

spotlight SERVICES

A supplement to Spotlight Newspapers

January 26, 2000

Local economy reflects state rebound

It looks like the New York state economy is on the comeback trail.

A recent report by the New York State Business Council's Public Policy Institute detailed the good news.

"Our job growth now is significantly better than it was a few years ago. And it's better relative to the national rate of growth than it was a few years ago — meaning we're not just riding on other states' coattails," the report stated.

The institute attributed New York's improved economy to major changes in state government's policies affecting private employers. Further improvements in the business climate will pay off in more job growth, the report stated.

□ ECONOMY page 2



CBA sticks to its traditional mission at new Colonie campus

BY PHILIP SCHWARTZ

The Christian Brothers Academy coat of arms is telling of the school's tradition and mission. It represents the seal of St. John Baptist de La Salle (founder of the traditions upon which the school is based), the acquisition of knowledge, faith, and military training.



The school, now located in Colonie near the historic Shaker district, has had a long-standing history, dating back to 1859. CBA prides itself on preparing young men to succeed as both college students and members of the community.

Brother Matthew Michelini, the school's principal, said CBA hopes to continue "converting young boys into men."

Through concentrating on academics, community service, military training and athletics, CBA educates its students with a holistic approach that combines discipline and strength of the mind and the body.

"The school has had a reputation of providing a quality education," said Michelini. "The atmosphere is very positive."

He added that this atmosphere is created by the positive people at CBA.

"I'd say that everybody here is concerned with the students," he said. "Everyone wants to see the students succeed. There's a real camaraderie here."

CBA is a Catholic junior high school, college preparatory school and a military senior high school all in one.

The mission of CBA further aims to instill Christian values while providing a demanding academic program in the LaSallian tradition that develops the "total student."

Although there is a military concentration in the school, the goal of this training is more to teach discipline, responsibility and leadership, Michelini said.

Originally founded in Albany, the school has been conducted by the De La Salle Christian Brothers, whose roots are in 17th-century France.

Although the school has been a Capital District mainstay since the 1850s, its site has changed several times throughout the years.

In 1937, city and county officials donated the use of a sizable piece of land at University Heights to the Brothers. That site remained home for CBA until July 1998, when the school moved to its current location in Colonie.

Our interest is to keep our educational philosophy and mission alive.

Brother Michelini

The new site is the sixth location for CBA. It includes a new, state-of-the-art building, set on a spacious 127-acre campus just west of Ann Lee Pond.

CBA's philosophy encourages the spiritual and personal growth of its students. This philosophy

has certainly paid off, as the school has successfully prepared all its students for college level work.

CBA has maintained a 100 percent college acceptance rate among its graduates over the past two decades.

Accredited by the New York State Board of Regents, CBA currently has 438 students enrolled in grades six through twelve.

According to Michelini, the student

body is expected to increase next year.

"Enrollment over the past three years has increased," he said, "and the new building has contributed to that."

Next year, CBA expects approximately 480 students. Nonetheless, Michelini said increasing the size of the school is not their main goal.

"Our interest is not to become large, but to keep our educational philosophy and mission alive," he said.

But despite the increases in enrollment, CBA still limits its class

sizes to prevent classroom overcrowding.

Along with these enrollment increases, Michelini said students are showing an increased enthusiasm for extra-curricular activities.

"The campus ministry element of the school is flourishing," he said, adding that there have also been increases in community service and athletic participation.

However, one of the most important elements of the CBA education is the tradition of which boys become part, once they attend the school.

This tradition creates a common bond among the generations of graduates, Michelini said.

And although the site of the school has moved from Albany to Colonie, new students will still study in the same LaSallian tradition as the boys who studied under the Brothers in 1854.

The mainstay of these traditions and values represent a common link, connecting the generations of CBA alumni.

For admission information, contact Marty McGraw at 452-9809.

Empire State is a different kind of college

Empire State College, an arts and sciences college of the State University of New York, was designed for adult learners who because of work, family or community responsibilities cannot attend classes at a traditional campus.

Founded in 1971, the college focuses on the relationship between the student and a faculty mentor who guides the student from the planning stages of their college program through graduation.

Now that even more adult learners are going back to school to advance their careers or for personal satisfaction, programs such as Empire State College's are proving even more attractive.

For example, many observers believe that as the new communications technologies become more readily available, the modern university will not necessarily be a place where people come together for scheduled classroom lectures, but a place where information flows and people sometimes meet, an educational institution that reaches out in ways that wouldn't have been possible in the past.

Empire State College has more than 40 locations statewide. It offers distance learning options, and opportunities at the associate, bachelor's and master's degree levels. Locally, these locations include its Northeast center in Albany and locations in Cobleskill, Hudson, Johnstown, Saratoga Springs, Schenectady and Troy.

Empire State College was the first public nontraditional college to receive regional accreditation by the Middle States Association of Colleges and Schools, and among the first of its kind accredited in the United States.

In addition, students may cross-register in formal courses at other New York state colleges and universities.

Field experiences, internships and on-the-job training may also be incorporated into learning contracts in many professional areas.

Most of the college's students are 25- to 55-years-old and are employed as professionals, managers or skilled workers; 54 percent are women and 82 percent study part-time.

Today Empire State College has more than 33,000 graduates and serves 10,000 students a year.

Empire State College offers a number of specialized programs.

The Online Competency-Based MBA offers students an opportunity to earn credit for graduate-level learning acquired on the job.

Designed for experienced mid-level managers, the program gives credit for proven competencies demonstrated on the job. It also provides flexibility, so students can balance the demands of work, family and school primarily through distance learning technology and a series of executive residencies.

Forum is a management development program that enables corporate-sponsored students to earn bachelor's degrees using a combination of independent study and six weekend residencies a year.

Center for Workforce Advancement designs and develops a broad spectrum of non-credit customized workforce training and development programs in the public, private, not-for-profit and international spheres.

Center for Distance Learning serves 4,000 students and offers courses and degree programs that are accessible by personal computer, telephone, mail or other media.

ECONOMY

from page 1

This year in his State of the State address, Gov. George Pataki agreed with the Business Council's findings. According to the governor, there are more than seven million New Yorkers working in the private sector, an all-time high. What does this mean to the Capital District suburbs? Marty DeLaney of the

Bethlehem Chamber of Commerce says her town is definitely growing.

"Just this past year, we've seen a number of new businesses, two new ice rinks, a senior apartment complex and an influx of smaller businesses including CPA firms and doctor's offices," DeLaney said.

The town of Colonie is also seeing strong growth, with record commercial and residential construction in the last three years. Additionally, Moody's Investor's Service has assigned the town

an A1 credit rating.

In Schenectady County, businesses are also moving in. In the past two years, a number of new businesses have made Schenectady their home including the headquarters for a new dry cleaner and an automotive accessory manufacturer.

This supplement is the first of three designed to highlight the growth and progress of area businesses and show how the local economy is adapting to the 21st century.

A MESSAGE FROM THE PUBLISHER

Dear Readers:

Spotlight Newspapers is proud to introduce *Update 2000: Services*, the first of three supplements examining businesses and organizations that affect our local communities at the dawn of the new century. The stories focus on their accomplishments and plans for the future in the Capital District.

As with many local businesses, 1999 was a year of growth for Spotlight Newspapers and we are planning more in 2000. The addition of the *Clifton Park Spotlight* in April and *Capital*

District Parent Pages in July highlighted our busy year.

Throughout all our growth, we remain dedicated to comprehensive coverage of local town and school boards and features on local residents and their accomplishments.

In 2000, we will unveil an enhanced Web site, www.spotlightnews.com, with news and pictures about our community.

As always, we publish notices of events that are important to you — birth, engagement and wedding

announcements, honor rolls, church dinners, etc., and all free of charge.

We look forward to your comments and letters about the issues that affect you and your community.

When we say "your news, your town, that what we do," we really mean it. Thank you for your support.

John A. McIntyre,
General Manager
Spotlight Newspapers

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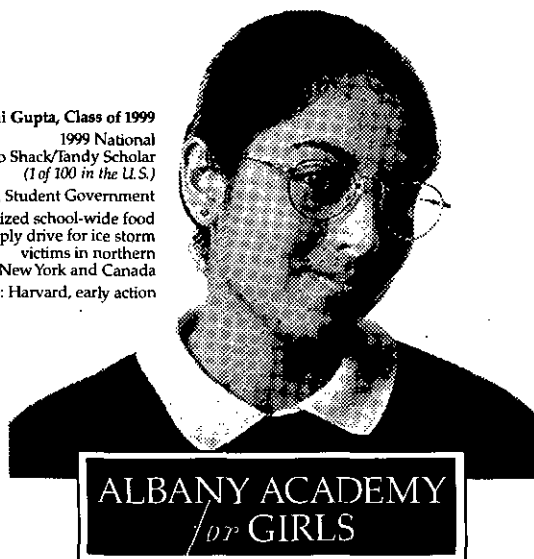
We are a small school. All the students know all the teachers. And vice versa. Nobody falls through the cracks. And the payoffs are obvious.

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Be proud of what your daughter is getting into. Get her into Albany Academy for Girls.

What are our high school students getting into? College.

Meenakshi Gupta, Class of 1999
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Hitting the books



Brown School students in Schenectady study together during a break from classes. Brown School is an independent coeducational elementary school for students from pre-school to eighth grade. The school has been educating young men and women for more than 100 years.

An educational helping hand

BY LEIGH G. KIRTLEY

Higher standards in education passed down from the state Board of Regents have increased pressure on families and educators to get students through their exams.

Sylvan Learning Centers can help students overcome the new challenges ahead.

"Most of our teachers are on staff in school districts and that keeps us in touch," said Cathy Hull, director of the Albany and Clifton Park centers. "Some are retired school teachers, but all our staff is certified."

Sylvan Learning Centers began 20 years when one school teacher in Oregon wanted to do more.

There are now close to 800 centers across the United States and Canada. They help students from kindergarten through college in all academic subjects plus study skills, time management and speed reading.

When students first come to the center, they get a personalized assessment.

"We pinpoint what they know and identify their skill gaps. We put together a program to teach the skills that are missing," Hull said.

Students come to the center at least twice a week for a one-hour session. Teachers work with no more than three students at a time since students are working at their own pace on their personalized lesson plans.

Beginning at the sixth-grade level, Sylvan teaches study skills. Students learn study techniques, organization and time management. Hull said that many older students lacked these basic skills.

"Kids are involved in so many activities. They need help finding ways to get everything done," she said.

Not all students who take advantage of Sylvan's services are behind or struggling. Many students want to improve their skills or are looking for

academic challenges they cannot get at school.

Students preparing for college come to Sylvan to take the college prep course which will prepare them to take the SAT exams and also concentrate on academic writing.



Sylvan also offers a 12-hour speed reading class that focuses on comprehension. The class is open to anyone over the age of 10, including adults.

"We can help students keep fresh over the summer, too," Hull said.

The length of time a student needs academic assistance varies, depending of what skills are missing and how hard the student is willing to work.

But it is not all up to the student.

"We all have to work cooperatively for this to work out successfully," Hull said. "With the parent's permission, we talk with school staff."

Students, parents, teachers and the staff at Sylvan all work together to ensure the greatest

possibility for success. Part of that is Sylvan's policy on timeliness.

"We start every session on time," she said. "We're setting habits and patterns for life. Students need to set good work habits now."

The centers are open Monday through Thursday from 4 to 7 p.m. and the Albany center has Saturday morning hours.

Throughout the summer, they are open mornings and afternoons during the week.

For information, contact the Albany and Clifton Park Sylvan learning centers at 869-6005.

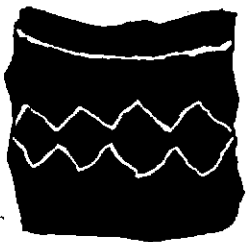
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Cathy Hull



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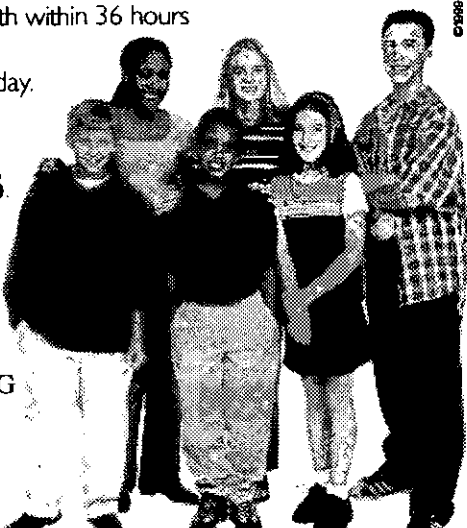
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CBA - Pride in the Past, Faith in our Future

La Salle Institute celebrates 150 years

BY ELIZABETH BYRNS

La Salle Institute is celebrating a special anniversary this year. While doing so, educators and alumni are reflecting, looking forward and back.

They are reflecting on the past and detailing for the public how the school came to be where and what it is.



One hundred fifty years ago on Fourth Street in Troy, a boys' school opened its doors. St. Joseph's Academy, founded by Dutch Jesuit Father Peter Havermans, had 145 day students and 30 borders.

Tuition, room and board was a mere \$100 a year, plus \$20 for washing and mending and \$12 for books and stationery. The Catholic college prep school soon became known for its music, elocution and award ceremonies.

Soon after its opening, St. Joseph's moved into a three-story brick building, and was renamed La Salle Institute of Troy.

The Troy of the 1870s was far different from the technological and educational hub it is today.

A hundred years ago, immigrants from a variety of European backgrounds

Polish, Irish Italian and German - worked in mills or on the docks of the Hudson. The sons of the immigrant poor were educated to become the clerical and professional workers in the same mills and factories that their fathers worked.

In the 1960s, after many expansions the school moved to its current location south of Hudson Valley Community College on Williams Road in North Greenbush.

Today, the boys' school with more than 600 students maintains many of the traditions that began with Father Havermans and the five Christian Brothers he persuaded to help him run the educational facility.

The Brothers' mission statement hasn't changed in the past 150 years: to educate students in a loving, caring supportive environment to inspire them to become moral, responsible and productive members of their communities with a commitment to truth, honor and duty.

But educators note that in addition to its fast-held traditions, the school has evolved to accommodate the changing times.



Officers from the LaSalle Institute Battalion from the early 1900s. Many descendants of these men are current students at the all-boys school in North Greenbush.

Just this year, La Salle made improvements to its campus. Thanks to a parent's generous donation, a new soccer and lacrosse field has been built.

Additionally the school this year completed Phase I of a capital project adding new classrooms, upgrading the computer facilities and making the school handicapped accessible.

Phase II, due to begin this year, will include a new gym, cafeteria and kitchen.

School officials say it is the alumni and parents of students who continue

the traditions and maintain the spirit the

original Christian Brothers brought with them to the Capital District more than a century ago.

"The approval rate of parents and

students is very high here at La Salle," said Brother James Romond, principal of La Salle. "Their testimony makes us unique from everyone else."

The approval rate of parents and students is very high here at La Salle. Their testimony makes us unique from everyone else.

James Romond

Albany Academy adheres to its mission after two centuries

BY KATHERINE MCCARTHY

In 1813, Albany's Mayor Philip Schuyler Van Rensselaer and the city council established the Albany Academy as a school to serve the city, but with almost 200 years passed since its creation, the Albany Academy has become a college preparatory school that draws students from throughout the Capital District.

The academy's current enrollment is just over 500, according to Marjorie Wren, the academy's director of institutional advancement.

"We really pride ourselves on a well-rounded approach to education," Wren said. "We provide rigorous academics, strong athletics, extra-curricular activities, and community service."

Wren said small class sizes at the academy make it possible for the school to have an individualized approach with each student.

"We have a very deep program," Wren said. "We're able to teach the whole child, paying attention to their intellect, as well as their ethical and moral education. We also have a campus that most colleges would be happy to have."

The academy provides educational programs from pre-school through 12th grade. Wren said one recent change at the academy is that 3- to 5-year-olds will now attend co-ed classes.

There are 70 teachers at the academy, Wren noted, with 33 holding master's degrees and four with Ph.Ds.

Lawrence Piatelli is the current headmaster. Before coming to the academy, he was assistant headmaster at Governor Dummer Academy in Massachusetts; and taught at the Kent School in Connecticut and the Fenn School in Massachusetts. He earned a bachelor's in economics from Harvard, and a master's in education from Boston University.

The academy's rigorous academic program means that all of the graduating class of 1999 was accepted at a college or university. Some of the colleges that academy graduates attend are Carnegie-Mellon, Columbia, Cornell, Holy Cross, Princeton, Rensselaer, U.S. Naval Academy and Yale.

Athletics are an important component of the academy's education, with facilities that include a gym, pool, and Olympic-sized hockey rink.

All students in pre-K through grade 12 participate in a daily physical education and athletics program, where the focus is on skill building and sportsmanship.

There are many extra-curricular activities for students, including the Cadet Battalion.

Students can enter the battalion beginning in eighth grade, and the academy says it is an opportunity for boys to relate to one another in an order of authority and to exercise meaningful authority.

The annual Guidon, held in April, allows the companies to compete for marching prizes.

All academy students participate in community service projects, and field trips utilize the many resources of the Capital District.

The attention to the whole student is what Wren sees as the academy's greatest strength.

"We challenge children to be their best at all stages," she said. "That's the unique nature of the academy."

We challenge children to be their best at all stages.

Marjorie Wren

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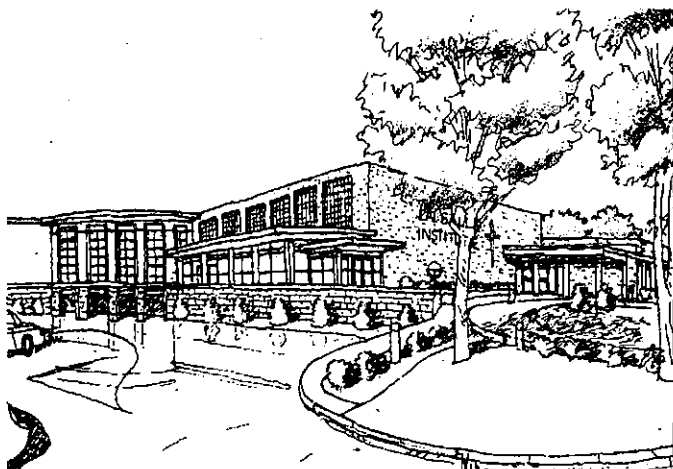


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Albany Academy for Girls prepares students for high-tech future

BY KATHERINE MCCARTHY

Enrollment at the Albany Academy for Girls is at a 50-year high, director of admissions Joan Lewis is happy to report. In addition, there is a waiting list for each grade level. She attributes this to the strength of the school's academic program, and its low student-to-teacher ratio, which is at 10 to 1.



"We provide a solid, traditional college preparatory education," Lewis said. "We never lose sight of our original mission, so that kids have the basics, and we integrate innovations, like technology, where appropriate."

The Albany Academy for Girls, which teaches pre-school through 12th grade, has focused a lot of its attention in

recent years on its math, science and technology programs. These rapidly growing fields still report low numbers of women workers. Although women make up nearly half the nation's work force, they account for just 22% of employed scientist and engineers.

The Albany Academy for Girls' increase in its technology programs is largely in response to the American Association of University Women's concern that women could become bystanders in the burgeoning technology industry.

Technology director Susan Mumford said the Albany Academy for Girls is technologically up-to-date.

"Every room in the school is wired with data and video drops, allowing full network and Internet access," Mumford said.

Mumford teaches an interactive multimedia class where students program and create animated pieces that require students to make choices, which elicits a response from the multimedia element.

Computer and math teacher Nat Fleck recently guided his students



Science experiments take center stage for these Albany Academy for Girls students, from left are Holly Stair from Hudson, Rachel Peters from Niskayuna, Stacey Toseland from Selkirk, Niveiditha Anandam from Watervliet and Hallee Quinn from Albany.

through several weeks of building and programming Lego robots.

Seven students in Fleck's advanced programming class built a house, bug and

car, using more than 3,000 Lego pieces.

The students had to program a computer outfitted with an infrared transmitter that beamed the program to the car, house or

bug, which then moved and performed various, sometimes simultaneous, commands.

Fleck noted that the Lego project wasn't just fun and games.

"The robotics have required high-level abstract thinking and problem-solving," Fleck said. "The computer has to be told every little step, making this a very hands-on, concrete approach to applied problem-solving."

Mumford said that learning to program has value beyond learning that particular skill.

"Even if our students don't go on in computer technology," she said, "the critical thinking and analytical skills developed through programming are invaluable."

