside shot and added a free throw for a three-point play that pulled the Lady Eagles within three points. Then, Kiersten Swete drained a desperation three-pointer at the third quarter buzzer to tie the game at 32.

"That's exciting, and that's something she'll remember for a long time," Nealon said of Swete's shot.

Kristin Pezze gave Guilderland a boost by opening the fourth quarter with a driving layup and a foul shot, but Bethlehem rallied to take a 36-35 lead. The lead saw-sawed a couple of times before Jessica Tice fueled the Lady Dutch's late run with five of her seven points and several key rebounds.

"Every time that ball came off the rim (off a Bethlehem miss), we didn't give them a second shot because she pulled down all those rebounds," Cacckello said of Tice.

Guilderland center Mary Kate

O'Connell led all scorers with 16 points. Pezze contributed 15 points for the Lady Dutch, while Leah Gillham led Bethlehem with 13 points.

"It says a lot for (O'Connell) because they're not weak in the low post," Cacckello said.

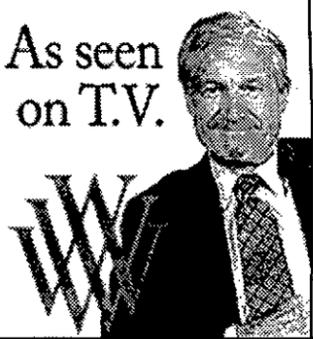
Both teams will have high seeds entering the Section II, Class AA playoffs. Guilderland is the No. 3 seed out of the Suburban Council, while Bethlehem is the No. 4 seed. Their opening round match-ups will be determined Wednesday.

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**LEGAL NOTICE**

**LEGAL NOTICE**

Notice of Qualification of Trespass Films LLC. Authority filed with Secy. of State of NY (SSNY) on 1/13/06. Office location: Albany County, LLC formed in Delaware (DE) on 11/15/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 375 Greenwich St, NY, NY 10013. Principal address of LLC: 375 Greenwich St, NY, NY 10013. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-12851 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of BOA A PHOTOGRAPHERS SOURCE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/25/06. 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 Francesco Lagnese, 165 Madison Ave., Ste. 502, NY, NY 10016. Purpose: all lawful activities. LD-12845 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of HST Lessee SNTY LLC. Authority filed with Secy. of State of NY (SSNY) on 1/25/06. Office location: Albany County, LLC formed in Delaware (DE) on 1/19/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207. DE address of LLC: c/o Corporation Service Co., 2711 Centerville Rd., Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12852 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of The Matador SPV, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/18/06. Office location: Albany County, LLC formed in Delaware (DE) on 12/19/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 375 Greenwich St, NY, NY 10013. Principal address of LLC: 375 Greenwich St, NY, NY 10013. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-12852

**LEGAL NOTICE**

(February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of HST Lessee WNY LLC. Authority filed with Secy. of State of NY (SSNY) on 1/26/06. Office location: Albany County, LLC formed in Delaware (DE) on 1/19/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207. DE address of LLC: c/o Corporation Service Co., 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12854 (February 15, 2006)

**LEGAL NOTICE**

OUTERFILMS LLC Notice of Formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of New York ("SSNY") on 11/3/2005. 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: The LLC, 37 Domenico Drive, Glenmont, NY 12077. Purpose: Any lawful act. LD-12855 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF CAPITAL TALENT, LLC

- The name of the Limited Liability Company is: CAPITAL TALENT, LLC.
- The Articles of Organization of the Company were filed with the Secretary of State on January 4, 2006.
- The Company within New York State which the office of the Company is to be located is Albany.
- The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of state shall mail a copy of any process against the Company served upon it is: 13 Walker Way Albany, New York 12205
- The registered agent of the limited liability company upon whom process against the liability company can be served is: 13 Walker Way, Albany, New York 12205.
- The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New

**LEGAL NOTICE**

York. LD-12856 (February 15, 2006)

**LEGAL NOTICE**

Notice of formation of limited liability company (LLC). Name: Sweet Potato Prints LLC. Articles of Organization filed with Secretary of State of New York (SSNY) February 3, 2006. Business location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Patrick Shaw, Ehrenkrantz & Ehrenkrantz LLP, 375 Park Avenue, New York, NY 10152. Purpose: any lawful purpose or activity. LD-12863 (February 15, 2006)

**LEGAL NOTICE**

Mueller's Automotive, LLC was filed with the SSNY on 01/31/06. Office: Albany County, SSNY designated agent of LLC against whom process may be served. P.O. address which SSNY shall mail process against LLC served upon him: 88 Main Street, Ravena, New York 12143. Purpose: any lawful business. LD-12870 (February 15, 2006)

**LEGAL NOTICE**

Notice is hereby given that a license number 2009606 for an Alcohol Beverage Retail License has been applied for by Herbert's Caterers, Inc./D.B.A. Birch Hill Catering to sell Beer, Liquor, and Wines at retail in Colonie Golf and Country Club under the Alcoholic Beverages Control Law at 141 Maple Road, Voorheesville, New York for on-premise consumption. LD-12874 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of Gemology Headquarters International, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/1/06. Office location: Albany County, LLC formed in Delaware (DE) on 1/25/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, 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-12876 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of First

**LEGAL NOTICE**

Albany Private Fund 2004, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/1/06. Office location: Albany County, LLC formed in Delaware (DE) on 12/27/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the principal office of LLC: c/o FATV GP LLC, 677 Broadway, Albany, NY 12207, registered agent upon whom process may be served. Purpose: all lawful purposes. LD-12877 (February 15, 2006)

**LEGAL NOTICE**

Notice of formation of PIK REALTY USA, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 01/26/2006. 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, 2705 Coney Island Ave., Brooklyn, NY 11235. Purpose: All Lawful purposes. LD-12879 (February 15, 2006)

**LEGAL NOTICE**

Notice of formation of MEGA VISION CENTER II, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 01/09/2006. 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, 63-73 108th Street, Forest Hills, NY 11375. Purpose: All Lawful purposes LD-12880 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CAROLYN ZIVKOVICH REALTY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/06. 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, c/o Carolyn Zivkovich, 1336 Van Antwerp Road, Niskayuna, New York 12309. Purpose: For any lawful purpose. LD-12881 (February 15, 2006)

**LEGAL NOTICE**

PUBLIC NOTICE NOTICE IS HEREBY GIVEN that the Town Board of the County of Albany, State of New York has on the 8th day of February 2006, duly adopted, subject to a permissive referendum, a resolution as follows:

**LEGAL NOTICE**

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to construct a playground and complete site work at Maple Ridge Park, and WHEREAS, it is estimated that the costs of said work will be approximately \$50,000 and, WHEREAS, in recognition of these needs, funds for such construction and site work are in the Recreation Capital Reserve Account; and, NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete the site work and construct a playground and, BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve monies to fund this project up to a maximum amount of \$50,000 and, BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Recreation Capital Reserve Account the funds necessary up to \$50,000 in said reserve fund; and This resolution shall be subject to a permissive referendum, as permitted by law. The motion to adopt the resolution was made by Mr. Plummer, seconded by Mr. Kotary and duly adopted by the following vote: AYES: Ms. Egan, Mr. Plummer, Mr. Gordon, Mr. Messina, Mr. Kotary. NOES: None. ABSENT: None. Dated: February 8, 2006 LD-12884 (February 15, 2006)

**LEGAL NOTICE**

PUBLIC NOTICE NOTICE IS HEREBY GIVEN that the Town Board of the County of Albany, State of New York has on the 8th day of February 2006, duly adopted, subject to a permissive referendum, a resolution as follows: WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to provide additional funds to complete construction of the water play area at Elm Avenue Park, and WHEREAS, it is determined that funds are needed to provide additional engineering services, ultraviolet disinfection and drainage upgrades in order to comply with the New York State Department of Health code, and WHEREAS, it is estimated that the costs of said work will be approximately \$235,000 and, WHEREAS, in recognition of these needs, funds for such construction are in the Recreation Capital Reserve Account; and, NOW, THEREFORE, BE IT RESOLVED that it is in the

**LEGAL NOTICE**

public interest and safety to complete construction of the water play area and, BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve monies to fund this project up to a maximum amount of \$235,000 and, BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Recreation Capital Reserve Account the funds necessary up to \$235,000 in said reserve fund; and This resolution shall be subject to a permissive referendum, as permitted by law. This motion to adopt the resolution was made by Mr. Kotary, was seconded by Mr. Gordon and duly adopted by the following vote: AYES: Ms. Egan, Mr. Plummer, Mr. Gordon, Mr. Messina, Mr. Kotary. NOES: None. ABSENT: None. Dated: February 8, 2006 LD-12995 (February 15, 2006)

**LEGAL NOTICE**

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of up to two (2) dump body sander combinations for use of said Town of Bethlehem Highway Department, as and when required.