Mumford has been pleased at how well the students have taken to the technology courses, and sees it as fitting in completely with the Albany Academy for Girls' mission.

"It's exciting to see our students leap ahead, sometimes ahead of their teachers," she said. "Albany Academy for Girls students have an incredible opportunity to prepare for the high-tech fields that will define the 21st century."

The Music Studio provides experiences that stimulate young minds

The studies are in. You've seen the articles about them, or, failing that, you've at least scanned enough headlines to know that music education can be your tot's ticket to the good life.

It is appealing to think that playing a Mozart CD during your newborn's nap or singing the "Wheels on the Bus" for the millionth time with your 2-year-old will magically somehow result in perfect SATs scores, scholarships to the colleges of their choice, and great careers after that.

Like most things in life, it's not that easy.

At least not according to Noel Liberty, founder and director of The Music Studio, and a woman who has been involved in the musical training of thousands of children during the last 20 years.

"I'm a musician, an educator and a parent," Liberty said.

"No one supports music education more strongly than I do," she added. "I know the benefits."

However, according to Liberty, sometimes the studies can lead to unfair hopes on the part of both parent and child.

"Many of these benefits are measurable; others are not," Liberty said. "I just don't want to see expectations raised to unreasonable levels. More importantly, I don't want to see the joy taken out of music education. It's not fair to the children."

Liberty said she agrees with many of the studies showing that music is a good thing.

She explained that music can be the foundation for other academic areas.

"A child who understands the concept of a quarter note or an eighth note already grasps the fundamentals of fractions," she said. "A 6-year-old who can play a piece of music which requires the use of both hands, the reading of two measures of music simultaneously and who can do this while counting out loud

and using the correct fingering is already processing complex instructions."

It is not just the knowledge of music that is important according to Liberty.

"If a child isn't enjoying it, he or she is missing the point," she said. "If it is not fun — if it doesn't engage the student at some level, he or she will probably lose interest and drop out. And all the studies in the world won't keep kids involved in something they truly don't want to do."

As the designer of one of the oldest programs in the region for preschool

through high school age and the only one that focuses primarily on the piano, Liberty knows all too well what children will and won't do, even with the help of parents.

As increased research reveals more about the brain's operations, the benefits of music education are becoming more apparent.

The key seems to lie in the structure of the brain itself. While many of the brain's nerve connections or neurons are designed for a particular purpose, like making your heart beat, millions of others come

with no planned role.

Those extra neurons, according to recent studies, represent enormous potential.

Studies show that early childhood keyboard and music training help the neurons to become integrated into the brain's circuitry.

In turn, the integration increases the brain's ability to perform more complex logic, math and even verbal functions. A number of studies show, however, that many of the extra neurons seem to shut off if they are not used early enough, in some cases by as early as age 11.

Liberty agreed that the studies are interesting, but added that most times they can not measure some of the more important benefits of early music education.

"From my perspective, one of the

best benefits of music education is that it helps children learn to enjoy their world," she said. "Kids include music in their play naturally. We tap into that. We pace the activities so that children's innate curiosity gets tickled regularly."

It seems to work.

"I can't count the number of students who return on college breaks, or as adults with their own children, wanting to share how much music still means to them," Liberty said.

"Music changed their lives. It made them richer," she said. "As a teacher and a parent, I can't imagine a better outcome."

Except, maybe, scoring 1600 on the SATs.

We pace the activities so that children's innate curiosity gets tickled regularly.

Noel Liberty

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AAA services include more than towing

BY LEIGH G. KIRTLEY

Most people know that AAA offers members roadside assistance across the country and gives members excellent maps.

What you may not know, is that a AAA membership will get you many more benefits from home and auto insurance to college loans.



AAA Hudson Valley, a merging of the Albany and Troy Automotive Clubs, is the oldest chartered AAA club, dating back to 1901. It is part of a national organization of more than 43 million members throughout the United States and Canada with reciprocal organizations overseas.

"AAA is the largest travel agency in the world," said Robert Seroka, of AAA Hudson Valley. Once you are a member, AAA can help you plan your trip by car, by rail or by air to anywhere in the world. With one phone call, they can make hotel and car reservations and you can receive discounts on many of your travel arrangements through the organization.

If you prefer making your own reservations, mentioning your AAA membership can get you the same discounts on hotels, car rentals, Amtrak and more. You can also save at hundreds

of attractions across the country including Six Flags theme parks and Disney World. Members can plan their trips by phone, visit their local AAA office or go online to www.AAA.com to book accommodations or get maps, tour books or take advantage of any of the services the organization provides.

Renting a car in Dallas but don't know how to get to your Aunt Jane's house from the airport? Go online and click "Route Master" for directions.

You will get a map and step by step instructions you can print out and take with you. AAA discounts and savings are not limited to travel plans.

Seroka is working to expand the "show your card and save" program. By presenting your membership card to local, participating merchants, you can receive special AAA-only discounts. Some participants include Subway shops and certain events at the Pepsi Arena.

Of course, AAA is most famous for its roadside assistance. Now, though, you can get your cell phone service through AAA. Press the AAA button on the phone and it connects you to its help line.

Calling the toll-free help line by cell phone, or standard phone, puts you in touch with the nearest AAA office and help is on the way in minutes. The help line can also offer advice if you do not need a tow truck or other immediate assistance.

Like the cell phone, AAA has many other member services about which you may not know. As a member, you can benefit from a credit card, home equity and used car loans, insurance and certificates of deposit, all at competitive

rates. Often, you can get your car loan within 24 hours. You can also get luggage, maps and tour books that they update annually.

A one-year master membership is \$43 and a significant other can join for \$21.

The membership includes four emergency, roadside calls, the benefits mentioned above and a \$5,000 life and dismemberment insurance policy.

If \$64 for a husband/wife membership seems high, keep in mind that one call for a tow truck could cost \$85 for a 15-mile tow.

Call Seroka at 426-1000 for information or log onto the Web site.

Bank on it



Cohoes Savings Foundation donated \$36,000 to the Sidney Albert Albany Jewish Community Center. The funds go toward renovations that include, an early childhood center, a senior center and a pool. Pictured, left to right, Mark Rosen, treasurer of the board of directors of the Community Center; Harry L. Robinson, CEO Cohoes Savings Bank; Jay Baron, executive director of the Community Center; and Ilene Sykes co-chair of the Capital Campaign.

Karate academy shapes both bodies and minds

If you are looking to fulfill your New Year's resolution and get in shape but you want to try something different how about karate. Starr's Black Belt Academy is Traditional Japanese style karate. Operated by founder and Chief Instructor Sensei Thomas L. Starr. Sensei Starr has trained in many karate systems for 18 years expanding his knowledge and teaching methods by experiences, self-defense techniques and philosophies.

Sensei Starr and his wife Sue Starr, Assistant Instructor both own and operate two karate school locations. The first school is located in Greenville, south of Albany. The second karate school is located in Latham. The Starrs have been serving both communities for the past eight years.

The Starrs say they are very enthusiastic about the future of Starr's Black belt Academy. With all the years of study and training in the martial arts they have organized a traditional school that teaches three separate programs available for all ages, 4 years and up for men, women and children. The first program is Traditional Japanese karate, the second program is traditional Okinawan weaponry and the third program is Starr's Cardio Kickboxing. The school is specifically designed for the average person with no experience to learn practical self-defense that works in nearly any situation, against any aggressor.

The first program available is Traditional Japanese Karate. The school helps teach the youth of the future the traditional values that some say are missing in today's world. They teach the youth respect for adults and others, sportsmanship and pride in everything they do.

Additionally youth are instilled with an incentive to excel in school and sports. The classes are designed to develop and strengthen the child by building character confidence self esteem and self control to give the child the inner strength to say no to unhealthy peer pressure.

Karate works out both the body and the mind, according to the Starrs. While the physical aspects increases energy, flexibility and health, the mental side helps practitioners to increase abilities to focus at work and relax at the end of the day.

Lastly the self-defense techniques in the Traditional Karate may save a life.

Also offered at the Academy is a program of Traditional Okinawan weaponry. This program is available to everyone that has the interest to learn the history of traditional Okinawan weapons.

Participants learn authentic classical kata's that are more than 600 years old. There are 10 traditional weapons taught in this program. The school is a member of the International Okinawa Kobudo Association and the founder and chief instructor is Saiko Shihan Mikio Nishiuchi-eighth dan who is one of the highest-ranking Okinawan masters in the area.

The weapons program is available for age 10 and up to join.

And for those looking to exercise the Academy has a high energy cardio kickboxing class. These are open to those age 11 and up.

It takes the music, excitement and energy of aerobics but adds important self-defense techniques like jabbing kicking, punching and blocking. Students learn self-defense and burn 800 calories an hour.

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Newly expanded community center offers more for everyone

BY JOSEPH A. PHILLIPS

A ribbon-cutting ceremony last summer marked the grand reopening of the newly-renovated, enlarged Sidney Albert Albany Jewish Community Center on Whitehall Road. Renamed for a longtime leader at the center, a key financial supporter and one of the linchpins in the center's move to its present location, the \$3 million renovation program improves the center's ability to be a truly intergenerational community service facility as it has for more than eight decades.

Department offering after-school programs for children from kindergarten to sixth grade through its Cosmic Kids enrichment program. The department under director Ruthie Strosberg also offers a satellite program for the nearby Albany School for the Humanities throughout the school year, and vacation and summer day camp programs.

Sam Shor directs the center's Judaic

Life department, the backbone of the newly-renovated center with more than 10,000 members. From its new Young Judea youth program its adult Jewish education programs, the Judaic Life program provides a major community resource that are open to the public of all faiths.

The center also has a strong Senior Adult department under Claire Sigal with a variety of educational, recreational and preventive health programs year round, from trips to local arts and educational institutions to an osteoporosis-prevention exercise program.

The center's health, physical education and family aquatics departments were key beneficiaries of the renovation program as well. The center's locker rooms and indoor pool were upgraded and new exercise equipment for all ages installed, highlighted by a new, modern CYBEX weight-training facility and the new Cycle Fit indoor studio

cycling facility. These new additions complement the center's extensive recreational facilities, which include two softball fields, basketball courts, paddleball and handball walls, fitness trails, a beach volleyball court and both indoor and outdoor pools.

Also included in the renovation package were overall improvements

including new energy-efficient windows, new furnishings and an improved air conditioning system.



All of the center's programs and offerings are non-sectarian and open to the community at large. With the new improvements, the center is truly what executive director Jay Baron rightly calls "The best kept secret in town."

For information on membership, contact the center at 438-6651 or via the Internet at www.albanyjcc.org.

The AJCC is the best kept secret in town.

Jay Baron

Farmer Boy caters to multi-cultural tastes

BY REBECCA LANE

The Farmer Boy Diner, located at 1975 Central Ave. in Colonie, has been boasting a multi-cultural cuisine of traditional American, Greek and Italian foods for more than 20 years. Owned and operated by Mike Euripidiou, the diner serves a variety of dishes catering to many tastes.

"You can have almost anything here," Euripidiou said. "Different steaks, breakfast at any time, pasta, 10 types of fish — including lobster tails — a whole selection of Greek food. We've had Greek entrees on the menu for four years because they were so popular."

The diner's success is largely attributed to the hard work and determination of Euripidiou and his brother, Demetrios Michael. The two

traveled from the coast of Greece to live with family in Kingston, New York. After watching their uncle manage the Park Diner of that area the two decided to enter the restaurant business together in 1977.

A cabinet maker by trade, Euripidiou was initially unsure how to coordinate the varied intricacies of restaurant work into a smooth flowing production.

"I had been a cabinet maker for 17 years," he said. "I had just seen my uncle and thought, I think that's what I want to do."

He hired a chef with 40 years of experience who showed him the basics of preparing and cooking food. After a brief six weeks of training Euripidiou was left to fend for himself, and continued to successfully work as head chef for 15 years.

"Even now I have my hands in the kitchen," he said. "There's always something to do."

In 1990, the diner expanded and moved to its current location. After working with his brother for 20 years Demetrios chose to purchase and manage the Metro Diner in Albany, even furthering the restaurant tradition within the family.

Euripidiou is pleased with the new location, and finds that his clientele has evolved into a steady stream of familiar faces.

"I've known the people who come here for 20 years," he said. "Eighty percent of my business is repeat business. It's like a big family."

Farmer Boy Diner is open 6 a.m. to 11 p.m. Sunday through Thursday and 6 a.m. to 1 a.m. Friday and Saturday.

Treat yourself to a little TLC from Complexions Spa staff

BY DONNA J. BELL

Have you ever daydreamed about being pampered for a day? Perhaps you'd love a facial, a deep muscle massage or a pedicure for beach-perfect tootsies?

If you thought this treatment was only for the rich and famous, you haven't been to Complexions Spa for Beauty and Wellness, located at 6 Metro Park Road in Colonie. Complexions Spa offers a cornucopia of beauty treatments for the skin, hair and body for women and men from teen-agers to seniors.

"You can come in for a few hours or spend the entire day," said spa owner Denise Dubois. "We have something for everyone."

Dubois, who has operated the spa for the past 13 years, is a recipient of the highest honor a skin care specialist achieve, the CIDESCO (Comite International D'esthetique et de Cosmetologie) award. Only 250 people world-wide have achieved this honor.

Complexions Spa is concerned with more than just beauty—they believe not only helping people look good, but in helping them be healthy. The skin specialists at Complexions work with area dermatologists to educate customers on

how to take care of their skin on an ongoing basis including chemical peels, pre- and post-operative skin care, basic facial regimes, home care and advanced treatments.

If a massage is what you crave, Completions experienced massage therapists are trained in many types of massage including Shiatsu, reflexology, pregnancy massage and they are the only spa in the area to use the LaStone method that features hot river stones.

Looking to look good? Consult with a make-up artist or a hair color specialist or try out a manicure or a pedicure. Be adventurous and have a sea-weed body wrap or settle in for a hydrotherapy session.

"If you look good you feel good," Dubois said. "Your skin is a reflection of what is going on the inside and it has a direct effect on your self esteem."

Spa treatments are becoming popular gifts. In a fast paced world the gift of relaxation is the ultimate luxury. Bridal parties find Complexions a great place to get ready for the big day and have fun at the same time. Dubois said that insurance companies increasingly pay for treatments.

"When you've worked with someone to make them look better they stand taller," said Dubois of her job, "that is rewarding."

Your skin is a reflection of what is going on inside.

Denise Dubois

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update

Part Two on Feb. 9 • Part Three on Feb. 23

Physical Therapy Associates moves to new office in Colonie

BY LEIGH G. KIRTLEY

Physical Therapy Associates of Schenectady is observing one year in business for their satellite office in Colonie.

The Colonie location is one of several throughout the Capital District where they meet local needs by becoming part of the community.



The original office, still in operation, opened about 20 years ago on Union Street in Schenectady. Rather than over expand that first office, they reached out into the communities to create a better environment for patients.

"We want to be recognized for being actively involved in communities," said Tom Marston, manager, and licensed physical therapist for the Colonie office.

Colonie, like all the offices, provides outpatient orthopedic sport and rehabilitation physical therapy through

referrals from physicians and dentists. Therapists on staff are licensed to practice in New York state.

When a patient first comes to Physical Therapy Associates, a therapist makes a complete assessment of the patient's strength, flexibility and the overall nature of his injury. The outcome of the assessment determines the nature and duration of the patient's treatment.

For example, many patients suffer from temporal mandibular joint dysfunction, or TMJ. Several different factors can cause the condition like a car accident or posture problems.

"The same medical diagnosis does not necessarily mean the same treatment. There are a lot of variables," Marston said.

Whether someone is suffering from TMJ, sprains, knee injuries or tendonitis, the goal is always the same: provide an adequate level of function for the patient. A successful outcome depends on the treatment and the patient's attitude.

"We're trying to develop a cooperative relationship. People aren't coming in to get fixed. They're learning to help themselves," Marston said.

Treatment goes beyond visits to the therapist. As part of the assessment,

patients learn ways of modifying their daily living activities to facilitate improvement. For someone with a knee injury it may mean limiting the use of stairs or not sitting in certain positions. The therapist also suggests exercises for patients to do at home that are important to recovery.

For many years, physicians have recognized the benefits of physical therapy not only in post surgical recovery, but as a means to avoid surgery.

Trying to bypass surgery though non-invasive means is part of a

conservative management approach to health care. In some cases, though, surgery is inevitable. According to Marston, patients gain substantial benefits to pre-surgery therapy.

"You're never wasting your time if you've had physical therapy first," he said.

Sometimes therapy can lead to a more successful outcome. Also, patients better understand their condition and how to ease recovery after surgery through frequent visits with the therapist.

If you think that physical therapy can help you recover from an injury or

improve a chronic condition, you can visit any one of the Physical Therapy Associates of Schenectady locations for an assessment.

However, they cannot begin treatment until they have a physician's referral. "Most people visit their doctor first and then come to us," Marston said.

Once you have your referral, most insurance and HMOs will approve six to 12 visits over a six-week period. Beyond that you will need another evaluation from your doctor to decide if continued treatment is necessary.

Women's health focus of Bellevue Hospital

BY ELIZABETH BYRNS

For nearly 70 years Bellevue Woman's Hospital in Niskayuna has been serving the needs of women. The hospital was started by M. Grace Jorgensen a registered nurse in 1931.

Today her daughter and granddaughter, both physicians, practice at the hospital. "It is still a privately owned family business," says Bellevue spokeswoman Patti Zentko.

While health care and technologies have changed since its inception the mission to specialize in the health care needs of women and to recognize the sensitive issues in every phase of a woman's life.

Zentko says Bellevue's professionals respond to the wide range of women's needs by covering virtually every medical and surgical specialty.

"Bellevue holds a broader vision of many aspects of women's health care and offers the people equipment and facility to make that care as advanced as it can be," says Zentko.

One concern that is specific to women is breast care. Zentko says the 40 bed hospital was one of the first in the area to offer a comprehensive breast care center with services that include reading mammograms on the spot. The breast care center has been active for 10 years.

Bellevue was founded for the sole purpose of supporting women and their families in childbirth and Zentko says that remains an important focus.

In that area Zentko says there are many new technologies and treatments Bellevue is offering to women.

"Right now women are interested in the alternative side to medicine for instance, we are offering massage therapy to women in labor," says Zentko.

In addition to childbearing, Zentko says Bellevue is also using advanced technologies to treat such issues as infertility and osteoporosis.

Zentko is not surprised when people say they didn't realize a women only facility existed in this area.

She says the hospital may be one of the best kept health care secrets in the Capital Region.

For information about Bellevue, call 346-9529 or visit their website at www.bellevuewoman.com.

Doctors continue tradition of care for the entire family

BY ELIZABETH BYRNS

For more than 40 years the Drew family doctors have been practicing a different type of medicine. The late Dr. Roger Drew started the Bethlehem Family Practice at the Delaware plaza in 1957. His vision was to care for not just the individual but the family. Four decades later his son Dr. Philip Drew continues that ideal.

"When I was looking to specialize, years ago, I realized that family practice, at that time, had a lot more heart and soul than some other specialties," Drew said.

Dr. Drew says it is advantageous to have all family members seen in one place. "There is a greater likelihood that interrelated problems will be picked up on," he said. For instance, if a child is sick with the flu a week later the father or mother may also be sick and the physician can more easily get the family medical history and treat the illness.

In addition to Drew the practice has two other family practitioners, a internal and pulmonary medicine specialist a physicians assistant and a nurse practitioner. Members of the practice have admitting privileges at two local hospitals.

Business manager Anne Cooke has also been with the practice for nearly 30 years. She says the dynamic office is designed to serve patients from birth throughout their life with physicians trained to treat the whole life continuum.

"We have newborn patients just weeks old and at least one more than 100 years old," she said.

It is the ability to follow the patient and his family through life that makes the family practitioner unique in the age of medical specialists.

In June of 1998 the Bethlehem Family Practice moved into its current home on New Scotland Road in Slingerlands right next to the Price Chopper Plaza. Cooke says the group is accepting new patients at this time.

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Delmar Health and Fitness aerobics instructor Stacy Zounes leads a class in an exhilarating Thursday night workout. The club also offers Tae boxing and kickboxing, along with the popular step aerobics shown above. The health club blends strength training with aerobics, step group sculpting and cardio karate.

Childbirth facility boasts comforts of home

It's been a busy nine months at St. Mary's Hospital in Troy since the opening of Seton Health Childbirth Center in April.

At last count, more than 225 babies had made their debut at the state-of-the-art center.

"We're very proud of the Childbirth Center," said center director Kathy Marsch. "It's been both exciting and gratifying to help families experience the miracle of birth, and many strong, supportive relationships have been formed between staff and new parents."

The center's personal touch is a big hit with moms.

At Seton Health Childbirth Center, mothers-to-be aren't shuffled around from room to room.

Labor, delivery, recovery and postpartum care take place in one room, a spacious place that looks nothing like what you'd expect to see in a hospital.

Each room features home-like furnishings and a private bathroom with



a shower and, in some cases, a Jacuzzi.

The medical equipment isn't readily apparent; it's tucked away in cabinets and drawers until needed.

Patients frequently remark about their comfort with the nursing staff, which is trained in both obstetrics and pediatrics, Marsch said.

Since its opening, the Childbirth Center has inaugurated several new programs for parents and children.

The Seton Health Neighborhood

Breastfeeding Support Group gives breastfeeding moms a place to share experiences and receive support.

The group meets monthly and is led by Susan McDermott, certified lactation

consultant for Seton Health.

Debuting over the summer was New Arrivals, a section of Seton Health's Web site (www.setonhealth.org).

Parents of babies born at the Childbirth Center can have their newborn's photograph, first and middle names, and birth information posted on the site at no charge.

The photo remains on the site for two months, allowing distant relatives with Internet access to check out the latest additions to their families.

Several classes for new and expecting parents have also begun.

These include Preparing for Pregnancy, Childbirth Preparation, Infant Massage and Preparing to Return to Work After Childbirth.

Classes for siblings are also held regularly.

The Seton Health Childbirth Center is at 1300 Massachusetts Ave. in Troy, part of the St. Mary's Hospital complex.

For information, call Marsch at 268-5628.

For information on Seton Health's OB/GYN practices, or for a free Childbirth Center video, call 268-5517.

It is both exciting and gratifying to help families experience the miracle of birth

Kathy Marsch

Promoting Bethlehem virtues listed as top priority for chamber members

BY KATHERINE MCCARTHY

The Bethlehem Chamber of Commerce has been in business since 1957, and the vision statement it made then is still relevant in today's business world.

"We're a voluntary organization dedicated to meeting the needs of our members," Chamber president Marty DeLaney said. "We promote good business practices, a favorable business environment and community prosperity. We're committed to good government relations and we work to make the Bethlehem area a better place to live and work."

DeLaney is proud that the chamber has more than 600 members and that chamber staff work hard to stay connected with all the members and help them meet their needs.

"We recently did a survey of our members," DeLaney said. "The top thing they want us as a chamber to do is promote Bethlehem in a positive light. The second thing is to foster pride and a better business environment. The third was that we develop a plan to bring manufacturing plants here."

DeLaney said the chamber accomplishes these ends through its ambassadors, employees and board members, who are constantly promoting the town of Bethlehem to businesses and potential customers.

DeLaney pointed to the Delaware Avenue and Four Corners Task Forces, which are working to keep those business districts prosperous. In conjunction with the Bethlehem Beautification Committee, they've helped businesses take pride in the way they look.

"We also work with the police in terms of safety issues and with the Pedestrian Safety Group," DeLaney said.

December's open house at the Four Corners was a good example of some of the combined efforts of the chamber and local merchants.

"We had several hundred people at the Four Corners on that Sunday," DeLaney said. "There was a big line waiting to see Santa, and the police

department helped us by making it safe for us."

The chamber is also a major sponsor of Festeeljk, Bethlehem's annual one-day, town-wide festival. In conjunction with *The Spotlight*, the chamber works to "put a face on Bethlehem business" by featuring photos and write-ups about local businesses.

The chamber's Mystery Shopper looks for people giving good service in town, and the chamber rewards the Mystery Shopper's monthly pick with a basket of free gifts.

The chamber strives to offer that same kind of good service to its members. "We're relatively inexpensive to join, probably about half the price of other area chambers," DeLaney said. "We offer

members a lot of benefits, like health and dental insurance, cellular services, pager, and long-term care insurance. We're always looking for good deals for our members, and as a group, we have marketing strength than an individual. We also provide advertising opportunities in our newsletter and directory. We get inquiries all the time about businesses in our region. We're the one place people call, no matter where they are."

The 18-member chamber board recently elected new officers. Officers are elected annually, which DeLaney sees as a good thing.

"We're a community focused chamber," DeLaney said. "You can walk in the door anytime and we're here to serve you."

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Fitness for Her health club caters to the special needs of women

BY ELIZABETH BYRNS

Fitness For Her owner D.J. Taylor insists she loves what she does. That would explain her ability to wake up at 4 a.m. every weekday morning to open the doors to her health club in Delmar.



Taylor arrives at the crack of dawn and leads the first of several morning aerobics classes.

The club is different than many in that it offers its services only to women. Taylor explains that the club was conceived in an effort to provide women, especially those over 40 a fitness facility focused solely on preventing diseases and injuries common to women, rehabilitating injuries safely and working with women athletes to improve their game and maximize their strength.

With a bachelor's in sports medicine, Taylor has had both extensive experience in injury rehabilitation training and weight control.

Unlike some owners Taylor is on site daily and knows her clientele by name.

With so many clubs around Taylor said it is important to keep up with the current trends in health care and athletics. This year Taylor says, Fitness for Her is adding an "Edge" cardio trainer and a deluxe "Smith" machine.

The edge machine mimics running without the impact which trainer, Laura Taylor, says is important to women.

Taylor explains the Smith machine is also designed with women in mind. It is a squatting or benching machine that offers a counter balance. Taylor explains that means the weights don't simply drop back onto the bar after a squat. Instead they ease down. This allows women to bench higher amounts of weight.

The clientele is mainly professional women and the average age, 47, may surprise some people. "There are some younger women but the mainstay group averages from 45-55 with some women in their 70s and 80s," says Taylor.

Not all women are just there for a workout, some come after a life threatening illness or surgery. Taylor says the trainers are all nationally certified and work with physical therapist to create a conditioning schedule for those women. "We work with a lot of therapists to help the women get their lives back," says Taylor who adds, "It is very rewarding."

In addition to the exercise equipment and training, Fitness for Her offers the latest in aerobics classes. Taylor says this year classes have been added to accommodate the increased interest in boxing and kickboxing. The club has several instructors certified to teach cardio-kickboxing in addition to a wide variety of aerobic and step classes.

Unlike other clubs Fitness for Her has no initiation fee and charges a flat monthly rate.

Taylor says owning a club is a tough but rewarding job and she knows she's doing a good job when she sees her octogenarian clients coming back day after day.

Capital Region Tennis & Fitness works out

BY NOAH FEIT

Capital Region Tennis & Fitness can now be considered an area staple in the physical fitness industry. Since its inception in the early 1970s.

In the beginning, Capital Region was strictly a tennis club, with little else to offer other than fuzzy balls and a good time.

However, that all changed in 1994, when businessman Gerald vonDohlen bought the club. Not only did vonDohlen and his regime revamp the facilities, they expanded the club's utilities to include a state of the art physical fitness training center.

Capital Region offers the best of both worlds, an active and competitive tennis facility for interpersonal

competition and a fitness center for individual and solitary exercise.

The club has six indoor tennis courts, one practice court, a lobby, locker rooms with saunas, a pro shop and a fitness club equipped with elliptical trainers, steppers, treadmills, stationary bikes, body master circuit equipment, hammer strength cable station, and free weights. Lessons, are available and certified trainers regulate and maintain personalized fitness programs for everyone from raw beginners to seasoned veterans of health clubs.

Tennis lessons are available on both a daily and weekly basis. There are specialized lesson programs for adults and juniors. In addition, lessons will be ideally suited for an individuals level of play. Regardless of skill or experience, the pros at Capital Region will cater to members needs.

The popular leagues also provide an excellent source of social networking through athletics. There are a variety of memberships available range from individual to family to corporate.

Rather than an exclusive club that is specialized for an elite group of experienced members, Capital Region's goal is to cater to those with less training and knowledge of the proper way to work out.

The low-key atmosphere at Capital Region is for those individuals who have a desire to expand their physical fitness potential, whether it is in a group on a tennis court or in a gym with a trainer and a treadmill without fear or long wait in a line.

The service and atmosphere makes people of all ages and degree of skill comfortable.

Q & A on stress management and wellness

Cindy Perlin is a certified social worker and the owner of Stress Management and Wellness Services in Delmar.

What exactly is your business?

I provide services which help individuals of all ages and in all walks of life to achieve better health, emotional well being and peak performance I utilize the latest information on the mind/body connection and the latest innovations in psychotherapy techniques. I do this with warmth, compassion and acceptance that is the outgrowth of my own life experience, including surviving and healing a chronic, disabling pain problem.

What conditions lend themselves to your practice?

Life challenges that respond particularly well to my approach include chronic health conditions such as chronic pain, high blood pressure digestive disorders headaches, epilepsy, disorders of the immune system including cancer and AIDS as well as attention deficit hyperactivity disorder, anxiety disorders, unhealed childhood trauma and post traumatic stress disorder.

What makes your business different?

I bring a unique blend of personal qualities, knowledge and professional skills to my work, as well as an excellent knowledge of other available resources that can complement my services. An example is the way I work with

individuals in chronic pain. An individual often comes to me after years of medical intervention have failed to alleviate the problem. Powerful drugs, such as narcotics or anti-inflammatory drugs may have not worked or may be causing unpleasant or even life-threatening side effects. Medical interventions such as injections or surgical procedures may have been ineffective, lost their effectiveness over time or even made things worse or the individual is hoping to avoid surgery.



Perlin

What effect does this have on the person?

The individual is feeling hopeless and helpless, and is usually very depressed, in addition to coping with pain that may be affecting his or her ability to work or to have a quality life. The first thing I do is to let the person know that there are many things they can do for themselves that can reduce pain, and use my own experience recovering from chronic pain as an example. I explain that mental state, and particularly fear has a very negative impact on physiology and can make pain worse, and demonstrate this phenomenon to the individual with biofeedback.

Can you explain Biofeedback?

Biofeedback uses electronic instruments to measure the persons physiology and "feedback" to the person

what is happening moment to moment in their body. I can usually show the person that their muscle tension is elevated, often severely, and that their sympathetic nervous system is in the "stress response." I explain how this exacerbates pain and begin to teach the person how to relax mind and body to reduce pain levels. We can also look with biofeedback, at how poor posture; often a result of adaptation to pain contributes to muscle tension and is making the pain worse. I am one of a very few biofeedback providers in the Capital District and the only provider of EEG biofeedback, which is particularly helpful with attention deficit disorder and epilepsy.

What is the next step?

I often find that people who are especially short or tall have trouble recovering from injury because their furniture does not adequately support their bodies and allow their muscles to rest. I also ask the person what was going on at the time of the onset of pain. Often unresolved trauma resulting from an accident or assault can contribute to pain, and I use rapid trauma reduction techniques such as Eye Movement Desensitization and Reprocessing (EMDR) or Thought Field Therapy (TFT) to clear the trauma and facilitate healing. In addition, I review physical self-management other complementary therapists for guidance such as massage or physical therapists chiropractors or acupuncturists.

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Jim Franco

St. Clare's opens new ER

BY JENNIFER ARSENAULT

Schenectady's St. Clare's Hospital is moving into the year 2000 with new and improved health care facilities.

An expanded emergency department opened in early January after a year of construction. "Some of the staff would describe us as having been working under MASH conditions," said Director of Corporate Communications, Ceil Mack "the priority for 2000 is to get our Emergency Room up to speed." The ER was completely gutted and reconfigured to increase patient flow, Mack said.

Almost all of the ER is now viewable to the staff from a center core area. Also, cardiac and trauma rooms have been increased in size.

The ambulance bay has been expanded and now fits three ambulances side by side.

Other recently completed or ongoing projects include laboratory renovation, new service development for the wound care center and the infusion treatment center, a power distribution upgrade, conversion to electronic medical records, and a feasibility study of a peripheral vascular interventional suite.

Another potential addition is an increase of space in the Sleep Disorder Clinic to include a third room for sleep studies.

St. Clare's Hospital is a 200 bed acute care facility which primarily serves Schenectady County, but it also treats patients from Saratoga, Albany, Montgomery, Fulton and Schoharie counties.

Hospital departments include cardiac rehabilitation, physical therapy, obstetrics and gynecology, pediatrics, infection control and nuclear medicine, among others. St. Clare's boasts the only open MRI in the Schenectady area, as well as unique wound care and sleep disorder centers.

Low-income working families and patients without health insurance are serviced by two in-hospital clinics, the Family Health Center, and the dental department. The clinics are staffed by residents training in a three year family practice program and a one year general dentistry program.

In 1998 the Family Health Center treated nearly 30 thousand patients, and more than eight thousand people were seen in the Dental Department. Community outreach is a priority at St. Clare's.

They are a sponsoring agency of Healthy Schenectady Families, a

cooperative effort with the Schenectady County Health Department, Catholic Charities and Parsons Child & Family Center, which helps to meet the needs of at-risk children in the area.

"The Healthy Schenectady Families Project is a major commitment to improve the health of families in the area," Mack said.

Other community outreach partnership programs include the Breast Health Partnership, Employment Readiness Support for adults and students, the Healthy Capital District Initiative, the community resource program at Schaffer Heights senior citizens facility, the Health Quality partnership, and membership in the Schenectady County Health Care Issues Committee.

Education programs and services on an ongoing basis designed in response to community health issues include breastfeeding education and support; free weekly blood pressure screenings; diabetes education; sibling orientation for children aged 3-8 for the arrival of newborns; a maternity open house.

More educational programs include Lamaze/childbirth preparation classes; in-home laboratory visits for debilitated, disabled or terminally ill patients; mammography screenings for women 40 and up parenting classes for newborns through 1 year; prime time activities for older adults; tours and educational events; and Voice of Help, an emergency communications network for disabled, chronically ill, or homebound patients.

A 50th birthday celebration was held in September 1999.

St. Clare's Hospital is located at 600 McClellan St. in Schenectady.

Group offers home assistance for seniors

BY JENNIFER ARSENAULT

For the last several years, Umbrella of the Capital District has been helping senior citizens maintain their quality of life by continuing to live in their own homes.

Founded in 1995, Umbrella of the Capital District serves senior homeowners living in Albany, Schenectady, Rensselaer and Saratoga counties. "One of the reasons elderly people are forced to leave their homes is because they can't maintain them," said owner Ron Byrne.

The Schenectady-based nonprofit company currently employs approximately 80 workers, most of whom are younger, active retirees. They help who than 400 homeowners with home maintenance projects from changing lightbulbs to fixing broken windows.

"No job is too small," Byrne said.

For a sliding scale membership fee between \$100.00 and \$250.00 per year depending on the size of the home and the resident's annual income, senior homeowners can become Umbrella members. Then, for \$8 an hour they can employ an Umbrella staff member for routine repairs & odd jobs. Licensed

plumbers and electricians are also available at a fixed rate cost of \$25 per hour.

Umbrella places a strong emphasis on accident prevention. Staffers are trained to identify potential problems and fix them beforehand. All Umbrella handymen and handymen are trained to be alert to possible fire and safety hazards in the homes during their visits.

They encourage the elimination of step stools, scatter rugs, improperly run electrical extension cords, and other items that improve the living environment and reduce the risk of falls and other accidents.

Home modifications are also suggested, like the use of energy saving lower-wattage bulbs or the installation of grab bars in the bathroom. Other services provided with membership include, a written 17 point home inspection, annual home inspection and written report emphasizing prevention, smoke alarm batteries replaced once a year and gutters cleaned once a year.

Most Umbrella employees work during the week, but the staff are available on call 24 hours a day, seven days a week. In the case of a home emergency, like flooding from a burst pipe or a furnace that won't start, a trained handyman or handywoman is sent

to that house for repair within 90 minutes of the phone call. "We would love to expand this program to serve additional households but we can't do it without additional handymen or handymen," said Byrne.



Umbrella is actively seeking help from skilled people like painters, carpenters, or housecleaners with free time regardless of age.

Umbrella staffers can work as many or as few hours as they wish.

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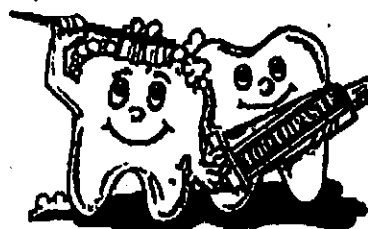
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KingsWay Arms Nursing Center celebrates a quarter century of care

BY MEL HYMAN

A lot has changed since the KingsWay Arms Nursing Center first opened 25 years ago. For one thing, there are two new residential complexes on site bringing the total population of Kingsway Community to 360.

There are 160 people living in the nursing home located at 323 Kings Road in Schenectady. Founded by Dr. J. Peter McPartlon of Schenectady, the home continues to provide 24-hour care with no sacrifice of individual needs.

"When we started it was just Kingsway Arms," said Jean Barnoski,

director of communications. "Now we're an entire senior residential community."

Besides the nursing home, there is the KingsWay Manor Assisted Living complex, which is home to 120 people



age 60 and over. The facility offers personal care assistance, medication administration, housekeeping and laundry services.

And there is the Parkland Gardens Apartment complex, which contains 65 studio, one bedroom and two bedroom independent living apartments. It is designed to offer independence and security to seniors no longer wishing or able to maintain a large home.

A full array of services is provided at Parkland including housekeeping, dining in the Fireside Room, transportation and social programs. Rents range from \$950 to \$2,300 per month.

KingsWay Home Care Services, which provides nursing care to homes in

Albany, Schenectady, Rensselaer, Saratoga and Montgomery counties, is also part of the KingsWay Community.

Under the direction of a registered nurse, a home health aide can assist with bathing, dressing, laundry, light housekeeping, errands and meal preparation.

Two of the most popular programs run by KingsWay are the Adult Daycare Center and the KingsWay Kids Center.

"We have the (daycare) program because it makes for some wonderful intergenerational contact and it helps our

staff who need child care services while they're on the job," Barnoski said.

The Kids Center provides care to 59 children, ages 8 weeks to five years old.

While KingsWay has grown considerably since 1974, it still retains the personal touch of being locally owned and operated as opposed to most senior care facilities which are part of a chain or a business conglomerate.

To celebrate its 25th anniversary, the KingsWay will be holding a senior ball for staff and residents sometime in September.

For cardiologists small is better for patients

BY BILL FONDA

In spite of the recent trend toward mega-mergers and acquisitions in the medical business, Capital Region Cardiology prefers to stick to its three-doctor operation at 854 Madison Ave. in Albany.

"We are pretty unique in this era of big practices and mass-production medicine," General Manager Dr. Igal Zuravicky said. "I think the size of our practice allows us to maintain the positive aspects of what medicine used to be like."

Chief among those aspects is being able to provide one-on-one contact while still supplying good care, along with patients knowing who to call if they need help and what doctors are going to see them. In addition, Zuravicky has been working with his partners, Dr. Michael Bernstein and Dr. Brian Herman, for approximately 10 years, which aids in their communication both with each other and with patients.

"Two of the most important things in terms of a small practice surviving are having similar work ethics and similar work practices," Zuravicky said. "We have a great deal of similarity when it comes to these practices."

Zuravicky, Bernstein and Herman are all board-certified in cardiovascular medicine, and Capital Region Cardiology does most of its own non-invasive testing, including nuclear scanning, stress tests, and pacemaker analysis and monitoring.

"We are as up-to-date on the various modalities as we can be," Zuravicky said. "Our quality of care speaks for itself."

The bulk of the practice's invasive procedures are performed at St. Peter's Hospital in Albany, and the doctors also attend at Albany Memorial Hospital and Albany Medical Center.

While Capital Region Cardiology's main office is in Albany, Zuravicky visits its satellite office at 694 Troy-Schenectady Road in Latham every week, and Bernstein goes to its new office in

Greenville twice per month. Zuravicky said the group will continue to look for areas that could use a local cardiologist.

"If we define such an area, we'll seriously contemplate going there," he said.

However, Zuravicky wants the practice to remain true to its small, personal roots, even as health maintenance organization (HMO), insurance and regulatory changes continually affect the way it does business.

"Hopefully, the economics of it will not become as such where it will force us to think bigger," he said. "Given the ongoing changes in the way the administrative part of medicine is handled, last year was a good year."

Capital Region Cardiology's Albany office is open from 8 a.m. to 5 p.m. Monday through Friday, although the individual doctors' office hours vary. The group accepts all major insurance plans.