Bids will be received up to 3:00 p.m. on the 28th day of February, 2006 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Ms. Terri Egan, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Kathleen A. Newkirk, MMC, RMC TOWN CLERK Dated: February 8, 2006 LD-12889 (February 15, 2006)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RMZ

**LEGAL NOTICE**

ENTERPRISES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/06. 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, c/o Russell M. Zivkovich, 72 Waters Road, East Greenbush, New York 12061. Purpose: For any lawful purpose. LD-12892 (February 15, 2006)

**LEGAL NOTICE**

The Bethlehem Soccer Club will hold the annual members meeting on Monday, March 6th at 7:00 PM in the Bethlehem Town Hall. The meeting will include the election of board members. If any member of the Bethlehem Soccer Club is interested in becoming a board member they should contact: John Reese at (518) 439-8662. LD-12893 (February 15, 2006)

**LEGAL NOTICE**

Notice of Qualification of AVEGA HEALTH SYSTEMS, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/4/06 as amended. Office location: Albany County, LLC formed in Delaware (DE) on 11/30/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, John G. Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-12895 (February 15, 2006)

**LEGAL NOTICE**

Notice of Formation of a Domestic Limited Liability Company (LLC) The name of the LLC is W.B.I. ENTERPRISES, LLC. The Articles of Organization were filed with the NY Secretary of State on January 25, 2006. 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 12 Gipp Road, Albany, New York 12203. LD-12896 (February 15, 2006)

# Olympics

(From Page 30)

Of course, once the flame is lit, we get into the true fun of the Winter Olympics — seeing sports that would only be aired on Outdoor Life Network or CBC. After all, NBC can't just program 400 hours of figure skating, hockey and downhill skiing. It has to show sports like short track speed skating, luge, freestyle mogul skiing and curling.

It's those "fringe sports" that sometimes gives us our most unlikely heroes. For instance, let's go back to Mr. Flying Tomato, Shaun White. At first glance, he sort of looks like a young Carrot Top. But attach a snowboard to

his feet and send him into a halfpipe, and he will land moves that could make anyone believe that a human can fly, even for a brief moment. I know I couldn't do what White does on a snowboard. Heck, I wouldn't even begin to try. I value my body too much to put it in that much peril.

Oh, did I mention that White had two heart surgeries as a child? How do you overcome that to become the best snowboarder in the world? That takes a lot of guts.

There have been other storylines emerging from the Italian Alps already. American speed skater Chad Hedrick is already one gold medal into his attempt

to match Eric Heiden for the most golds won in a single Olympic year, and that's less than two years after Hedrick dominated the world of in-line skating. French skier Antoine Deneriaz overcame a serious accident 13 months ago to win gold in the downhill. And then, there's Michelle Kwan gracefully pulling out of the figure skating competition due to a groin injury before she could even attempt to win the gold medal that's eluded her.

There's also the local connection with Saratoga Springs native Kathleen Kauth playing on the U.S. women's hockey team. Talk about perseverance — she overcame the double heartbreak of losing her father Don in the Sept. 11, 2001 attack on the World Trade Center and being one of the last players cut for the 2002 U.S. team. Then, she came back from a torn knee ligament in 2004 to be one of the 20 players selected for the 2006 squad. All Kauth needs now is a gold medal to make the dream complete.

All those storylines, and we're only in the middle of the first week. I don't consider that boring.

# Drexler wins two events at class C Sectionals

Ravena-Coeymans-Selkirk's Brianna Drexler won two individual events at last Saturday's Section II, Class C Indoor Track and Field Championships.

Drexler pulled away from Cohoes' Krystal Cozzens to win the 55-meter high hurdles finals with a time of 9.29 seconds. She also won the long jump with a distance of 15 feet, 4 inches.

Other top-three performers for RCS included Kim Adamson in the 1,500 (third, 5:18.42), Corinn Haker in the pole vault (third, 7 feet) and the 800 relay team (third, 1:58.41).

RCS placed fourth in the girls team standings with 50 points, nine points behind third-place Fonda-Fultonville.

The RCS boys team also had a strong showing at Sectionals. The Indians placed fourth with 47.5 points.

Sam Craven led RCS with a pair of second-place performances. Craven took second place in the 600 with a time of 1:28.87 and was runner-up in the 1,000 with a time of 2:41.80.

Jake Latter contributed a second-place finish in the pole vault by clearing 10 feet, 9 inches, and Garrett McCluskey placed third in the high jump by clearing 5 feet, 8 inches. The RCS 800 relay team also placed second with a time of 1:43.41.

At the class A meet, Bethlehem's Sara Turner picked up a victory in the girls high jump, and three other Lady Eagles placed in the top three of their events.

Turner and Shenendehowa's Christine Elliot both cleared 5 feet, 2 inches in the high jump, but Turner needed fewer attempts to pull out the victory.

Kristin Peck (1,500) and Jessica Venezia (shot put) had second-place performances, and Kristin Kenney (3,000) added a third-place finish for Bethlehem, which sixth in the girls team standings with 39 points.

The Bethlehem boys finished ninth in the class A team standings with 16 points. Matt Shaffer had the lone top-three performance for the Eagles when he took second place in the 1,600 with a time of 4:21.81.