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Northeast Orthopaedics expands services with new Latham facility

The new millenium will bring a number of new changes for a local orthopaedics group. Northeast Orthopaedics ushered in the New Year by opening the doors to a new office in Latham on Jan. 1.

The group, which has been in the Capital District for a number of years, moved into the former Kaiser Permanente health center at 1201 Troy-Schenectady Road.

"The New Year represents an

exciting opportunity for us to respond to a growing patient need for expanded orthopaedic services, conveniently located throughout the Capital District," said Alan Orkun, practice administrator. "It's not enough to provide patients with

the highest quality care. Our job is to make it easy for them to get to, too."

Orkun said the three physicians who will be located at the new facility practice general orthopaedics with combined specialties in joint disorders, joint replacement, hand surgery, spine surgery and sports surgery.

In addition to expanding into the Latham area, Northeast also has added two former Kaiser Permanente physicians to their practice - Dr. Christopher DeCamp and Dr. Richard Katz.

"We are privileged to welcome Drs. Decamp and Katz to our physician staff with various specialties in orthopaedic care and surgery," Okun said.

"With combined specialties in hand surgery, joint disorders and joint replacement surgery, their expertise is an invaluable addition to our medical team," Okun said.



Northeast Orthopaedics is a multi-specialty practice with offices in Albany, Clifton Park, Hoosick Falls, Latham, Troy, and Valatie.

On-Call Medical continues to expand services

BY LEIGH G. KIRTLEY

In 1985, Dr. Mark Schimelman opened the first walk-in urgent care center in Troy, and only the second in the Capital District.

Today, On-Call Medical Services sees close to 24,000 patients a year.

After working several years in a hospital emergency room, Schimelman decided he needed a change.

"I wanted to have a situation where I was more in control of what I could do for people," he said.

When Schimelman first opened his practice, it was strictly walk-in urgent

care services. In 15 years, the practice has grown to cover a wide range of patient services to its primary care patient base of more than 6,000.

The practice provides care for infants, children, adults and seniors. "We'll see anybody. If someone comes in, they will be taken care of," he said.

Primary care patients can make appointments to see preferred physicians. People in need of urgent medical care can still walk in and be seen.

Schimelman said On-Call staff try to see patients within an hour after they arrive.

"We do many things they do in an

emergency room," Schimelman said.

In addition to routine primary care visits, On-Call cares for people who are ill, like those afflicted by the recent flu outbreak, have broken bones, sprained ankles or need stitches.

The physicians at On-Call are equipped with an in-house laboratory and X-ray facilities.

In recent years, On-Call has added on-site corporate health services like drug and alcohol screening.

Schimelman noted that people suffering life- or limb-threatening injuries, including heart attacks, should go directly to a hospital emergency room.

Colonie center offers high-tech hearing aids

BY REBECCA LANE

Advanced Hearing Aid Centers, at 1540 Central Ave. in Colonie, has been providing the latest in hearing aid technology in the area for nearly 13 years. A multi-line practice, the center provides a variety of hearing aid makes and models, including those most current and advanced.

Toni Tiberi, manager of the center, graduated from SUNY Plattsburgh with a degree in speech and hearing science. She is also a board-certified hearing instrument specialist and has 13 years

experience in the industry.

Tiberi said: "We carry the latest line of hearing aids, including both the economical and digital models. We are currently carrying the Nine Channel hearing aid, which is the newest product this year."

The Nine Channel model is patterned to process sound in the same manner as the ear's natural cochlea. The new aid is digitally programmable and processes speech sound from noise sound at a faster rate than traditional hearing aids.

"We have ordered a demonstrator model so people can come in and listen

to how it sounds," Tiberi said. "We should be receiving the model within the month. People can make an appointment with us at any time to come in and try it out."

The center carries a broad range of hearing aids with varied features designed to suit individual needs. A fairly new model currently available incorporates directional microphones into the hearing aid, to help those having difficulty with background noise.

The center also provides the smallest hearing aid available on the market, which fits discreetly into the ear canal.



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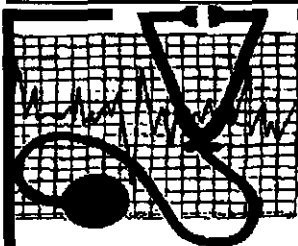
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Eddy joins forces with Samaritan Hospital to form Northeast Health

BY LEIGH G. KIRTLEY

For many years, the Eddy, a network of services for seniors, worked closely but unofficially with neighboring Samaritan Hospital.

In 1995 they created an official relationship called Northeast Health to provide a network of comprehensive services for people of all ages in the Capital District.

Albany Memorial Hospital strengthened the network when it joined Northeast Health in 1997. "We're a not-for-profit regional network serving pediatrics to seniors," said Angela Yu, media relations associate for Northeast

Health. "We want to provide the best level of services possible." Today, Northeast Health is a partnership of 4,200 healthcare professionals and staff at 58 locations in 15 counties in upstate New York.



They care for more than 270,000 people annually through many services ranging from adult day care services to a state-of-the-art birthing center.

Northeast Health provides several

support resources for families in the Capital Region.

The Eddy was founded in 1928 as a 19-bed nursing home for women in

Troy. They have grown to provide many home care services including the visiting and private nursing, community care, long-term healthcare and home modifications for elderly and the disabled. They also have the Eddy Lifeline, a personal emergency response system.

The Eddy also has several retirement communities throughout the area and recently broke ground on a new assisted

living complex in Schenectady.

Other senior services include Alzheimer's services, care management and rehabilitation.

Samaritan Hospital, a 238-bed, full care facility is proud of its Women's Health and Birthing centers that improve the lives of thousands of women in the area. Their Cancer Treatment Centre has the most advanced linear accelerator for radiation therapy making them a leader in the treatment of cancer in upstate New York.

Albany Memorial Hospital is a 165 bed-institution with the region's first

designated center for treating kidney and gall stones with a non-invasive procedure that crushes the stones so they can be passed naturally.

To get information on services, contact any of the three affiliates or call Northeast Health at 271-5042. You can also visit its Web site at www.northeasthealth.com.

Last November, the Northeast Health received the Healthcare World Insight Bronze Award for its excellence in healthcare Web site design and development.

Prevention is at the heart of Capital Cardiology

With a staff amounting to more than 80 full-time employees, Capital Cardiology offers a full-range of diagnostic, interventional, therapeutic and preventative services in the treatment of cardiovascular diseases.

And with four locations within the Capital Region, Capital Cardiology's 18 board certified cardiologists offer accessible and extensive care.

These multi-disciplinary specialists use the most advanced technology and facilities that are available in the region.

Further, the specialists work both extensively and closely with their patient's primary care physicians.

The doctors at Capital Cardiology care about a patient's health, while patient care remains the main concern.

In addition, they work with area hospitals in order to provide skilled diagnostic and interventional services.

But a major focus for Capital Cardiology is preventive care.

In fact, what sets them apart from

other cardiology groups is their Cardiac Wellness Center, located at 7 Southwoods Blvd. in the Corporate Woods office complex in Albany.

This facility is unique to the region. Here, a patient's rehabilitation is supervised by trained specialists. As patients exercise as part of their recovery, they are overlooked by an exercise physiologist.

Further, there are clinical nutrition physicians who work to modify patient's diets to fit their recovery.

Designed for open heart surgery patients, heart attack victims and angina sufferers, the wellness center provides patients with physician-supervised rehabilitation programs. Such programs include exercise, nutritional and risk management regimes that aid in a patient's rehabilitation.

Patients will go to the wellness center after a cardiac operation or after a pacemaker installation.

Since exercise is such a vital part of the rehabilitation process, the Cardiac

Wellness Center provides an invaluable tool allowing patients to move toward recovery.

And since the center is on the site of one of Capital Cardiology's offices, it makes it more convenient for patients, since doctors are on hand.

Capital Cardiology also performs many community outreach programs. One such program has its specialists volunteering their time to teach local paramedics about cardiac diseases and emergency treatment.

The group is affiliated with Albany Medical Center, St. Peter's Hospital, Samaritan Hospital, Albany Memorial Hospital and St. Mary's Hospital.

They are located in the following three locations in Albany: Corporate Woods complex, 349 Northern Blvd., and in Suite C-716 at Albany Medical Center. In Troy, Capital Cardiology is located in Samaritan Medical Art Building.

For information, call 518-434-2152.

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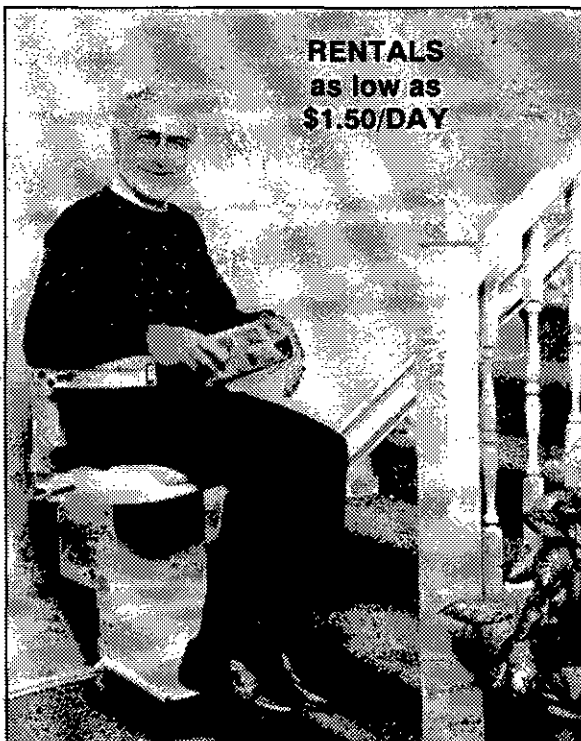
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Loudonville dentist opens new office at historic Bacon Estate site

BY PHILIP SCHWARTZ

Dr. Askold Wynnykiw has been a dentist for more than 12 years. Although he has been working for another dentist for most of that time, he has recently opened his own practice.

Located at 351 Osborne Road, on the corner of Route 9, Wynnykiw's practice opened its Loudonville doors three months ago, while the dentist is reaping the benefits of his good location.

Wynnykiw, a Loudonville resident, opened his practice on the historic site of the former Bacon Estate. Fascinated with history, he has since learned of the past surrounding his office.

According to Wynnykiw, the Bacon mansion burnt down in the 1930s.

Then in 1945 the existing building, where Wynnykiw's office now stands, was built to accommodate the Loudonville Post Office. The building served as Post Office until 1960, and since, it has served as a bank, an architect's office and a medical office.

In fact, the vault from the bank is still there, and Wynnykiw uses it as a file room for his records. In addition, the bank's drive-thru still remains.

"But I don't think we'll be using that," Wynnykiw joked.

However, it takes more than a good location with a good story and a bank vault to serve as a successful dentist.

Wynnykiw boasts personalized, caring services for all his patients.

He said that he and his staff realize that most people don't look forward to dentist office visits. So Wynnykiw strives to put his patients at ease.

"We take our time with our patients. We cater to their needs as much as we can," he said.

In addition to caring service, Wynnykiw's practice is outfitted with the most current dental machinery available.

"We have top of the line equipment all around," Wynnykiw said. "Everything is absolutely up-to-date, quality equipment."

Wynnykiw utilizes this equipment to provide a full-range of general dentistry services, including thorough diagnostic exams.

Additionally, Wynnykiw's modern office is fully equipped to perform all phases of cosmetic services as well. In fact, cosmetic dentistry is one of his main focuses.

Cosmetically, two of the services that are most popular among his patients are porcelain veneers and teeth whitening services.

The porcelain veneer is a partial, custom-made cap that is similar to a crown.

"It's a much more conservative

approach to enhancing someone's smile," Wynnykiw said.

He added that this practice looks totally natural, while it is especially durable.

Another popular service among Wynnykiw's patients is teeth whitening.

In this practice, Wynnykiw takes an impression of a patient's teeth and then makes custom trays that fit over the teeth. A gel, which acts as a whitening agent, is then inserted into the trays, thereby whitening the teeth.

Wynnykiw said, at first, patients will have this done in the office. But subsequent applications can be made by the patient at home.

He noted that this is a much more thorough means to teeth whitening than using an over-the-counter whitening agent. He said that these agents have

been known to cause spotting on users' teeth.



According to Wynnykiw, the method he uses in his practice has been around for 10 years, while it is a safe means to whitening a patient's teeth. And it does not cause a deterioration of the tooth's enamel.

Dr. Wynnykiw's office is conveniently located in Loudonville and is easily accessible from Troy, Albany, and the northern points of Colonie.

Prospective patients can reach Dr. Wynnykiw at 518-432-3991.

Local doctors put patients first

BY JENNIFER ARSENAULT

Information is the key to a local practice's ability to keep patients coming back. The group stresses personalized patient care and has been doing so for two decades.

Jacobs, Lee & Burack Gynecology and Obstetrics practice has been serving the health care needs of women in the Capital District for the past 20 years.

Their two offices in Troy and Albany provide a full range of gynecologic and obstetric care, with an emphasis on a preventive medicine approach to women's health. 20,000 patients are currently seen by the practice.

On site services include family planning, colposcopy and menopause management. The practice also specializes in fertility enhancement, specialized laparoscopic surgery and alternatives to hysterectomy.

All services are available at both office locations. Services for obstetrical patients include pre-conception counseling, prenatal education, on-site ultrasound, and fetal testing.

Dr. Ed Jacobs and his partners, Dr. Sean Lee and Dr. Cheryl Burack believe in providing as much information as possible to their patients so they can make informed decisions about their care.

"We strive to inform and provide counsel to each and every patient" said Dr. Jacobs. "The time we spend in

consultation allows each patient to explore the medical and surgical options available on an individualized basis.

The comprehensive information provided regarding the benefits, risks, options and alternatives available gives the patient and her family peace of mind and the ability to make the right decision for the right reasons."

In the evaluation and treatment of chronic pelvic pain and other conditions, Drs. Jacobs, Lee and Burack take a conservative approach, opting for less invasive and less risky alternatives to surgery where appropriate. "We strive to utilize medical therapies or minimally invasive procedures first," emphasized Dr. Jacobs, "resorting to surgery only when other treatments have not been successful."

Recent technology changes and new techniques available reduce both the risks and recovery time and the patients need to know their options before making their decision on treatment, he added.

Dr. Jacobs is a Fellow of the American Board of Obstetrics and Gynecology and a reviewer for the New York State Department of Health's Office of Professional Medical Conduct.

He also serves as chairman of the Department of Obstetrics and Gynecology at Samaritan Hospital in Troy.

Jacobs, Lee & Burack, P.C. is located at 62 Hackett Blvd. in Albany (518/465-3318) and Samaritan Medical Arts Building, 2231 Burdett Avenue in Troy (518/272/4231).

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Senior housing moves ahead in Niskayuna

BY LEIGH G. KIRTLEY

After five years of planning, The Eddy, a network of services for senior adults, began construction on its third assistive living complex in the Capital District, The Glen Eddy Retirement Community.



They are building it in Niskayuna between Consaul Road and St. David's Lane.

The Eddy is one of three affiliates of the Northeast Health network of health care providers.

The other two affiliates are Samaritan Hospital and Albany Memorial Hospital. Together, they provide a comprehensive network of health care for people in the 15-county region of upstate New York.

Elizabeth Hart Shields Eddy began the tradition of caring for seniors in 1928 when she established a 19-bed nursing home for women in Troy.

Today, The Eddy has seven retirement communities in upstate New York.

At the new community, adults 62 years and older will have the luxury of living independently in a full-service retirement complex and can transition to assistive living without having to leave the complex.

Retirees will have their choice of 102 one and two bedroom apartments and two bedroom cottages with attached, single car garages.

For adults needing assistance, there will be 42 positions available in the assistive living portion of the complex.

"We're so excited. We already have deposits in hand for nearly one hundred of the independent living units," said Scott Flagel, vice president of Northeast Health and Senior Housing.

Residents will have access to several community amenities like a fitness center, library and auditorium for meetings, cultural events or guest speakers. The fitness center will include an indoor pool, unique to the Niskayuna facility.

If they are not in the mood to cook, residents will have their choice of a restaurant-style dining room or the Grille Room restaurant. The Glen Eddy will also offer private dining.

In the communications center, residents will have post office boxes and there will be a barber shop and beauty salon on the premises. A hobby shop, putting green and art studio will all be part of the retirement community.

"We're promoting a lifestyle. Residents will be completely independent but have the security of assistive living on the same campus," Flagel said.

Besides the many features, the Glen Eddy will also provide residents with

many services to make their lives comfortable and secure.

They can depend on 24-hour professionally staff security and an emergency call system.

Residences and grounds will be professionally maintained including landscaping and snow removal.

A social director will coordinate social and recreational services and resident services will handle access to healthcare, human services and professional needs.

A move-in coordinator will help residents through workshops ranging from selecting a realtor to decorating tips.

The Glen Eddy will be completed and open to residents in the fall of 2001.

At the same time, they will have completed construction on a similar assistive living community in Queensbury called The Glen at Hiland Meadows. Construction for the Queensbury facility begins this month and it will be a little smaller than The Glen Eddy, but offer the same services.

For information on The Glen Eddy, or any of The Eddy's or Northeast Health's resources, visit their award-winning Web site at www.northeasthealth.com.

Or you can call the resource line at 274-3339.

We are promoting a lifestyle. Residents will be completely independent.

Scott Flagel

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Glen Eddy
Niskayuna, NY



The Glen at Hiland Meadows
A joint venture with The Glen Falls Home
Queensbury, NY

Bethlehem planners deny storage proposal

By JOSEPH A. PHILLIPS

The Bethlehem planning board began and ended its Jan. 18 meeting with project proposals along Route 9W in Glenmont — one of which is just beginning, while the other may soon be at an end.

The board started its site plan review of a proposed 350,000-square-foot retail complex on a 75-acre plot just north of Bender Lane, put forward by Albany-based Nigro Companies.

Earlier in the meeting it voted 4-1 to oppose a change in the zoning code requested by a Schenectady developer that would pave the way for a self-storage facility on the site of the former Glenmont post office, between Feura Bush Road and Bender Lane.

Developer Robert Walsh asked the town board last month to consider adding self-storage facilities to the zoning code's list of acceptable uses in a C Commercial zone, the current designation of a 10-acre site on which Walsh proposes to build the 50,000-square-foot Bethlehem Self Storage facility.

He has a purchase agreement with the current owners, Carmelo and Helen Crisafulli of Delmar, contingent on appropriate approvals from town regulators. The board voted Dec. 8 to refer Walsh's amendment request to the

planning board for review.

The planning board will now notify the town board of its negative recommendation. If the town board agrees, that could scuttle the project. Supervisor Sheila Fuller indicated last Friday that she had not yet received formal notification.

tion of the planning board's recommendation, but would very likely schedule a vote on the question at one of the town board's February meetings.

Making his case last week before the

planning board, Walsh said, "We really feel the self-storage use is a much less demanding use than a lot of the others that are allowed in that zone."

Board member Joe Rooks agreed. "Looking at what's out there on 9W, and looking at what's all over the rest of the town and in other places, I don't see a properly reviewed mini-storage facility as being any more objectionable or obtrusive than these uses," he said.

But Rooks was the lone vote in favor of the proposed change, with board chairman Doug Hasbrouck and members Dan Odell, Parker Mathusa and Marcia Nelson all against. Patrick Reed abstained, citing a potential conflict of interest.

The board's chief objection to the use change echoed its unanimous resolution

☐ PLANNERS/page 28

Voorheesville developer was pioneer

Rosen built many of the region's suburban homes

By JOSEPH A. PHILLIPS

"Everybody adds a small part to a community," said developer Lee Rosen last week. "But in my dad's case, you can drive around and literally see what he added."

News of his father's passing was greeted with little fanfare, but the death of Albany native and longtime Voorheesville resident Jerome Rosen on Dec. 27 at age 74 marked the passing of one of the area's most notable community builders.

"He had an enormous impact on the region," said Bethlehem businessman Jim Grady. "He was the last of the big-time builders."

In four decades as a developer — the principal behind Rosen Development Co., and before that for more than two decades at the helm of Charter Concord Construction Co., and most particularly as Rosen-Michaels, his two-decades-long association with landscaper James Michaels — Jerry Rosen helped define the character of Capital District suburbia.

"I think they were always trying to respond to the market and to the changing styles of the times," recalled Rosen's son and business heir, Lee. "They tried to be

innovative, to start with a land plan that made sense for each project and not try to fit something that didn't fit."

Rosen and his various partners over the years turned their housing developments into distinctive communities.

In Bethlehem, Rosen started the ball rolling in the early '60s with the 120-home Colonial Acres development in Glenmont. At the time of his death, he was involved in a partnership with Traditional Builders to construct Haswell Farms in Delmar. In between, there was Chadwick Square and Brightonwood in Glenmont, Surrey Mall and Deerfield in Slingerlands, and The Meadows in Delmar. In Voorheesville, Rosen built Salem Hills, a model development with 274 single-family units.

Elsewhere, there was Highpointe at Malta in Saratoga County; Glen



Rosen

Meadows in Cohoes and Ramblewood in Niskayuna; Kennewyck and Covington Woods in Guilderland; Pond Hill in North Greenbush; and most of all, southern Clifton Park — Crescent Estates, Foxwood Apartments, Stoney Creek and Aspenwood, Huntwood and Crescent Village — feature literally thousands of distinctive housing units developed under Rosen's guidance.

An Albany native, Jerry Rosen started out in construction sales, but “he really had a vision for home building, community building, and was around at a time for the beginning of the move to the suburbs by a lot of people,” Lee said.

In the postwar boom years, when a folk song writer could memorably lampoon suburban development as "made of ticky tacky houses," Colonial Acres won national recognition for breaking the mold.

"They were pretty much innovators for their time," recalled John Michaels, the son of Rosen's longtime partner.

Colonial Acres was a model planned community: colonial-traditional architecture, coherent landscaping and a

☐ PIONEER/page 14

Town council to choose new planner

By JOSEPH A. PHILLIPS

On an otherwise quiet agenda tonight, the Bethlehem town board will consider two planning board appointments: a new member to replace James Blendell, who stepped down at the end of December, and a new counsel.

Following several weeks of interviews for both posts, Supervisor Sheila Fuller will recommend that the board approve Brian Collier, a former construction manager now employed in medical sales, to fill the vacant seven-year term on the board. Collier has lived in Delmar since 1990.

He is one of several candidates for the post interviewed by Fuller and board member George Lenhardt over the course of several weeks.

Although their specific

☐ COUNCIL/page14

Man injured in snowmobile mishap

By Joseph A. Phillips

A Schenectady man suffered serious injuries in a snowmobiling accident near Elm Estates on Jan. 20 and also faces a date in court on trespassing charges, along with a Glenmont man accompanying him.

The accident occurred shortly after 9 p.m., on a right-of-way for the city of Albany Water Depart-

ment transmission line from the Alcove Reservoir.

Harry Joseph Marshall, 28, of 2079 Plum St. and a former Delmar resident, crashed a snowmobile into a gate, which was apparently closed and locked at the time, on an access road connected to the right-of-way at Peel Street. Marshall and another man, Richard Brian Boyer Jr., 25, of 256 Glenmont Road, Glenmont, were apparently snowmobiling inside the gate at the time of the accident.

Bethlehem police and a Delmar Ambulance crew responded at the scene, and Marshall was transported to Albany Medical Center Hospital for treatment of head, ankle and back injuries.

Marshall and Boyer were both charged by Bethlehem police with trespassing, and are due in Bethlehem Town Court on Feb. 1.

The water department right-of-way is apparently a popular off-road trail for snowmobilers, ATVs and motor bikes.

"It's not supposed to be," said John Kosa, operations manager of the Albany water department. "Police have caught people down there quite a bit. But we've got No Trespassing signs posted all along the water line."

Kosa said the access gates are normally kept chained and locked, as the Peel Street gate was at the time of the accident.

But according to Bethlehem Lt. Fred Holligan, off-roaders can easily gain access to the right-of-

way by "simply driving right around the gates." Holligan also said that the Albany water department is aggressive in pressing charges against those caught trespassing on its property.

Enforcement, however, is a challenge. The water department frequently patrols the area around the Alcove Reservoir for trespassers, Kosa said, but the transmission right-of-way through Bethlehem is too long for regular patrols.

Holligan said trespassing arrests on the water line right-of-way "are not all that common, although we do chase four-wheelers and snowmobiles a lot." Pursuit is difficult with the amount of open terrain in the area.

Last week's accident, Kosa said, was the first such mishap along the right-of-way that he could recall.

Town tax bills due Jan. 31

Bethlehem property tax bills for will be due Monday, Jan. 31.

No penalty will be assessed if payments are postmarked by Jan. 31 or paid in person by that date.

A 1 percent late fee will be charged on payments received Feb. 1 through 29; and 2 percent fee will be charged March 1 through 31.

On April 1, all delinquent accounts will be turned over to Albany County for collection, with additional penalties imposed.

Winter's 1st cold spell causes minor incidents

By Joseph A. Phillips

Bethlehem has so far weathered the first icy blast of winter reasonably well. Only minimal infrastructure problems caused by the high winds and subzero temperatures have been registered, and Bethlehem police reported a normal volume of traffic accidents.

A brief power outage occurred on Friday, Jan. 14, when a cable along Adams Street, carrying power from Niagara Mohawk's Kenwood Avenue substation in Delmar, failed at around 1:20 p.m. The cable failure caused a circuit at the substation to shut down, cutting off power to about 350 customers in Delmar.

The cable apparently snapped when a utility pole near the Delmar fire station, visibly swaying in the roughly 30 mph winds, strained the brittle power line. The cable had been repaired in the same location last summer.

Niagara Mohawk spokesman Nick Lyman said that the substation is not automated to alert operators of outages, and the utility received its first calls from customers just after 1:30 p.m. Crews were on the scene shortly after 2 p.m. and the circuit was reconnected.

"Everyone was back on by 3 o'clock," Lyman said.

It was not the wind, but the bitter cold that was believed to be the culprit in a water main break along Elsmere Avenue in Delmar on Sunday, Jan. 16, shutting down a 4-foot line carrying water from the Alcove Reservoir in Coeymans to parts of the city of Albany.

Service interruption was only minimal as the Albany water department switched to backup sources at three Loudonville reservoirs. The pipe was repaired and normal service restored by 7 a.m. Monday.

Police charge woman with DWI

By Joseph A. Phillips

A traffic accident on Route 32 last week led to the arrest of a Delmar woman on charges of driving while intoxicated (DWI).

The accident occurred on Monday, Jan. 17, at about 4:10 p.m., when, according to the police report, Pamela Ruth Lawrence, 52, of 289 Elsmere Ave., failed to yield the right of way to another vehicle at the intersection of Route 32 and Bender Lane.

Officer Christopher Hughes,

responding to the accident scene and concluding that alcohol may have been a factor, summoned Officer Scott Anson to assist with the administration of field sobriety tests.

Following those tests, Hughes arrested Lawrence and charged her with DWI. She was ordered to appear in Bethlehem Town Court on Feb. 15.

Lawrence's car was towed from the scene but the other vehicle involved was driven away.

Residents must file for Enhanced STAR by March 1

Bethlehem Assessor David Leafer reminds residents enrolled in the Enhanced STAR tax relief program that in order to remain eligible, proof of income for either 1998 or 1999 must be filed with the town assessor's office by

March 1.

The exemption is limited to homeowners 65 years and older who earn no more than \$60,000 a year as a family. It requires annual renewal.

Enrollees in the Basic STAR program — which is open to homeowners of all ages and incomes — are automatically eligible for a school tax exemption and are not subject to an annual renewal.

People who are not in the STAR program and/or people who have purchased homes within the past year and have not signed up for STAR benefits are urged to enroll as soon as possible by contacting the assessor's office at 439-4955, ext. 103.

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Sign language



Braving the subzero cold, a workman erects a new sign at the entrance to Delaware Plaza. *Joseph Phillips*

New Scotland revises zoning code

By Joseph A. Phillips

While talk of revising the town zoning code is a hot-button issue in Bethlehem, the town of New Scotland has quietly completed an overhaul of its code.

The town council has set a public hearing on the proposed changes for Feb. 9 at 6 p.m. — and could adopt them at its meeting that night.

The draft revisions, prepared by an ad hoc committee headed by town code enforcement officer Paul Jeffers, have been in the works for more than a year and were the subject of several public information meetings last summer. The revised draft was presented to the town board at its Jan. 13 meeting.

The revisions to the code do not include any changes to basic zoning classifications. Nor are any changes proposed in such fundamentals as lot sizes or percentages of lot occupancy.

A few alterations have been made to yard setback requirements in some categories, particularly in establishing a larger yard setback requirement for commercial operations over 20,000 square feet.

Unusable land — wetland areas or lands with a slope in excess of 17 degrees — would no longer be included in minimum acreage calculations of lot sizes.

There are a few changes proposed in the lists of permitted and

special uses in the various categories. The catchall category of "essential services" has been removed from the permitted-uses list in most residential zoning categories. Added to the residential special use list, and therefore subject to planning board scrutiny, were such uses as day care, personal farming activities and keeping horses on plots of less than 5 acres.

In industrial zones, restrictions on the outdoor display of advertising and products are eliminated, and setback and buffer requirements for parking areas are made less severe, under the proposal. One- and two-family structures are exempted from the detailed design requirements for off-street parking.

Many of the proposed revisions to the code are changes in wording designed to reflect contemporary realities.

For instance, a distinction will now be made in the code between the definition of a hospital and that of a clinic for outpatient treatment. Acknowledging the advent of prefabricated sheds and high retaining walls, references to service buildings have been changed to structures where they occur on use lists in the code.

Language referring to the owner in many instances would now be rendered as applicant. Documentation requirements spelling out the relationship between an applicant or representative and the owner of a given property have been added to the code.

Changes in telecommunications technology are reflected in removing distinctions between commercial and amateur transmission towers. And with the proliferation of such towers in rural areas, the revision addresses for the first time shared-use placement of transmission equipment, either on existing towers, municipal facilities or other existing structures such as church steeples or silos.

The new provisions require an applicant seeking to erect a transmission tower to document that they have first considered such a shared-use site — a provision that will further promote colocation agreements among cell-phone providers and similar electronic transmission operators.

Finally, maximum jail time for violations of the town zoning code are reduced from six months to 15 days. Monetary penalties, however, are not changed.

BC now has Web site with up-to-date info

By Heather Brockbank

The Bethlehem Central School District recently launched a new Web site.

The site, bcsd.k12.ny.us, will provide more up-to-date information about the district by allowing individual schools, departments and teachers to add their own pages.

"The beauty of this is that so many people can contribute that it

happen, we couldn't afford it," said board member Dennis Stevens.

The new site includes a staff directory, directions to each school and a calendar that users can customize to view events specific to their needs.

Individual schools and departments are also adding their own pages, complete with photos, current news items and links to other related sites. Kennedy mentioned the district music department and Hamagrael Elementary pages.

Because the Web site is data-driven, Kennedy emphasized that it will constantly change.

"I can't say enough that this is a work in progress; it always will be," she said.

Though the site will continue to expand its content and features, Kennedy illustrated the ease of navigating through its pages. Even while moving from the home page to other related links, users are kept within the district framework by a sidebar of links, so that they can easily return back to their starting place.

Kennedy said the district will continue to use the same modes of communication it has in the past to inform parents and community members. The Internet will just supplement these efforts.

"This is just one other way to provide information to people," she said.

In other business at the meeting, Superintendent Les Loomis announced that high school student Gordon Schmidt had been selected as one of 40 finalists in the Intel Science Talent Search.

Also at the meeting, the board announced its schedule of budget work sessions. The first budget session will be at the next board meeting on Wednesday, Feb. 9, at 8 p.m.

McCartney makes amends over sale

By Katherine McCarthy

Superintendent Alan McCartney struck a conciliatory tone at Voorheesville's January school board meeting as he outlined the district's attempts to purchase land for a \$16.9 million addition to the junior/senior high school.

Rather than continue eminent domain proceedings to acquire John J. O'Connell's land, the district will buy approximately 30 acres from the Edmunds family. The land is 200 yards south of the school on Route 85A.

McCartney said that the administration and board had become more and more reluctant to pursue eminent domain action.

"We realized we were putting Mr. O'Connell and the Corcorans (who live on Martin Road) in a difficult spot," he said. "We were creating tension regarding their feelings about education and land ownership. Some perceived us as dragging our feet on the building project, when in fact we were waiting till the last minute."

Voters must pass a bond reso-

lution by June 30 to receive 71.8 percent in state aid for the project. After that, the district would lose 10 percent in state aid.

McCartney feared that project costs might have risen over the year, but architects Collins & Scoville told him that was not the case.

He said that when the district began working on the project, state aid was not available for purchase and development of non-contiguous land. After numerous discussions with the state Education Department (SED), McCartney now believes the Edmunds' land is eligible for state aid. The total amount of aid will only be determined after voters approve a bond issue for the project.

McCartney further outlined the district's unique circumstances, which he believes will make the project eligible for the original percentage of state aid.

"We had justified the expansion of our building. Our enrollment is increasing, the school is already crowded and there will be more situations where we will need to offer more services," he said.

The district has the option to purchase the Edmunds' land until June 30, and an option to extend if needed, McCartney said. He is aiming for a March 28 bond vote.

The board will hold a public information session Monday, Jan. 31, at 7:30 p.m. at the high school, and hopes to adopt a bonding resolution at its regular meeting on Feb. 7.

The board will discuss the

scope, sequence and cost at the Jan. 31 meeting, McCartney said.

"We can do the bond at once," he added, "but we can sequence the rest of the project, so that we are purchasing the land, doing the field work and renovating, at different times."

Voorheesville resident Tom Poznanski, an architect, questioned the board's delay of the project until land is acquired. Poznanski pointed out that while the acquisition of more land is desirable, SED doesn't require it.

"Due to the whole process being delayed so long, construction won't start for a year or a year and a half from now. This means an escalation in costs, not to mention more legal and architectural fees," Poznanski said. "There's no reason we shouldn't go ahead with the building project regardless of land acquisition."

Board president John Cole responded: "The board has made it clear that it's not our opinion. The land is integral to this building project. We're not just looking at enrollment growth, but program growth."

Cole also reiterated his belief in the district's autonomy, after Poznanski said SED could review the project and let Voorheesville know how much land is needed for its expansion.

"It's not SED's job to tell the board of education what's required, but the board's job to tell SED what it needs. I'm an ardent supporter of local control and to get what Voorheesville wants, not what Albany wants," Cole said.

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New Age tendencies surface in an old age girl

By Katherine McCarthy

Growing up in northern Vermont made me feel like you should just do the things you need to do, no contemplation necessary. I grew up around close-mouthed

COMMENTARY:

*Mom's
the
Word*



people who worked, paid the bills, kept the house neat, and only sat down for a moment when the work was done.

In comparison to my mother's life, I have it easy. She worked part time as a nurse, took care of the five of us, and kept the house pretty darn clean and the laundry always folded. Dinner was at 5

every night, bedtime at 7:30 for a long, long time.

In comparison, my life is a walk in the park. I do work that is much less strenuous than my mother's, and I don't work as much as she did at my age. I only have two children, not a brood that's always in motion. Chris, like other men of our generation, is much more involved with our children and the daily housekeeping chores than my father ever was. Our children participate in a reasonable number of activities; their days have lots of room for leisure and made-up play.

I should be humming around my kitchen, and always first to volunteer for PTA activities. But sometimes, I feel so overwhelmed. You all know the litany of modern day motherhood: volunteering, running children to activities, maintaining a home, etc. They

take up time, but to be honest, I feel like I'm venting unnecessarily when I complain about how busy I am.

There was a Doonesbury cartoon years ago, of the maid cleaning Jane Fonda's workout studio, and Jane suggesting that she take her exercise class as a stress-buster. The maid's answer was that Jane Fonda was busy because she wanted to be; the maid was busy because she had to be. I feel blessed to be busy because I want to be.

Why do women today stay so busy? I belong to the generation that went to work, and, thanks to the women who blazed the trail before us, were able to rise to important positions. Then children come along, and the whole balance is tipped.

We've all sought our own equilibrium with child-rearing, but I think we all struggle with how much extra to do. Seems like a lot of full-time mothers take on a ton of volunteering activities to assuage a sense of uneasiness about leaving the paying workforce, and seek the same sense of accomplishment they found in their former jobs. Full-time jobs don't stop most mothers from volunteering, either, as they seek avenues to stay connected with their children's lives.

This makes for a whole lot of busy women, and whether or not

we're fulfilled, we look for ways to slow down and get more pleasure out of life.

My first line of attack against feeling over-programmed was joining a gym. My hope was that I'd feel better, look better, and be more efficient because my blood was pumping so quickly that I'd get much more done in a day. I told myself I was banking the fire against old age, limbering joints, stretching muscles, oxygenating my blood system.

Still, I felt guilty, indulging myself in the morning while there was so much to do. Surely I'd feel more virtuous and still have a full day if I went at 6 a.m. More feelings of inadequacy surfaced when I watched all those people work out so resolutely, then shower, put on their suits and dress shoes, and leave for a day of work.

I tried meditation, after I did a story on Leonard Perlmutter and the American Institute of Meditation. Perlmutter's description of our need to simplify our lives and get away from the trappings of Madison Avenue "spoke to me," as the New Age phrase goes. Contentment should be mine; and at the first meeting I said that I was there to get rid of all the distracting voices in my head that pull me in so many different directions. Seemed like the other participants pulled their chairs back a little to get away from the delusional

woman who hears voices.

I tried a little stone with the word "Patience" etched on it carried it in my pocket until rubbed the word off.

Two friends gave me Sarah B. Breathnach's book, *Simple Abundance*, which is helping me to focus every day on the joys of life.

And, in my most recent fit New Age weakness, I bought one of those beaded power bracelets at I Love Books.

"Oh, what did you get?" a clerk asked. I bought Tiger's Eye — it's going to give me courage, bring me harmony, and put my thoughts into action. I hope I can decide what thoughts it put into action — I'm aiming for one about finishing the novel I'm winning the Pulitzer Prize. I wish the bracelet kicks into gear the next time Chris asks who his favorite shirt is and I imagine his head exploding?

I have a funny feeling that the path to self-fulfillment lies less in courses and stones, and more in my parents' pre-Nike way of "Just Do It."

But that's the beauty of life at the turn of the millennium. I'm enriched by the example of parents' and grandparents' lives and I also have this collection of pretty stones on my dresser — my own mix of New England practicality and New Age searching.

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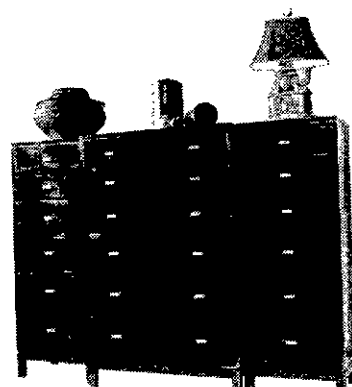
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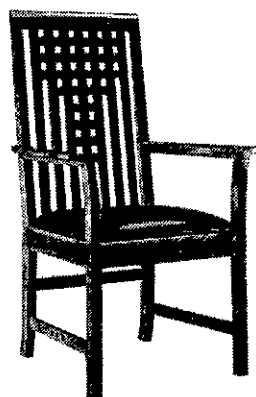
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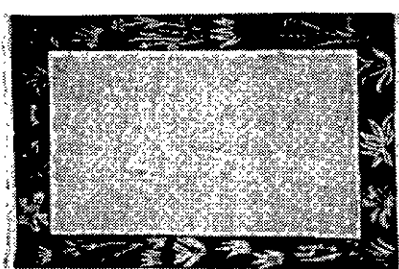
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Generation Y ready to step up to the plate

By Kristin McElroy

The writer is a junior at Bethlehem Central High School.

Being an adolescent is sometimes equated with a certain amount of self-absorption. In a time of seeming invincibility and armed with a sense of forever, the members of Generation Y, myself included, can sometimes get caught up in the moment, in ourselves. The world keeps moving, events constantly reshaping and

and hate than that which we ourselves have lived; history is marred by the scars of dispute and stained with the blood of our fellow man, but also laden with the fruits of our empathy and compassion.

Our century alone — a span only 100 years — has produced at least 10 times that number of unforgettable faces. Freud, Gandhi, Hubble, Chaplin, Brando, Mandela, Lindbergh, Zedong, Fermi ... the 1900s have been a literal collage of history-writing individuals who redefined life as we know it.

I have heard the argument many times that there will never be another time quite like "the good old days," when things were simple. However, simplicity, no matter how sweet, may not always be better in the end.

The perfect world of yesterday never existed — the ills of society were merely brushed under the carpet. Ours is perhaps the second generation of Holden

Caulfields, continuing to break out of the boxes which hinder the evolution of man, and forcing change to the surface.