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# HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF FEB. 6-12

## Thursday, Feb. 9

### BOYS BASKETBALL

#### Suburban Council Tournament

#### Division 3

Bethlehem 53, Mohonasen 32

Bethlehem leaders: Kevin Stempsey 16 points, Joe Kane 10 points.

### GIRLS BASKETBALL

RCS 33, Schalmont 30

RCS leaders: Jeannine Rider 13 points, Jessica Byerwalters 10 points.

### GIRLS BOWLING

#### Section II Tournament

#### Class A

Team scores: Mohonasen 6, 079, Columbia 5,949, Colonie 5,699, Schenectady 5,378, Averill Park 5,346, Saratoga 5,331, Shenendehowa 5,251, Bethlehem 5,163, Niskayuna 4,438, Albany 4,130, Ballston Spa 4,037.

#### Class B

Team scores: Ravena-Coeymans-Selkirk 6,120, Lansingburgh 6,002, Schalmont 5,329, Cobleskill-Richmondville 4,938, Cohoes 4,281, Spa Catholic 4,127.

## Friday, Feb. 10

### BOYS BASKETBALL

RCS 53, Schalmont 46

RCS leaders: Corwin Henty 23

points, Jeff Muncada 13 points.

Voorheesville 47,

Broadalbin-Perth 42.

Voorheesville leader: Andy Catellier 16 points.

### GIRLS BASKETBALL

Broadalbin-Perth 57,

Voorheesville 38

Voorheesville leader: Amanda Markert 16 points.

### BOYS BOWLING

#### Section II Tournament

#### Class C-D

Team scores: Mechanicville 6,333, Hoosick Falls 6,329, Hoosic Valley 6,056, Canajoharie 6,002, Berne-Knox-Westerlo 5,790, Watervliet 5,783, Mayfield 5,704, Voorheesville 5,703, Middleburgh 5,654, Fort Edward 5,650, Hadley-Luzerne 5,503, Stillwater 5,499, Fort Plain 5,462, Granville 5,431, Schuylerville 5,391, Chatham 5,368, Cox-sackie-Athens 5,342, Corinth 5,289, Rensselaer 5,266, Schoharie 5,160, Waterford 4,834.

### HOCKEY

Guilderland 5, Bethlehem 3

Bethlehem scoring: Adam Liphick 2-0, Nick Dugan 1-2, Erik Russo 0-1, Andrew Vincent 0-1.

## Saturday, Feb. 11

### INDOOR TRACK

#### Section II Meet

#### Class A

Boys team scores: Colonie 119.5,

Shenendehowa 75, Shaker 71.5, Saratoga 58, Niskayuna 33, Columbia 28.5, Guilderland 27, LaSalle 22.5, Bethlehem 16, Albany 10, Schenectady 4.

Girls team scores: Saratoga 98, Shenendehowa 94.5, Colonie 89, Shaker 49, Niskayuna 47, Bethlehem 39, Columbia 33.5, Guilderland 9, Albany 4.

#### Class C

Boys team scores: Fonda-Fultonville 118.5, Mechanicville 82, Schuylerville 75.5, Ravena-Coeymans-Selkirk 47.5, Broadalbin-Perth 44.5, Cobleskill 43, Hudson Falls 21, Greenwich 10, Bishop Gibbons 9, Cohoes 8, Hoosic Valley 4, Whitehall 2.

Girls team scores: Greenwich 86, Broadalbin-Perth 64, Fonda-Fultonville 59, Ravena-Coeymans-Selkirk 50, Hoosic Valley 43, Cobleskill 38, Hudson Falls 36, Cohoes 26,

Schuylerville 22, Bishop Gibbons 17, Mechanicville 15, Whitehall 8.

### WRESTLING

#### Section II Tournament

#### Class A

Team scores: Shenendehowa 258, Ballston Spa 252, Guilderland 152, Niskayuna 152, Colonie 135, Saratoga 135, Columbia 111, Schenectady 95, Bethlehem 82, Albany 48, Shaker 14.

#### Class C

Team scores: Ravena-Coeymans-Selkirk 268.5, Hudson Falls 243, Granville 180, Schuylerville 132.5, Cohoes 110, Canajoharie/Fort Plain 109.5, Catskill 77, Ichabod Crane 72.5, Johnstown 70, Cobleskill-Richmondville 69.5, Broadalbin-Perth 53.5, Voorheesville 47.5, Tamarac 39, Fonda-Fultonville 35, Schoharie/Middleburgh 29.

## Sunday, Feb. 12

### BOYS BASKETBALL

#### Suburban Council Tournament

#### Championship round

#### Division 3

Saratoga 60, Bethlehem 56

Bethlehem leaders: Kevin Stempsey 18 points, John O'Brien-Carelli 12 points, Craig Orner 10 points.

### GIRLS BASKETBALL

#### Suburban Council Tournament

#### Championship round

#### Division 2

Guilderland 49,

Bethlehem 42

Bethlehem leaders: Leah Gillham 13 points, Alex McCullough 11 points.



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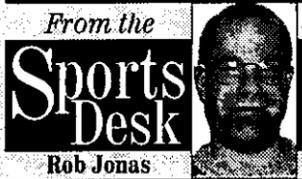


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# Sports *in the* Spotlight

## Olympics are full of stories



Rob Jonas

By ROB JONAS

People tend to knock the Winter Olympics as being uninteresting, unnecessary or both.

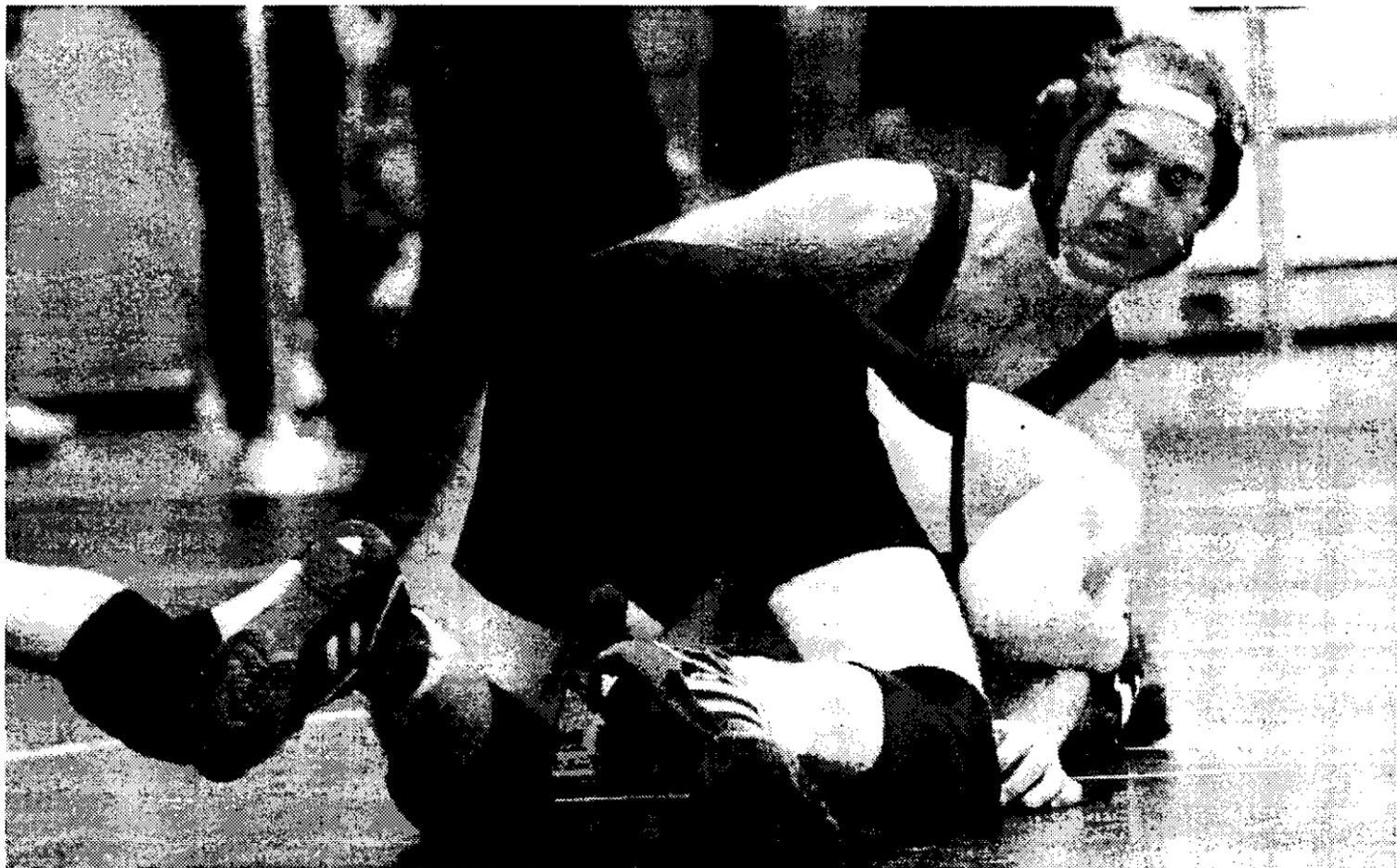
But I ask you— where else are we going to see Bob Costas trying to interview a snowboarder nicknamed “The Flying Tomato?” (For the record, the highlight of the interview between Costas and Shaun White was when Costas asked him if he thought winning a gold medal would help him with the ladies. White’s response: “Ohhh, yeah.”)