In the equivalent of the blink of an eye on the timeline of Earth, we have proceeded to set new standards to the limits of human knowledge, though in reality we are still probably barely scratching the surface.

As a species, we are on the cusp of curing illnesses ranging from the common cold to the worst plagues and epidemics. New sources of energy and fuel are constantly being sought, and environmentally friendly battery-powered cars seem to be the wave of the future.

And though we are merely a speck in the universe, mankind has begun to effectively conquer our planet, bringing it to more incredible heights.

I believe Generation Y is ready to step up to the plate. We have grown up in something of a golden

age, witnessing a society undergoing constant change and growth, soon it will be our turn to steer the world on a new course.

Despite some claims that society has fallen victim to an irreversible downward spiral, I feel that my generation will be the next great success story; it is up to us — we'll be writing the book.

Of course, there will be the inevitable few who just don't care, as has been the case since the beginning of time. However, the majority will, I believe, emerge

prosperous and thriving. We've been here all along, listening, absorbing, getting ready for the day when we'll decide our destination and the path we'll take to reach it.

My peers and I are a generation full of promise. We hold all of the tools necessary to succeed, and there is no reason why we shouldn't. For better or worse, I believe we will accept the challenge and rise to the occasion. For better or worse, we are the future.

Teen scene

molding the people and places of our planet. Though we may occasionally seem confined within the carefree orbit of youth, our knowledge of past and current events is much greater than the dim awareness often described by our elders.

As the door closes on the 20th century and we are thrust into a new millennium, I suddenly feel a sense of wonder and awe at all that has occurred in the short reign of man as Earth's driving force. In an epoch unparalleled, our race has constantly striven for something better; we are driven by some inexplicable force to create, to control, and leave our mark upon this rock we call home.

Though we have failed each other many times, whether in war or in hatred and prejudice, we have also stood united in triumph, our successes great both in number and impact.

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Matters of Opinion

Freezin' season

Even people who actually claim they like Northeast winters are beginning to grouse about the subfreezing, arctic-like temperatures.

Grousing aside, it's important to follow some common sense guidelines. Dress in layers of loose-fitting clothing to keep your circulation flowing. Also wear loose-fitting gloves or mittens.

Ditch denim and corduroys for wool whenever possible. And while you're at it forget about fashion; dig out the long johns, that provide insulation by pulling moisture away from the skin.

Remove wet clothes and socks as soon as you come in from the outdoors.

Drink hot liquids — soup, cider or broth — to keep warm and for nutrients and energy.

And make sure to check on elderly friends and relatives to make sure they are taking proper care of themselves.

See that kids don't stay out too long and keep a close eye on family pets who are also vulnerable to frostbite and hypothermia.

It's also critical to take extra care with heating devices such as portable, wood or pellet-burning stoves and fireplaces. A Delmar family already had a near-miss recently when sparks ignited a woodpile and singed the siding of their home.

Make sure chimneys and flues are cleaned routinely and keep portable stoves away from clothing, curtains and furniture.

And according to the Red Cross, taking a first aid or CPR course can better prepare you for all emergencies.

Stay safe and as warm as possible and take comfort in the fact that spring is officially less than two months away.

New Update format

This week's paper includes the first of three Update supplements, in a new, expanded format for businesses and organizations to strut their stuff.

This week's issue focuses on health services and education, with upcoming sections planned for finance and business.

The Update issues are the biggest supplement Spotlight Newspapers publishes all year long. The sections give organizations and businesses an opportunity to present their views on the upcoming year as well as what they accomplished in 1999.

We hope our readers and advertisers enjoy this peek at the year 2000.

Editorials

Who's that knockin' at my door?

By Ruth M. McDowell

The writer is a Delmar resident who enjoys reminiscing about the past and its contrast to today.

Clip, clop, clip, clop sounded on the pavement in 1945 before Leo, the bread man, rang the bell. Freihofer's Bakery kept a yellow-wheeled carriage and well-trained horse on its Delmar route long after adopting trucks in nearby cities.

Leo, a wily salesman, aware that the wartime sugar shortage made his baked goods valuable, gave customers an ultimatum: if they didn't make a daily purchase, he wouldn't stop at all. Did you ever think you could tire of chocolate cake? You can.

"Ding dong" echoed throughout the house. "Good morning, ma'am!" There stood a genial gentleman, like an over-convivial TV game show host, holding up a potatose in a Statue of Liberty pose. "Here is our present for you today" offered the Fuller Brush man. He was always welcome because his wares were excellent and his promotional freebies very useful items. In those days we didn't worry about inviting a stranger into our house — especially one bearing gifts.

It's the back door this time. Norman is waiting to collect 25 cents for hauling two ash cans from our cellar and a trash can in the garage. Most people living in Delmar back then heated their homes by using a coal furnace. Having only a small pickup truck necessitated several trips to the dump daily, but Norm was still very proud of what he called his "business concern."

One day Norm had a startling surprise. When he removed the partially opened top of a trash can, two big eyes were staring at him. A raccoon had crawled in and couldn't get out.

Would you like the crowing of a rooster to wake you mornings instead of an alarm clock or clock radio? That was the experience we had the first morning after sleeping in our new home on Oakwood Place in the heart of Delmar. Although the nearby chicken coop was soon abandoned, other Delmar residents still woke up to cock-a-doodle-dos

Point of View

for several years.

Our bell rang promptly at 5 o'clock every Friday. We knew it was Mr. Sutter from North Street with his cartons of eggs, fresh from the hen. He couldn't understand why some women insisted on using brown eggs to make chocolate cake. His chickens laid only white eggs.

Was it a man? Was it a boy? No, it was a teen-age girl with a big cumbersome bag over her shoulder ringing our bell. Mildred was delivering our weekly copy of the "Saturday Evening Post" and collecting a nickel for her efforts. She was trying to earn tuition for college, and we wondered how much of that 5 cents she could keep.

Early on a bone-chilling morning, it was no mystery as to the person at our door because the milkman had been in the area long before dawn. There was no insulated box then, and the cream had risen high above the milk bottle, with its paper cap — like a New Year's Eve cork — popping, perched squarely on top. Only to collect did we see the Borden's Dairy Deliveryman, a lonely driver through the darkened neighborhood.

'Twas seven p.m. and all through the house, we creatures were settling down for a long winter's night, when there at the door, we heard such a clatter. On opening it, what to our wondering eyes did appear but our mailman, Jesse. He held a vacuum cleaner in one hand and some clanking metal parts in the other. Jesse was moonlighting, earning extra money so he could buy a retirement home in Florida.

After demonstrating how my hand-me-down machine didn't pick up dirt nearly as well as his shiny new one, I'd have been em-

barrassed not to buy it. But you could hear me slyly exclaim as he drove out of sight, "Thank you, Jesse, for cleaning my downstairs tonight."

Looking out our picture window, I could see the Hotaling Coal truck arrive, and knew the driver, appearing like a minstrel show man, blackened with coal dust on his face, would soon request that a cellar window be opened.

Soon could be heard the ear-splitting noise of coal hitting the metal chute as it made its way to an automatic conveyor. A tiny piece of extraneous straw could jam up this mechanical device, and stop feeding coal to our furnace.

This occurred so often that we nicknamed the supposedly automatic coal feeding machine Frankenstein, because it was such a maintenance horror.

The day natural gas lines were laid in Delmar, we celebrated.

One day, we admonished our paperboy Dick that it was about time he came to the house to collect the subscription fees, which were long overdue.

"Oh, I don't want your money yet," he responded. "I just stopped by to ask if you would save it until the bill is \$15. I want to buy a new bicycle at Adam's Hardware and if I take the money now, I'm afraid I'll spend it."

We saved his money and Dick was able to buy his bike, but this story has an interesting twist. As the years went by, Dick studied money matters and eventually became manager of a Delmar bank where we had an account. Thereby, Dick was saving money for us.

Happily, friends and neighbors still keep the doorbell ringing, but the scheduled delivery times are gone to the realm of memory.

Now when someone is at our portal, pushing that little button, we really do wonder, "Who is that ringing my doorbell?"

Normanside manager cautions club not for winter recreation

Editor, The Spotlight:

The photograph of the family enjoying the season's first snowfall at Normanside Country Club, which was so prominently featured in the Jan. 19 edition, was cause for some concern at the club.

As I am sure, most town residents are aware that Normanside is a private club and its facilities are for the use and enjoyment of its members and their guests.

In the past in the interest of being a good neighbor, we have turned a blind eye to the army of skiers, sledders and wind surfers that descend upon the golf course for fun and exercise in spite of the posted no trespassing signs.

Unfortunately, these folks who just want an afternoon of fun are creating problems for themselves, Normanside and our neighbors.

In addition to the obvious possibility of damaging the course, people unfamiliar with the course

may injure themselves in sand traps, shrubbery or ravines hidden by the snow.

The cars parked illegally on both sides of Salisbury Road often make the street barely passable for residents, club members, service trucks or, in the worst case scenario, emergency vehicles.

The young folks in their excitement often jump out of mom and dad's car or dart out from between cars without looking, creating a dangerous situation for drivers going about their daily business.

The town and we as taxpayers spend a lot of money every year to make the Town Park a clean, safe, parking-friendly facility to enjoy winter sports and not inconvenience your neighbors or put yourselves at risk. I ask everyone's cooperation in taking advantage of it.

Robert Conti
Normanside Country Club
manager

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Your Opinion Matters

Citizens deserve credit Thanks to Good Samaritan for booting polluters

Editor, The Spotlight:

It is certainly true, as you say in your Jan. 12 editorial, that residential and business growth in Bethlehem is an issue that is frequently misunderstood. But it was wrong to point the finger at residents and their NIMBYism.

Without a public outcry, Bethlehem would right now be a home to a mammoth-sized garbage incinerator and a poison-spewing formaldehyde plant. Does *The Spotlight* regret the citizen uproar that stopped town officials from putting down the welcome mat for those pollution-ridden businesses?

Why do you say that mechanisms are already in place to prevent wild, uncontrolled growth? In 1996, town officials welcomed Spurlock Adhesives, a formaldehyde plant to site a new plant in our town. That's when Bethlehem Citizens for Clean Air discovered that the town had no authority to turn Spurlock away because the town did not even have an industrial site plan review law on the books. A similar kind of law is used for residential projects, such as putting a new addition on the house.

While we are protected from intruding new home additions, we are not protected from manufac-

turing plants that use and release poisonous substances. Without such a law, the town is not a guardian of its own fate.

The lack of an industrial site plan review leaves a gaping hole in town law. It means that any industry can move in here, but for the diligent oversight provided by citizen groups that mobilize for common sense. When industrial growth decisions are made by corporations that typically have home offices far from Bethlehem, we are at the mercy of out-of-state decision-making power. When industrial growth decisions are not made by our local governing officials, citizen action is necessary to thwart proposals that have the potential to deleteriously affect our air and water.

Carole Nemore
Delmar

Editor, The Spotlight:

Today I spent most of the day in the emergency room at a local hospital with my 83-year-old dad. After he was released, we went to CVS in Glenmont to have his prescription filled.

Dad then asked me to take him to McDonald's for a cup of coffee. I gave Dad his medication in the restaurant, unaware that it had fallen on the floor. I assumed he had taken it.

When I got home, there was a message to call CVS and that my father's pill was found at McDonald's.

When I called CVS, the pharmacist told me that someone had overheard me telling my dad to take his pill and after we left, he saw the pill on the floor. The gentleman took the pill to CVS and the pharmacist remembered filling the prescription.

It was very important for my

father to take the medication. Without that man's kindness, my dad would have missed taking his medication.

Unfortunately, the pharmacist did not remember the gentleman's name, and I have no way of thanking him for his kind deed. I hope that he reads this letter so he will know how grateful we are. I truly thank him for what he did.

Thanks also to Cara the pharmacist for tracking us down.

Ann Silk
Delmar

Letters policy

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

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

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

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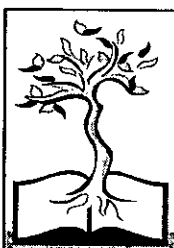
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Matters of Opinion

Councilwoman is grateful for Greg Sutton's kindness

Editor, The Spotlight:

I recently stopped at Stewart's on Delaware Avenue at approximately 11:30 p.m. after a late evening meeting at town hall. When I arrived home, I realized I did not have the credit card I had used for my purchase.

When I returned to Stewart's moments later, a young man who had been inside the store when I paid at the counter approached me and indicated that he had found my credit card on the ground where my car had been parked, and he had taken it inside to the counter for safe keeping. Need-

less to say, I was relieved and most appreciative.

Upon inquiry, I learned the name of the young man who returned the card: Greg Sutton, a Delmar resident. Having expressed my sincere appreciation to him personally, I also wish to thank him publicly for his honesty as well as his gesture of kindness and consideration. He certainly deserves to be commended for his actions as a good citizen.

I am most grateful to Greg Sutton.

Doris Davis
Elsmere

Faithful friend will be missed

Editor, The Spotlight:

I would like to thank everyone who took a few minutes to pet and speak to me while on one of my daily walks or while I barked at my front gate.

I had a happy, fun life.

My family appreciates the cards, phone calls, e-mail and those who stopped by my home. A special thank you to Dr. J. Bull, Dr. L. Tenny, all the staff at Delmar Animal Hospital and Capital District ER Clinic who tried to keep me as comfortable as possible during my last nine days.

Jake — the Schnauzer
and Bob and Hazel Gill
Delmar



Trustee puts experience to good use on board

"As a wife, mother and grandmother, I've learned to cope with many issues and changes — all at once and often," said library trustee Melissa Palmer.

One thing that has stayed stable in Palmer's fluid life is her address. She has lived in Slingerlands for 46 years. Other than that, her life has been varied and flexible.

An art major at Mount Holyoke, she later trained as an occupational therapist, working at Johns Hopkins and briefly at Albany Medical Center.

An abiding love of the theater translated to her favorite job —



Melissa Palmer

"from shelf space to parking space," and just about everything — including electronic advances and demographic shifts — in between.

Palmer believes that the primary change for libraries in the Information Age is one of expectations.

"New technology and information sources are expected of libraries, along with all the traditional services," she said. "That's a tall order."

She added that as libraries gain increased importance as community centers, they sometimes lose their "quiet ambience and peaceful friendliness."

The challenge for library boards is to achieve a balance of old and new, all within a reasonable budget.

"A library should be a source of information and pleasure to old and young, and all in between," she said.

In other words, a library should strive for variety and flexibility — which Palmer knows from experience are the keys to a long and satisfying life.

Louise Grieco

NOTICE OF PUBLIC MEETING

The Albany Water Board is holding a public meeting at the Jerusalem Reformed Church, Route 32, Feura Bush, on Thursday, January 27 at 7:30 P.M. to discuss the applicability and implementation of the United States Environmental Protection Agency (USEPA) Chemical Accident Prevention Provisions (40 CFR Part 68) at the City of Albany Feura Bush Water Filtration Plant.

The meeting will not include a discussion or information regarding the water quality or water supply in the local Feura Bush area, it is intended solely for the distribution of information regarding the routine and emergency operations of the City of Albany Feura Bush Filtration Plant.

For further information contact William D. Simcoe, P.E., at the City of Albany Department of Water & Water Supply at 518-434-5300

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Mendelssohn Club sets concert at high school

The Mendelssohn Club will perform on Wednesday, Feb. 9, at 7:30 p.m. at Clayton A. Bouton Jr./Sr. High School.

The club is a 75-member all-male chorus which has been in existence for 91 years.

Tickets are \$5 for adults and \$3

NEWS NOTES

Voorheesville

Jane Norris
439-8532



for students and seniors. Tickets can be purchased in advance at the high school main office.

The program is sponsored by the Friends of Music.

Village issues last call for lap robes

The village will be submitting its last order for lap robes. The robes, which depict historical sites in Voorheesville, can be purchased for \$30 plus postage. To order, call the village office at 765-2692.

Elementary drama club to present play

The fifth- and six-grade drama club will present the play "Castaways" on Friday, Jan. 27, at 7 p.m. and Saturday, Jan. 28, at 2 p.m. in the elementary school auditorium.

Tickets can be purchased at the elementary school main office.

HEAP info programs set at various sites

HEAP Fuel Assistance Outreach programs will be offered at various local venues.

- Feb. 16 from 2 to 6 p.m. at Cornell Cooperative Extension in Voorheesville

- March 6 from 9 a.m. to noon at Bethlehem town hall

- March 14 from 3 to 7 p.m. at Berne-Knox Westerlo High School

- March 15 from 2 to 6 p.m. at Cornell Cooperative Extension

- April 19 from 2 to 6 p.m. at Cornell Cooperative Extension.

For information, call 756-8650.

Church to host seminar on friendship

Mountainview Evangelical Free Church will sponsor a seminar on "Friendship in the New Millennium" on Wednesday, Feb. 5, from 10 a.m. to 2:30 p.m. at the church on Route 155.

Sylvester Sheely, a leadership trainer and district superintendent for the New England District of the Evangelical Free Church of America, will discuss the importance of friendships in today's world.

John and Sandy Barron of Camp Pinnacle will provide music.

The seminar costs \$15, including a catered lunch.

For information or to register, call the church at 765-3390.

Congratulations to spelling bee winners

The middle level spelling bee was held at the high school on Jan. 6.

Sixth-grader Matthew Belgiovine was the winner.

Second place went to Lauren Matthews, grade seven, and third place to Zeffy Schumacher, grade eight.

Based on class spell-offs, 31 students were eligible to compete.

The winner will represent Voorheesville at the regional spelling bee at the Empire State Performing Arts Center on March 13.

Learn how to use Internet for travel

Tonight, Jan. 26, is the night for travel planning at 7 p.m. with the reference staff, who will discuss a variety of ways to search for information on the Internet for your next vacation.

The newest editions of many travel books and videos have been added to the library collection and will be displayed for you to examine and check out.

The *New York Times* notable books of 1999 are now on display at the library with suitable blurbs to give you a taste of what's inside. Take time to browse and read the recommendations and find a treasure to take home.

Are you a fan of the animal planet channel? We have a book called *Animal ER* among other selections on the new nonfiction shelves.

There are many fascinating books there: the content and scope of what is being published is amazing.

Voorheesville Public Library



ing. Even if you have always been strictly a fiction reader, you may surprise yourself by finding something wonderful by checking out the back side of the new fiction shelves.

Also new are three beautiful oak racks to hold our growing collection of CDs. The library has an assortment of classical music to offer, as well as many selections in jazz, blues, show tunes, country and rock. From Streisand to Shania, new CDs are added weekly and can be taken home for a two-week loan.

This is the last chance to participate in Food for Fines this year — return your overdue materials with donations for the New Scotland food pantry for a cash dis-

count on your fines. The offer ends Jan. 31.

Visit our Web site at www.voorheesvillelibrary.org to keep up with library news and events.

There will be no Lifestories meeting on Jan. 29.

Barbara Vink

ADD support group meets at library

Families First is a local support group for parents of children with Attention Deficit Disorder (ADD).

It meets the first Thursday of each month from 7 to 8:30 p.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

Families First offers a combination of education and support. No fees are charged.

For information, call Lisa LaFountain at 439-8839.

Men's Garden Club sets dinner meeting

Tracey Frisch, director of Albany's Farm and Food Project, will speak at the Men's Garden Club of Albany's monthly dinner meeting on Thursday, Jan. 27, at Days Inn on Route 9W in Albany.

The meeting will focus in how biotechnology affects our trade relations with European Union countries.

The cost is \$14 per person and includes dinner.

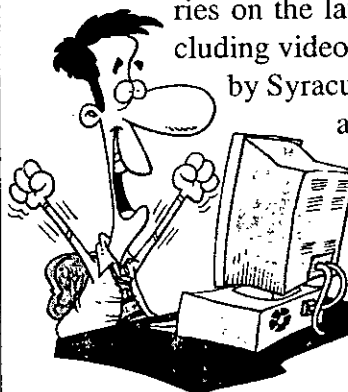
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10 Siena vs. Loyola
11 Attack vs. Philadelphia
14-15 Backstreet Boys

MARCH

2-6 HSBC MAAC Tournament

APRIL

6 Target Stars On Ice

HSBC MAAC Tournament

March 2 - 6

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Last chance to sign up for baseball

Final registration for spring Little League will be on Friday, Jan. 28, from 4:30 to 5:30 p.m. and Saturday, Jan. 28, from 9 a.m. to noon, at Ravena Lanes on Main Street.