Seriously, I love the Winter Olympics. It gives me something to watch other than college basketball (boring until we get to March Madness), the NBA (boring unless Vince Carter or LeBron James is playing) or golf (boring period). And, I’ll get to see all those NHL players I’ve been hearing about but couldn’t see because I don’t get the Center Ice package on my cable system.

Even the opening ceremony tends to have some charm to it— though, what went on Friday night in Torino had me baffled at times. Rollerbladers with flames shooting out of their backs to symbolize “sparks of passion?” Yoko Ono reading a peace poem, followed by Peter Gabriel butchering “Imagine?” Luciano Pavarotti with what appeared to be pasted-on eyebrows borrowed from The Count from Sesame Street? And let’s not get into the music that accompanied the parade of nations. Is disco really the best organizers could come up with?

Still, there is always a redeeming moment to any opening ceremony. In Torino, that moment came when they lit the Olympic cauldron (which, from what I could tell, looked like a series of twisted exhaust pipes from the world’s largest Formula 1 car). The synchronicity needed to make all those fireworks look like they were really rising up to light the flame was amazing. It ranks right up there with the 1992 summer games in Barcelona with the archer sending a fiery arrow into the cauldron in my book.

□ OLYMPICS/page 28



## Back on top

RCS wins Sectionals for second consecutive year

By ROB JONAS

The Ravena-Coeymans-Selkirk wrestling team may have dropped down in class size this season, but it didn’t drop down the standings.

The Indians won their second consecutive Section II title last Saturday. This time, they took top honors in class C on their home mat after winning the class B crown last year.

The two-day tournament came down to a battle between RCS and Hudson Falls. Hudson Falls got within 10 points midway through Saturday’s action, but some key victories in the consolation bracket finals helped the home-standing Indians put some distance between themselves and the Tigers. RCS finished with 268.5 points, while Hudson Falls placed second with 243 points.

“We had some kids step up and win in that round, which helped build the lead back up,” said RCS coach Henry Mormile.

Hudson Falls still had a chance to catch RCS in the championship round, as both teams sent six wrestlers into the finals. However, five of the six Indians that reached the finals won their bouts, while only half of the six Tigers involved in championship bouts won.

Andy Lyman got things going for RCS with a 5-1 victory over Fonda-Fultonville’s Erik Franklin in the 96-pound championship bout. Cody Legg later earned a 9-1 victory over Granville’s Cody



Top: Bethlehem’s Giles Chase throws Saratoga’s Rob Davis during their 119-pound consolation finals match at last Saturday’s Section II, Class A tournament in Ballston Spa. Davis defeated Chase 7-5. Above: Ravena-Coeymans-Selkirk’s George LaMountain, shown in a recent bout against Hadley-Luzerne’s Rick Allison, placed third in the 135-pound division at the class C tournament.

Jim Franco

Wheeler to win the 140-pound title, and Nate Graham pinned Catskill’s Jon Wilgus in 3:43 to claim the 160-pound championship.

The most emotional RCS win was Tyler Lane’s breakthrough at 130 pounds. Lane, who had been a runner-up twice in the last three years, defeated Granville’s Andrew Winchell 6-1 to earn his first Sectional championship.

“He was really itching to get that monkey off his back and win a Sectional title,” Mormile said.

It didn’t take Lyman nearly as long to win a Sectional title as Lane. As the first seventh-grader to wrestle at the varsity level for RCS, Lyman made history before he even reached the finals. And Mormile believes Lyman could make a run at the small school division title at this weekend’s state tournament qualifier in Glens Falls.

“He’s in the mix for the Section II title in itself,” Mormile said.

Dillon Ruxton rounded out

RCS’s list of individual champions with a 1-0 victory over Albany Academy’s Harry Wolberg for the 171-pound title.

Several more RCS wrestlers advanced to the state qualifier after placing in the top six of their weight classes. Emanuel Hernandez (112 pounds) placed second after losing in a technical fall to Canajoharie/Fort Plain’s Carlo Izzo in the finals, while Jordan Lane (119) and George LaMountain (135) finished third after winning their consolation bracket finals matches. Chris Massie (215) and Chris Stead (275) added fourth-place finishes, while Doug Winne (125), Joe Clancy (145), Frank McDonagh (152) and Nick LaMountain (189) took fifth place in their weight classes.

Mormile said he is hopeful for more success at this weekend’s state qualifier.

“I think we have four guys in the mix for Sectional titles, with Nate Graham having the best shot. He’s been solid all year for

us,” Mormile said. “I think Cody Legg is in the mix, I think Dillon Ruxton is in the mix and I think Tyler Lane has a shot.”

Voorheesville also competed at the class C level this year. The Blackbirds placed 12th out of 15 teams with 47.5 points.

Charlie McGrail was the top individual finisher for Voorheesville. McGrail placed third in the 215-pound division after defeating Massie 5-4 in the consolation finals. Taylor Treadgold (103) and Alex Zvinovsky (189) finished fourth to also earn berths into the state qualifier.

At the class A Sectionals in Ballston Spa, seven Bethlehem wrestlers placed in the top six of their weight classes. Tolan Sharlow (112) was second, while Giles Chase (119), Dave Sterrett (135) and Kevin Kolbay (189) placed fourth. Luke Tress (140) finished fifth, while Connor Hautau (96) and Jason Maher (130) took sixth place for the Eagles.

# THE NORTHERN STAR AND FREEDMEN'S ADVOCATE

VOL. 1; ALBANY, THURSDAY, MARCH 18, 1842. (No. 2)

The address by Professor John Farrow, of Union College, at the Anniversary of the N.Y. State Temperance Society. ...

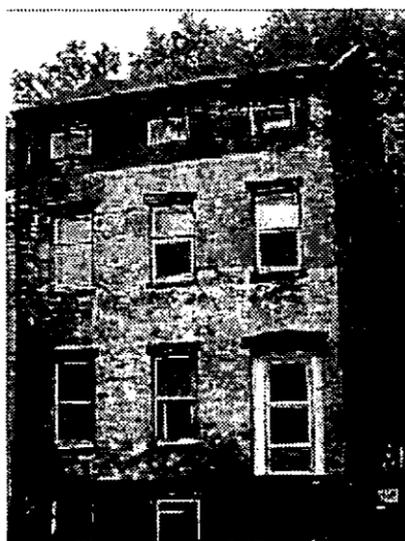
The Northern Star and Freeman's Advocate, an anti-slavery newspaper published in the 1840's in Albany's Arbor Hill neighborhood.

## The train stopped here

Capital District was part of the Underground Railroad

By JIM CUOZZO

Abolitionist Stephen Myers published an anti-slavery newspaper in the 1840s called *The Northern Star and Freeman's Advocate* inside his 198 Lumber St. home in Albany's Arbor Hill neighborhood. Myers is now being credited for assisting thousands of refugees who arrived in Albany to flee from slavery during that period, as he used his home as a local stop for the famous Underground Railroad movement.



The home of Stephen and Harriet Myers at 194 Livingston Ave.

Myers and other African-American abolitionists and freedom seekers will be featured next weekend, Friday, Feb. 24 through Sunday, Feb. 26 at Russell Sage College as part of a conference on the Underground Railroad movement in New York state.

"This conference is an opportunity to share with a broader community the story we discovered about the Underground Railroad," said Paul Stewart, who, along with his wife Mary Elizabeth, have spent the past seven years researching the Capital District's connection to the movement.

The Stewarts' odyssey through periodicals and historical data began as a fifth-grade project at the Berne-Knox-Westerlo School.

"My wife was doing some work with her students on Harriet Tubman," said Stewart. "We talked to local people and read materials that referenced Albany, Schenectady and Troy as a stop for the Underground Railroad."

The Stewarts continued their research to satisfy their own curiosity and that of their many friends who became interested in the connection. What they came to learn was that a location at 198 Lumber St. — which has since been renamed Livingston Avenue — was the home of Stephen and Harriet Myers.

"When we found out the home at 194 Livingston was the same building as 198 Lumber St., we were awestruck," Stewart said. "Going inside was like a little holy moment. It was thrilling."

More research revealed that

Myers was a slave who was freed at 18. He worked as a grocer and steamboat steward and began the newspaper *Northern Star and Freeman's Advocate* in 1842. His wife Harriet worked with him at the paper. The published pages tell a story of temperance, rights of African-Americans and the need to abolish slavery.

"Myers was the local leader of the Underground Railroad network movement and everyone else active in that period is connected with him," said Cordell Reaves, coordinator of the Underground Railroad Heritage Trail for Heritage New York.

The state Office of Parks, Recreation and Historic Preservation has come up with \$1.4 million to thematically link the Underground Rail heritage trails from western New York to Long Island. Because of Paul and Elizabeth Stewart's hard work, the Myers' site now will see a major restoration with a \$75,000 grant from the state.

"The grant is to preserve the site and restore the property with an interpretive trail to be built telling the story of why this site is important," Reaves said. Mary Elizabeth Stewart has just been named executive director of the Underground Railroad History Project of the Capital Region. "This means the kind of work we have been trying to do can get full-time attention now said," she said. "The vision that has been hovering over us for the past seven years can now grow with program outreach, fundraising and many other increased programs."