Tryouts will be on Saturday,

NEWS NOTES

Selkirk

South Bethlehem
Linda Marshall
756-3520



March 4, from 8 a.m. to 1 p.m. at the high school.

For information, call Colleen Bullis at 756-3321 or Linda Geraldson at 756-3919.

Drama club to stage 'You Can't Take It With You'

The senior high drama club will present "You Can't Take It With You," Friday and Saturday, Jan. 28 and 29, at 7 p.m.

The stars are Carly Assael as Alice, Dallas Trombley as Tony, Katy Boomer as Penny and Jesse Felter as Grandpa.

Also featured are Sara Nestlen as Essie, Tom Johnson as Ed, Dennis Cheney as Paul, Rodney

Carpentier as Mr. DePinna, Vikki Roth as the IRS agent, Adam Sugrue as Anthony and Jessica Poetzsch as his wife. Katie Bishop plays Rheba, Justin Ashley plays Donald, Brandon Roth plays Boris, Suzette Berry is Olga, and Kiernan Townley, Angela Zullo and Volker Daiber play the J-men. Sara Dolan is the stage manager.

Sound effects are created by Justin Cross. Curtain time is 7 p.m. Tickets can be purchased at the door.

Book fair continues

Pieter B. Coeymans Elementary School's book fair will continue through Friday, Jan. 28. It will also be open today, Jan. 26, from 6 to 8 p.m.

The book fair is an excellent opportunity for children and parents to purchase books for reading or gift-giving.

Proceeds will help fund school enrichment programs.

Transition meeting set for 8th-grade parents

Parents of current RCS eighth-graders are invited to the middle school on Wednesday, Feb. 2, at 7 p.m. to learn what they (and their children) should expect in ninth grade.

All parents of eighth-graders are urged to attend this meeting.

Fitness center offers yoga class

Kathleen Bradt, a certified yoga instructor, will lead classes in kripalu yoga on Saturdays from 10:30 to 11:45 a.m. at BodyMaster Fitness Center at 172 Main St. in Ravena.

The fee is \$45 for eight weeks or \$6 per class. All levels are welcome, but space is limited.

For information, call the fitness center at 756-7050.

Model congress team gets bill passed

Members of the RCS model congress team succeeded in having their bill passed at the recent model congress in East Greenbush.

The event was attended by more than 50 students, but only one bill, by RCS sophomores Rachel Quimby and Gillian Vaughn, was passed.

Their bill, to legalize gay marriages in the United States, was passed after more than 10 hours of negotiating, wrangling and compromising.

Delmar church plans vacation school

Bethlehem Lutheran Church at 85 Elm Ave. in Delmar will conduct its 22nd annual vacation Bible school for children age 4 through fifth grade from Tuesday through Thursday, Feb. 22 to 24, from 1 to 3:15 p.m.

The grand finale for children, parents and guests will be Thursday, Feb. 24, at 7 p.m.

Each day's activities include singing, crafts, games, Bible study and refreshments.

The cost is \$5 per child or a \$10 maximum per family.

All are welcome.

For information or a registration form, contact the church office at 439-4328 between 9 a.m. and noon.

The registration deadline is Wednesday, Feb. 2.

Local teens participate in midnight run to NYC

By Heather Brockbank

At midnight on Jan. 7 most Delmar residents were probably sleeping, but 15 area youth were in vans cruising through the heart of Manhattan, stopping at parks, churches and other prime locations in search of homeless people.

They were on an excursion

Before this, the homeless were a group that didn't have a face. Now, I've talked to them and know them.

Brian Lind

called a "midnight run" to distribute food and warm clothing to the needy on the streets.

The group, composed of high school-age youth from three Delmar churches, accompanied members of the Midnight Run Agency. The agency, whose leaders were once homeless themselves, takes a midnight run through the city twice a week.

The reasons behind making such an excursion are simple to those involved.

"I feel good about helping people who need help," youth group member Hannah Olmstead said.

That Friday night, the midnight run distributed personal care kits with toothbrushes and toothpaste, warm clothing, sleeping bags and pillows that the teen-agers had spent two months collecting at local churches. The teens also prepared 150 sandwiches to hand out along with hot coffee.

The youth belong to the Reformed, Presbyterian, Methodist (RPM) Youth Group, a joint effort of Delmar Reformed, Presbyterian and United Methodist churches.

The group has about 120 members, but only 15 can participate in each midnight run. As a result, RPM takes three separate trips to the city annually, and members must sign a waiting list to participate.

Youth Group leader Teresa Borchetta said most of the teens are more interested in service events than social activities.

While on the midnight run, the teens accompanied a formerly homeless guide who took them to spots where homeless people typi-

cally seek refuge. With such an experienced guide, few, if any, felt concerned about their safety.

At each stop, the teens called out "midnight run," a phrase familiar to those living on the streets. Homeless people gathered at the vans, where the youth had set up their post complete with food and bags of size-labeled clothing.

In addition to handing out clothes and food, the teens also gave of themselves, Borchetta said.

"The kids talked and joked with the homeless," she said. "A lot of them have stories to tell, and the youth listen."

A high school junior, Olmstead joined the midnight run for a second time. She was surprised to recognize the same outgoing man from last year's trip.

"They want people to talk to," Olmstead said. "They get lonely out there."

Although the youth represented religious groups, they were instructed to not talk about religion unless asked.

It took the teens approximately four hours to distribute their supply of care items, and by the end of the night, most were quite cold, Olmstead said.

To be outdoors constantly, as homeless people are, is something Olmstead finds hard to imagine. "It's a different world out there," she said.

She thinks the midnight run is a good way for teens to see things they don't normally see in their own community.

Both Olmstead and Borchetta noted the increased number of homeless people they saw on this trip. Borchetta said that many of the people they saw, who were mostly men, had mental illness, alcohol addictions or other problems that kept them away from shelters.

Brian Lind, a member of the youth group, also joined the midnight run for a second time. He felt the experience increased his awareness of, and sense of responsibility to, the homeless.

"Before this, the homeless were a group that didn't have a face. Now, I've talked to them and know them," he said.

After his experience in the city, Lind said, he won't be able to pass by a needy person on the street.

"They're people just like you and me," he said.

Bethlehem Tomboys Girls Softball League FINAL 2000 REGISTRATION

The Bethlehem Girls Softball League will hold registration for girls, grades 1 to 12 from 9:00am to 12:00pm

**Saturday, January 29th
at the
Bethlehem Town Hall**

The fee for the 2000 season will be \$50 per child (\$75 per family). A late fee of \$15 will be charged for any registrations received after this date. No registrations will be accepted after March 1.

**For information, please call
Barbara Stupp 439-0904**

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Sports

Cagers upset Shaker en route to three wins in a row

With winter settling in; snow, frost and the wind chill are making the Capital District very cold. Even as the temperature continues to drop, things are getting very hot on the campus of Bethlehem Central High School, thanks to the blistering play of the girls basketball team.

After getting the season off to a rocky start, the Lady Eagles have rebounded splendidly. With two more Suburban Council triumphs last week, the BCHS girls have extended their winning streak to three games. With victories over Mohonasen, Shaker and Burnt Hills-Ballston Lake, Bethlehem improved its overall record to 8-5 (6-4 in league play).

After a disappointing 71-49, loss to defending Class A, state champs, Shenendehowa High School, the Lady Eagles found themselves with a losing record in Suburban Council play. Despite an 18 point, 10 rebound effort from junior **Megan Fish**, Bethlehem was never in the contest as Shen blew the game open by halftime. The Jan. 12 loss was a turning point for the inconsistent Lady Eagles. Although they compete in what may be the best girls basketball conference in the state, BCHS girls have the ability and understanding to compete for a division title.

On Jan. 14, the Lady Eagles ended a three game slump when they captured a 47-40 victory over Mohonasen. Explosive guard **Bridget Murray** led a balanced Bethlehem attack, scoring a game high 17 points. The win was BCHS's first since they knocked off the same Mighty Warrior squad two weeks earlier in the



BCHS senior point guard Bridget Murray is focused on the hoop as she takes a shot in the Lady Eagles recent upset over Shaker. *Jim Franco*

consolation game of the Lady Raiders Holiday Tournament in Colonie.

Only holding a two-point lead going into the fourth quarter, the Lady Eagles got steady scoring from players like **Hillary Cooley**, **Caitlin Foley** and **Lauren**

Murray (who recently returned from a bout with mono) and secured a win that improved their league record to 4-4.

After the Bethlehem girls defeated Mohonasen, they notched their biggest win of the season on Jan. 19, when they upset the

Shaker Blue Bison 49-44.

Cooley, who has spent much of the season as a complimentary player had one of her best games as a varsity player. She led all scorers with a game high 19 points and iced the game when she drilled two freethrows with only seconds remaining. Cooley's charity stripe dramatics capped off an amazing Bethlehem comeback, where the Lady Eagles overcame an early deficit to outscore their opponents 26-16 in the second half. Both Lauren Murray and Fish contributed nine points apiece to another solid team effort that re-established the team as a legitimate contender.

Without missing a beat, the Lady Eagles avenged an early season loss when they exploded for a 76-62, win over Burnt Hills-Ballston Lake High School. After dropping a heartbreaking 58-55 game to the Spartans on Jan. 5, Bethlehem wasted little time, roaring out of the gates in the rematch. Fish's 19 points led the Lady Eagles prolific scoring barrage. Senior **Jean Laraway** (17 points) was among five Bethlehem double digit scorers, also including **Bridget Murray** (16 points),

Lauren Murray (10 points) and **Cooley** (14 points).

The rout of a talented Burnt Hills-Ballston Lake squad put an exclamation point on the Lady Eagles resurgence. Bethlehem looks to remain hot when they host Columbia on Friday, Jan. 28.

Physically Speaking



by Nick Valenze, P.T.



A BIT OF A STRETCH

By stretching after warming up and before exercising, you can build flexibility that shields joints and connective tissue from injury. Stretching also prevents muscle strains during ballistic (quick) limb motion. Greater flexibility means greater range of motion in a joint, which creates the potential for greater power development. This was recently demonstrated by a study in which subjects who weight-trained and stretched improved their strength 20% more than subjects who only strength-trained. When stretching, remember to avoid the myotatic (stretch) reflex, which is the body's way of protecting the muscles from being over-stretched. It involves nerve impulses that warn the muscle of over-stretching, causing it to immediately contract. Forcing a stretch beyond this point can result in muscle tears.

Stretching can also take the place of a more active workout on days when time is short, or energy levels are low. In addition, stretching helps to release stress, and thus promotes better over all health. If pain and stiffness are your constant companions, it's time to ask your physician for a referral. We provide physical therapy, sports medicine, and rehabilitation services for individuals of all ages. To learn more, or to schedule a consultation and exam, please call the number listed below. Evening treatment hours and free parking available.

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P.S. The most familiar type of stretch, the static stretch, involves a slow movement into a stretching position and holding the position for 10 to 15 seconds once the stretch is felt.

Tomboys to hold 2000 Registration

The Bethlehem Tomboys Softball League will hold final Registration for the 2000 season on Saturday, Jan. 29, at Bethlehem Town Hall, Delaware Avenue, Delmar from 9 a.m. to noon.

Registration is open to girls from grades one through 12. First time registrants must show a copy of their birth certificate.

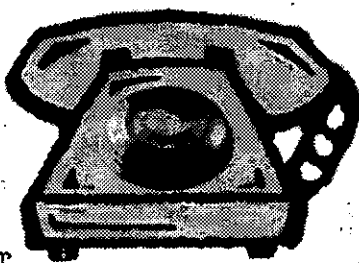
Tomboy practices start in April; league games generally run from May through early July.

Parent volunteers to help on the board of directors, as boosters, managers/coaches, groundskeepers and fund-raisers are needed and welcome.

For information, call 439-0904 or 439-7010.

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BCHS boys basketball team scores two more wins

By Christine Potter

The boys basketball team from Bethlehem Central High School proved that timing is everything on Friday, Jan. 21. In a close game against Suburban Council Gold Division leaders Burnt Hills-Ballston Lake, Josh Burnett swished a three-pointer, with only four seconds left, giving the Eagles a 57-55 victory.

The first half was extremely tight. Both squads traded baskets in the close battle. At the end of first quarter, Bethlehem held a narrow, 17-15 advantage. Leading the way for the BCBS cager in the first half was **Brendan Dalton** who scored five points and was very active on both ends of the floor.

In the second quarter, both teams increased their defensive intensity as the Eagles added on to their lead, going into the half-time intermission on top, 26-23.

In a shocking turn of events, the Spartans came out roaring in the third quarter, exploding for 24 points. Burnt Hills-Ballston Lake's killer B's, senior guards **Chris Bennice** (18 points) and **Matt**



BCBS's Brendan Dalton, right, gets to a loose ball just in front of the diving Steve Layton from Burnt Hills-Ballston Lake High School. *Jim Franco*

Botta (11 points) led the way for the Spartans with their high octane offense and fiery defense.

Although the Eagles netted 13 points of their own, hopes were dimmed as they entered the fourth quarter trailing 47-39.

Undaunted by the deficit, Bethlehem came out strong in the

fourth quarter, scoring 10 points early on.

BCBS head coach **Charles Abba** felt this was the turning point in the game, saying, "We had fallen behind and needed to come out strong, and we did so quickly."

With an offensive resurgence and a staunch defensive effort the Eagles overcame the eight-point margin. As he had all evening, Burnett fueled the Eagles fire. He was the leading scorer for Bethlehem with a total of 25 points. Showing a deft long-range touch, Burnett drilled six three-pointers, including the game winner.

Chuck Abba, who chipped in with 10 points, was the leading rebounder and had the game winning assist.

"Everyone who played did a terrific job," coach Abba said.

With the Bethlehem boys tallying wins in four of their last five games, and bouncing back from a tough loss vs. Mohonasen, Coach Abba is very pleased about how the season is progressing. Among the highlights, Abba pointed to the Eagles first victory over Shenendehowa in over seven years and their strong perfor-

mance against Shaker on Jan. 18.

In the one-sided 57-38 Bethlehem rout, **Chuck Abba** and **Burnett** combined to score 28 points, as the Eagles defense shut the Blue Bison down. Shaker's potent center, **Eric Taylor** led the way for the Blue Bison with a mere 11 points.

"We are pleased where we are," said Abba. "The team has hung together well."

The 7-7 (5-5 in league play) Eagles return to action at 8 p.m. on Friday, Jan. 28, when they travel to East Greenbush to take on seven footer **Craig Forth** and the Columbia Blue Devils.

Local runner races to Hall of Fame

On Jan. 22, at the Steuben Athletic Club in Albany, **Dale Keenan** a veteran Capital District distance runner, was inducted into the Hudson Mohawk Road Runners Club Hall of Fame.

The 49-year-old resident of Bethlehem has been a dominant force in the local running scene since moving to the Capital District on 1978. Although he has excelled at a variety of distances, Keenan has been most successful at the 26.2 mile marathon.

He has won the Mohawk Hudson River Marathon six times and established the course record of 2:20:59 in 1984. He continues to compete in local road races, most recently ringing in the new year by winning the Hangover Half Marathon on Jan. 1.

Keenan and another inductee, Pat Glover will join previous Hall of Fame selections, **Bill Shrader**, **Sr.**, **Paul Rosenberg** and **Don Wilken**.

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Scoreboard and upcoming schedule

•Wednesday, Jan. 12
V GIRLS BASKETBALL
 Lansingburgh 61,
 Voorheesville 34
 Shen 71, BCHS 49
V ICE HOCKEY
 BCHS 3, Niskayuna-
 Schenectady 1
V BOWLING
 Mechanicville 17, RCS 15

•Friday, Jan. 14
V BOYS BASKETBALL
 RCS 63, Waterford 47
 Mohonasen 63, BCHS 57
V GIRLS BASKETBALL
 BCHS 47, Mohonasen 40

•Saturday, Jan. 15
V ICE HOCKEY
 BCHS 12, Troy-Columbia 1
V SWIMMING
 BCHS 60, Guilderville 33

•Tuesday, Jan. 18
V BOYS BASKETBALL
 Cobleskill 70, RCS 56
 BCHS 57, Shaker 38
 Mechanicville 73,
 Voorheesville 49
V GIRLS BASKETBALL
 RCS 41, Cobleskill 26
 Voorheesville 71,
 Mechanicville 67 (OT)
V SWIMMING & DIVING
 Albany High School 52,
 Guilderville 40
V BOWLING
 BCHS 25, Niskayuna 7
V GYMNASTICS
 Guilderland 125.25, BCHS
 117.4

•Wednesday, Jan. 19
V GIRLS BASKETBALL
 BCHS 49, Shaker 44
V SWIMMING & DIVING
 BCHS 126, Niskayuna 49
V BOWLING
 RCS 27, Waterford 5
 Mechanicville 27,
 Voorheesville 5

•Thursday, Jan. 20
V BOWLING
 BCHS 18, BH-BL 14
V WRESTLING
 Saratoga 38, BCHS 28

•Friday, Jan. 21
V BOYS BASKETBALL
 Albany Academy 84,
 Voorheesville 47
 BCHS 57, BH-BL 55
V GIRLS BASKETBALL
 Voorheesville 53, Holy
 Names 45
 BCHS 76, BH-BL 62
V ICE HOCKEY
 BCHS 5, BH-BL 3

•Saturday, Jan. 22
V ICE HOCKEY
 BCHS 6, Troy 2

Games On-Tap This Week

•Thursday, Jan. 27
V BOWLING
 Mohonasen @ BCHS; 4 p.m.
V WRESTLING
 Lansingburgh @ RCS; 6 p.m.
 Albany Academy @
 Voorheesville; 6 p.m.
 Shaker @ BCHS; 6 p.m.

•Friday, Jan. 28
V BOYS BASKETBALL
 RCS @ Albany Academy;
 7:30 p.m.
 Schalmont @ Voorheesville;
 7:30 p.m.
 BCHS @ Columbia; 8 p.m.

V GIRLS BASKETBALL
 Voorheesville @ Schalmont;
 7:30 p.m.
 Holy Names @ RCS;
 7:30 p.m.
 Columbia @ BCHS; 8 p.m.
V SWIMMING & DIVING
 Troy @ BCHS; 4:30 p.m.
 Guilderville @ Ballston Spa;
 4:30 p.m.

•Saturday, Jan. 29
V ICE HOCKEY
 BCHS @ Niskayuna-
 Schenectady; 7 p.m.
V WRESTLING
 RCS @ Quadrangular/Town
 of Fonda

•Monday, Jan. 31
V BOYS VOLLEYBALL
 Berkshire @ Voorheesville;
 6 p.m.

V BOWLING
 Cohoes @ Voorheesville;
 4 p.m.
 Watervliet @ RCS; 4 p.m.

•Tuesday, Feb. 1
V BOYS BASKETBALL
 Saratoga @ BCHS; 8 p.m.
 Voorheesville @ Averill Park;
 7:30 p.m.

V GIRLS BASKETBALL
 Averill Park @ Voorheesville;
 7:30 p.m.
V GYMNASTICS
 Shen @ BCHS; 6:30 p.m.
V BOWLING
 Columbia @ BCHS; 4 p.m.

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Eagles swimmers dominate

The beginning of a new millennium has had no effect on the boys swim team from Bethlehem Central High School. The Eagles have continued to dominate their opponents in the same convincing fashion that has earned them a number of Suburban Council and Section II titles.

In a recent Adirondack League meet, the Eagles made quick work of the Silver Warrior swim team from Niskayuna High School, winning 126-49.

200 medley relay (B) Thalio Orietas, Kevin Collon, Brad Bailey, Andrew Golden; 1:50.28

200 free relay (B) Andrew Zox, Carter Thomas, Mike Cardamone, Sam Abrams; 1:37.67

400 free relay (B) Pat Davis, Chris Shaffer, James Makokha, Golden; 3:53.94

200 free (B) Davis; 1:57.28

200 individual medley (B) Shaffer; 2:10.74

50 free (B) Golden; 24.81

100 fly (N) Andrew Kouzan; 1:02.92

100 free (B) Chris Porco; 55.89

500 free (B) James Traylor; 5:43.66

100 back (B) Ricky Grant; 1:05.07

100 breast (N) Kouzan; 1:10.35

Diving (B) Tyler Crosier

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GOOD NUTRITION PROLONGS LIFE

According to a study conducted by European researchers, good nutrition prolongs life. That is the conclusion reached after studying the eating habits of 3,045 Italian, Finnish, and Dutch men over a 20-year period. Although dietary patterns varied considerably between countries, the men with the best diets were 13% less likely to die during the study than were the men with the worst diets. Even though the study began with dietary benchmarks that were developed in Europe over 25 years ago, they are remarkably similar to the diet considered best for Americans today: low intake of cholesterol, saturated fat, and simple sugars; a moderate amount of protein, and a high intake of dietary fiber, complex carbohydrates, fruits, and vegetables.