Russell Sage College in Troy is the site for this February's Underground Rail Conference with guest speakers including David Blight, the current director of the Gilder Lehrman Center for the study of slavery, resistance and abolition at Yale University. Other conference activities include a period dance party by award-winning fiddler Earl White; and guest speaker Erica Ball, assistant professor of history at Union College.

For information on the conference of the Underground Rail History Project of the Capital Region, contact 432-4432.

## Race

(From Page 1)

for a re-awakening of efforts for racial equality and fair treatment.

"This commemorative ceremony this morning and this afternoon is not only to acknowledge the great contributions of Coretta and Martin, but to remind us that the struggle for equal rights is not over," former Democratic President Jimmy Carter said during the service. "We only have to recall the color of the faces of those in Louisiana, Alabama and Mississippi, those who were most devastated by Katrina, to know that there are not yet equal opportunities for all Americans."

Most of the 445,000 people who lived in New Orleans, La., before Hurricane Katrina destroyed it were black, according to statistics from the U.S. Census Bureau. Census data also indicated that about 23 percent lived in poverty.

Nationally, black Americans have not done as well economically as other ethnic groups. The American Bar Association report presents some statistics:

- More than two in five black children live in poverty. The rate of unemployment among African-Americans is generally twice that among white Americans.

- Black families earn \$606 for every \$1,000 earned by white families.

- Black families with husbands in residence earn \$817 for every \$1,000 earned by similar white households.
- Black men with a bachelor's degree earn \$784 for every \$1,000 made by similar white men.

- Upon arrest, blacks are three times more likely than whites to be imprisoned. Blacks comprise 13 percent of the American population. However, of the 1.4 million people incarcerated in 2003, more than 44 percent were black, 35 percent were white, 19 percent were Hispanic and 2 percent were of other races. Nearly 10 percent of black males age 25 to 29 are incarcerated compared with 1.1 percent of white males in the same age group. Black females are five times more likely to be incarcerated than white females.

"Is there racial equality in America? No, there isn't," said Alice Green, a longtime advocate for social change and a former candidate for mayor of the city of Albany.

"There is still a wide gap based on race," she said. "There are two Americas — one black and one white."

In the late 1950s, Miki Conn moved with her family to the Albany suburb of Delmar. They were the first black family in the hamlet, and getting there wasn't easy. Realtors would not sell them a house, banks would not grant them a mortgage, and Conn said her family had to find a white family who would "sponsor" them. Ken and Arlen Barr helped the Conns buy a house, Conn said. Basically, the Barrs bought the house and sold it to the Conns.

"My parents gave our money to the white family, they bought the house, turned around and gave it to us," Conn said. "You can imagine the outrage when we moved in."

Conn, now the executive director of the Hamilton Hill Arts



"Home" by Henry Harrison.

Photo courtesy of Hamilton Hill Arts Center

Center in Schenectady, said her new neighbors' outrage manifested itself in general rudeness and a collective cold shoulder. It is an experience that she said was common for black families in America then. Many of her friends have similar stories.

"Other kids wouldn't play with us," she said. "It was isolation rather than outright attacks. When my sister entered middle school, all the kids she was friends with the year before told her they couldn't play with her anymore. She would ask why and they said, 'Because you're a Negro.' It didn't seem to matter that she was a Negro the year before too."

Conn said she went to the senior prom with a friend of her family because none of her classmates asked her to go. When she went into the women's bathroom during the dance, one of her white classmates expressed surprise.

"She said, 'I never expected to see you here,'" Conn recalled. "What was there to say? I wasn't really good with comebacks at the time."

It was not the first time Conn had an encounter with racism. When she was a child in Brooklyn, her grandfather was fired from his job at the Waterman pen company two days before his retirement from a 30-year career there. Her grandmother, a housekeeper who worked for white people, supported the family while her grandfather tried to make money

at odd jobs.

Conn remembered that it was hard.

"But I thought, At least we have it better up here in the north because we were not getting lynched," Conn said.

Lynchings — open public murders conceived and carried out more or less spontaneously by a mob — seem to have been an American invention, according to Robert Gibson, a professor at the Yale/New Haven Teachers Institute, a partnership between Yale University and the city of New Haven, Conn., public schools. In a syllabus for his course titled "The Negro Holocaust, Lynchings and Race Riots between 1880 and 1950," Gibson cites statistics from the University of Missouri, Kansas City law school that show a total of almost 5,000 people (black and white) were murdered by mobs between 1882 and 1968.

Lynchings might not occur regularly anymore, but that does not mean black Americans are at peace. Conn said the killing of Amidou Diallo, an unarmed African immigrant shot 41 times by New York City police officers, struck a nerve with the black community. His death brought a resurgence of inherent fear and distrust of society.

"This is the world we live in as compared to the world white people live in. We don't feel safe in this country," she said. "We all think, there but for the grace of God go I. It could have been my child, my son."

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