It's never too late to improve one's diet, which, by the way, will often improve one's well being. Ask us about what services we offer at the GOOD SAMARITAN LUTHERAN HEALTH CENTER, 125 Rockefeller Road. Our residential community features assisted and independent living for 67 residents, skilled nursing services for 120 residents, and senior housing for 36 residents. Call 439-8116 for more information.

P.S. The European study mentioned above found that good nutrition was particularly effective in reducing the risk of heart disease and cancer.

TRUE OR FALSE: Heart Disease is the #1 Killer of Women in the U.S.

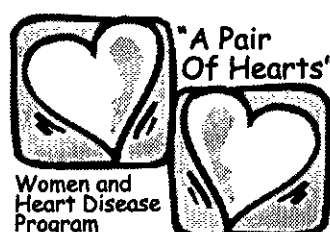
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Council

(From Page 1)

background and views on both residential and commercial development were sought, Fuller said, "In interviewing the planning board candidates, it was more a matter of how interested they were in representing the town as a whole" that swayed the final choice.

Keith Silliman of Glenmont, an environmental lawyer now serving as director of the Niagara Hydropower relicensing project on behalf of the New York Power Authority, was nominated for a one-year appointment as counsel to the planning board.

Former planning board counsel Ruth Leistensnider declined to be reappointed earlier this month, seeking to avoid any perceived conflict of interest. Her law firm represents PSE&G, the utility that is seeking to purchase

Bethlehem Energy Center from Niagara Mohawk, a matter likely to face a planning board review.

Silliman's background in environmental law, with more than a decade as assistant counsel for energy for the state Department of Environmental Conservation, was a key factor in his nomination, Fuller said.

SEQR — State Environmental Quality Review — determinations are a key responsibility of the planning board, and "We've been lucky to have experts in that area so far," serving as board counsel, Fuller said.

Planning board chairman Douglas Hasbrouck participated in final interviews leading to Silliman's nomination, Fuller said, "mainly because he needs to be comfortable with the person giving him legal advice."

Village Stage sets audition dates

The Village Stage will hold auditions for "Take Me Along," a musical version of Eugene O'Neill's "Ah, Wilderness," will be held on Thursday, Feb. 3, and Sunday, Feb. 6, at 7:30 p.m. in the Bethlehem town hall auditorium.

Cast members needed include three men between 40 and 60, two men about 20, one man between 16 and 18, one boy around age 12, two women ages 40 to 60, one woman about age 18, and one girl, approximately 15 years old.

A chorus of townspeople, including men and women of all ages and children ages 7 and older, is also needed.

To audition, sign in at town hall auditorium on either evening at 7 p.m. and come prepared to sing one song of your choice. Bring music for the accompanist.

For information, call director Dick Harte at 439-9447.

Pioneer

(From Page 1)

a shared golf course. While everyone else was grinding out prefabricated designs sided in aluminum, "Those colonial designs with wood siding were really contrary to where everything else was heading," Michaels said.

And it was affordable. "He wanted to make sure his vision was within the reach of a lot of people, and he was always interested in developing not just houses but a community," said Lee. "He always used a landscaper or a land planner, for instance. And by doing that, his impact, direct or not, was that he created a lot of community ties for people."

Rosen's market savvy led later to Chadwick Square, which, Michaels said, "was one of the first developments designed for the empty-nester market, and right now, re-sales are hard to get."

In later years, Rosen Development was a leader in addressing the needs of the retiree housing market as the baby boomers came of age. And with the ground-breaking for Crescent Estates in Clifton Park in 1965, Rosen-Michaels followed the lead of developer Robert Van Patten, helping to turn a sleepy rural area of fewer than 3,000 residents in 1960 into today's bedroom community of 35,000.

Infrastructure in the once-rural areas where Rosen set his projects was often nonexistent, but Salem Hills in the late '60s was the first area development to install its own underground utilities like water and sewer. The infrastructure Rosen put in place in Clifton

Park formed the basis of that community's water authority decades later.

"I worked for Jerry growing up, and the biggest thing about Jerry was his persistence," Michaels said. "If he had to get from A to B, he'd get to B somehow, no matter how many walls he had to climb over or knock down."

What Rosen liked best, said his son Lee, was "the fight. Negotiating, whether with that town, this bank, this contractor. He enjoyed that. He definitely had a passion for his work."

He had his out-of-work interests too, but they were much less visible. A former member of Congregation Ohav Shalom and a member of Congregation Beth Emeth at the time of his death, he was a generous donor to both in his lifetime.

But, noted Lee, "he was not a particularly religious person, but a very supportive person, and not somebody who was a public giver, but he was charitable and had a very strong charitable personality. There were a lot of people he helped over the years — sometimes in the form of a loan, sometimes a loan that was never repaid."

He was famously loyal to his employees, and ever an optimist, even as his health failed in his last years. "He would often say, every problem has a solution," Lee said. "You just have to keep looking for it." And he kept on looking.

"He was a developer right to the end," Lee said. "I doubt he ever would have retired."

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Bethlehem to hold school registration

Children who will be 5 years old by Dec. 1 are eligible to register for kindergarten for the 2000/01 school year.

The kindergarten program is half day, and all children attend the Early Learning Center at Slingerlands Elementary School.

The Bethlehem school district will mail registration packets to families with eligible children in February.

Call your home school if you do not receive a packet by the end of February.

Youth Network

A BETHLEHEM NETWORKS PROJECT

What is the Weekend Showcase?

Live music presented by several local bands, young musicians from our community.

When is the Weekend Showcase?

Saturday, Jan. 29, from 8 to 11:30 p.m.

Where is the Weekend Showcase?

It's at Bethlehem town hall, 445 Delaware Ave., Delmar.

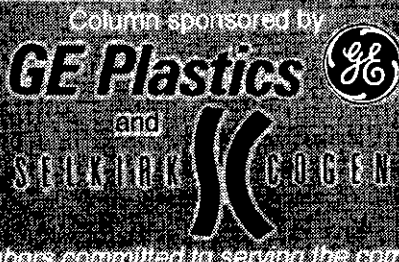
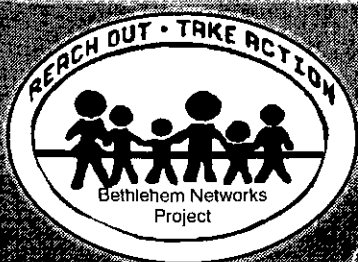
Who is invited to the Weekend Showcase?

Everyone is invited!

It's for young people. It's for families. It's for community members of all ages.

Admission is \$3.

See you at the Weekend Showcase.



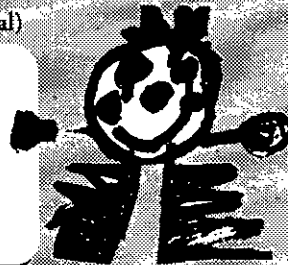
Slingerlands Cooperative Nursery School

(non-denominational)

OPEN HOUSE

Sunday, January 30, 2000
from 1-3 PM

Slingerlands Community Methodist Church
1499 New Scotland Rd. 439-0386



Registration for 2000/2001 School Year 3 & 4 year old classes

Special on WMMT CHANNEL 17

Living Edens: Thailand
Wednesday, 8 p.m.

Upstate Edition Extra: State Workers
Thursday, 8 p.m.

Treasures of the World: Taj Mahal
Friday, 8 p.m.

Antiques Roadshow
Saturday, 8 p.m.

Mobil Masterpiece Theatre:
Bramwell V
Sunday, 9 p.m.

The American Experience:
Nixon's China Game
Monday, 9 p.m.

Secrets of Lost Empires
Tuesday, 8 p.m.

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William Taylor and Meghan McFerran

McFerran, Taylor engaged

Meghan Kirwan McFerran, daughter of J. Benjamin and Judith McFerran of Slingerlands, and William Brian Taylor, son of William and Patricia Taylor of Saugerties, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and The College of Saint Rose.

She also has a master's degree from The College of Saint Rose

and is a second-grade teacher in the Ridgefield Park, N.J., school district.

The future groom is a graduate of Saugerties High School and The College of Saint Rose.

He is a consultant for Artsystems, a gallery management software company in Manhattan.

The couple plans a July 1 wedding.

Mahar, Stephens to wed

Jessica Helen Mahar, daughter of Patrick Mahar of Albany and Terri Mahar of Albany, and Jason Paul Stephens, son of Dennis and Tina Stephens of Selkirk, are engaged to be married.

The bride-to-be works at Good

Samaritan Nursing Home in Delmar.

The future groom works at Barker Steel in Albany.

The couple plans a July 15 wedding.

Patient group offers tai chi classes

To Life!, a nonprofit corporation that provides educational programs and support services relating to breast cancer for patients, caregivers, spouses and children, is sponsoring free tai chi classes Mondays from 7 to 8 p.m.

The classes are on the second floor of the To Life! office at 278 Delaware Ave. in Delmar.

Instructor Josie Brooks has

taught tai chi at Community Health Plan, Albany Memorial and St. Peter's hospitals and North Colonie school district's continuing education program. She is currently on the staff of Albany Kripalu Yoga Center.

Advanced registration is required. Space is limited, so register early by calling To Life! at 439-5975.

Dean's List

Providence College — John McCormick of Voorheesville.

St. Lawrence University — Kelley Banagan, David Goodfellow and Robert Putnam, all of Delmar.

Schenectady County Community College — Dan Persons of Selkirk.

University of Rochester — Mark Katz of Selkirk and Andrea Shaye of Slingerlands.

Harlequin Players set reading & auditions

Harlequin Players of Slingerlands will hold a series of informal group play readings.

The first is set for Thursday, Jan. 27, at 7 p.m. at Slingerlands Community Methodist Church on Route 85.

The play, "Frank's Life" by Mark Dunn, is about a man whose life is televised without his knowledge.

The theater group will hold auditions for Neil Simon's "Plaza Suite" on Feb. 1 and 3 at 7 p.m., also at the church.

The play will to be performed in either April or May.

For information, call 346-1147.

Girl Scouts to sell cookies on weekends

Members of Hudson Valley Girl Scouts Council are delivering Girl Scout cookies during January.

Cookies are \$3 per package and all money benefits Girl Scout programs in Albany, Rensselaer, Columbia, Greene and southern Saratoga counties.

Cookies will be available at booth sales on weekends throughout the Capital District until Feb. 27.

Popular Girl Scout cookie booth sites include Crossgates Mall, Grand Union supermarkets and Empire State Plaza.

Proceeds help benefit troop activities, council facilities and council-sponsored programs.

Free art lecture at Bethlehem library

The Humanities Institute for Lifelong Learning will sponsor a free lecture on the Hudson River school of painters on Monday, Feb. 14, at 10 a.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

University at Albany history professor Warren Roberts will be the speaker. For information, call 439-9661.



Kimberly Derbyshire and Matthew Shortell

Derbyshire, Shortell to wed

Kimberly A. Derbyshire, daughter of Dr. John and Irene Derbyshire of Rocky Mount, N.C., and Matthew J. Shortell, son of Matthew and Kathleen Shortell of Delmar, are engaged to be married.

The bride-to-be is a graduate of the University of North Carolina at Wilmington.

She is a student at the Univer-

sity of California at Santa Barbara.

The future groom is a graduate of Bethlehem Central High School, Syracuse University and Brooks Institute of Photography.

He is a graphic designer/media specialist at BD Systems in Lompoc, Calif.

The couple plans a September wedding.

RCS Drama Club to stage comedy

RCS Drama Club will present "You Can't Take It With You," a three-act comedy by Moss Hart and George S. Kaufman, Friday and Saturday, Jan. 28 and 29, at 7 p.m. in the Ravena-Coeymans-Selkirk Senior High School auditorium on Route 9W in Ravena.

Originally produced at the Booth Theatre in New York City in 1936 by Sam H. Harris, the play provides a look at the crazy Sycamore family during the Depression.

Memorable moments in the play are created by Katie Bishop as Rheba, Justin Ashley as Donald, Brandon Roth as Boris Kolenkhov, Suzette Berry as Olga and Kiernan Townley, Angela Zullo and Volker Daiber as the J-men.

Sara Dolan will serve as stage manager and the sound effects will be provided by Justin Cross.

Tickets will be available at the door.

Mail weddings, engagements

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

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

For information and submission forms, call 439-4949. Mail announcements to PO Box 100, Delmar 12054.

Here's to a Wonderful Wedding!

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INVITATIONS

Paper Mill Delaware Plaza. 439-8123. Personalized invitations & announcements for weddings, showers, bar mitzvah, new baby, graduation.



Recycle this newspaper



Shake & Skate Party set for town park

Bethlehem Parks and Recreation Department will sponsor a Shake and Skate Party at Elm Avenue Park in Delmar on Friday, Jan. 28, from 7 to 9:30 p.m.

All middle school students who live in the town of Bethlehem or the Bethlehem Central School District are invited.

There will be skating, dancing and refreshments. Adult chaperones are needed. To volunteer, call Nan Lanahan at 439-4131.

Obituaries

Mason McNeilly

Mason McNeilly, 85, of Selkirk died Thursday, Jan. 20, at St. Peter's Hospice in Albany.

Born in Sandy Creek, he moved to Selkirk seven years ago.

Mr. McNeilly was a charter member and one of the founders of the Central New York Buick Club.

Survivors include his wife, Dorothy A. McNeilly; two sons, Thomas McNeilly of Ravena and James McNeilly of Keesville; three daughters, Bette Post of East Hartford, Conn., Cheryl Kampe of National City, Calif., and Brenda Bolduc of Newington, Conn.; two sisters, LaVersa Scott of Fulton and Freeda Benham of Auburn; 16 grandchildren; and 17 great-grandchildren.

Services were private.

Arrangements were by the Babcock Funeral Home in Ravena.

Contributions may be made to Ravena Hose Co., PO Box 207, Ravena 12143 or Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Sally Frances Orens

Sally Frances Orens, 68, of Slingerlands died Sunday, Jan. 22.

Born in Manhattan, she lived in Albany for many years before moving to Slingerlands.

Mrs. Orens was a librarian who worked for the state.

She was the widow of Dr. Paul Orens.

Survivors include two sons, Alexander Orens of Albany and Nathaniel Orens of New Jersey; two daughters, Susan Orens of Albany and Anne Orens of Boston; and four grandchildren.

Services were private.

Arrangements were by the Levine Memorial Chapel in Albany.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Veronica Wenzel

Veronica Egan Wenzel, 95, of Voorheesville died Saturday, Jan. 22, at Our Lady of Mercy Life Center in Guilderland.

Born in New York City, she was an administrative secretary for Metropolitan Golf Association in New York City for many years. Mrs. Wenzel was a soloist in St. Bartholomew's Church choir.

She was the widow of William J. "Bud" Wenzel.

Survivors include a niece, Evelyn Wenzel of Schenectady; five grandchildren; and 13 great-

grandchildren.

A funeral Mass of the Resurrection will be celebrated at 9:30 a.m. today, Jan. 26, at St. Matthew's Church on Mountainview Street in Voorheesville.

Arrangements are by the Reilly & Son Funeral Home in Voorheesville.

Burial will be in Gate of Heaven Cemetery in Valhalla.

William J. Nash Jr.

William J. Nash Jr., 79, of Glenmont died Sunday, Jan. 16, at his home.

Born in Syracuse, he was a longtime resident of Glenmont.

He was an Army veteran of World War II, serving in the Pacific.

He was a police captain for Conrail before he retired.

Mr. Nash was a life member of the Veterans of Foreign Wars Post in Delmar and a member of the New York State Association of Chiefs of Police. He was a member of the National Association of Retired and Veteran Railway Employees. He was a communicant of the Church of St. Thomas the Apostle in Delmar.

Survivors include his wife, Mary Fleischman Nash; two daughters, Sharon Cole of Westmere and Marianne Fischetti-Hoebel of Lenox, Mass.; four sons, William Nash III of Delmar, Patrick Nash of Berne, Richard Nash of Dedham, Mass., and Mark Nash of Houston, Texas; nine grandchildren; and two great-grandchildren.

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

Burial was in Memory's Garden in Colonie.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to the Memorial Fund of the Church of St. Thomas the Apostle.

Nancy Langer

Nancy Van Woert Langer of Delmar died Tuesday, Jan. 18, at Community Hospice of Albany county at St. Peter's Hospital.

Born in Albany, she was a graduate of Green Mountain College and the State University of New York. She also attended The College of Saint Rose.

Mrs. Langer worked for Recovery Counseling Associates in Catskill, Whitney M. Young Health Center in Albany and the SPARC program at St. Peter's Hospital. She was also a counselor for the Honor Court Program in Albany.

She was a volunteer for Albany Rape Crisis Center.

Survivors include her parents, Ralph P. and Ruth Goeldner Van Woert; a daughter, Heidi Langer of Loudonville; a son, Jason Langer of Ojai, Calif.; and two brothers, Ned Van Woert of Shelburne, Vt., and James P. Van Woert of Lake Placid.

Services were from the Tebbutt Funeral Home in Albany.

Contributions may be made to Samaritan Hospital Healthy Kids Program, 2215 Burdett Ave., Troy 12180 or Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Lab School students to present projects

Students from Bethlehem Central High School's Lab School program will be presenting their research projects at Bethlehem Public Library on Sunday, Feb. 6, from 2 to 4 p.m.

The event is free and open to the public.

The multimedia presentations will describe the work students have done to complete required 20-week research projects.

The presentations provide a learning opportunity for anyone curious about the Lab School program.

Tri-Village sets registration date

Tri-Village Nursery School, a cooperative school for 3- and 4-year-olds at First United Methodist Church at 428 Kenwood Ave. in Delmar will hold registration for the 2000-01 school year on Sunday, Jan. 30, from 1 to 3 p.m.

For information, call 439-5901.

SAT practice test scheduled at library

Kaplan Educational Centers will conduct a free Scholastic Aptitude Test (SAT) practice session on Thursday, Feb. 3, at 5:30 p.m. at Bethlehem Public Library, 451 Delaware Ave., Delmar.

The session will benefit high school juniors taking the SAT this spring or in the fall of their senior year.

The practice test will be administered in a simulated test environment and last approximately three hours.

Students can bring calculators; all other materials will be provided. To register, call the library at 439-9314.

Club meetings set

Delmar Progress Club's Health & Fitness group meets every Thursday at Del Lanes in Delmar at 1 p.m. for bowling.

For information, call Helen Smith at 439-3916.

Welcome aboard



Marty DeLaney, left, president of the Bethlehem Chamber of Commerce, receives congratulations from Dr. John D'Ambrosio for being named to the board of the Chamber Alliance of New York State in Albany.

Delmar woman to receive Shapiro memorial award

Rachel Kretser of Delmar, head of the Legal Education Bureau of the state Attorney General's Office in Albany, has been chosen by the New York State Bar Association's Committee on Women in the Law to receive the 1999 Ruth G. Schapiro Memorial Award.

The award will be presented during the House of Delegates meeting on Friday, Jan. 28, at the state Bar Association's 123rd annual meeting at the New York Marriott Marquis in Manhattan.

Kretser was nominated by the

Capital District Women's Bar Association, the Women's Bar Association of the State of New York, the Capital District Black Bar Association, and To Life!, a breast cancer education and support program.

She is being recognized for her work to foster professional opportunities for women in the bar and on the bench, her help in starting a pro bono program for domestic violence victims, her advocacy for women's health issues and her many leadership activities in the bar association.

Cancer society needs drivers

The Capital Region Office of the American Cancer Society is seeking volunteers to participate in the Road-to-Recovery Program. Road-to-Recovery offers cancer patients cost-free rides to and from their radiation and chemotherapy treatments.

Volunteers are needed to provide rides for eligible cancer pa-

tients in their communities. Each volunteer must have a valid driver's license and a reliable vehicle.

This is a great opportunity for people who are looking for a way to give back to their community. For information or to volunteer, contact the American Cancer Society at 1-800-725-3185.

Youth job service available

The Youth Employment Service is a free community service helping young people between the ages of 14 and 21 find employ-

ment and community residents and businesses find reliable workers.

The service's office is located at the Bethlehem Parks and Recreation building at Elm Avenue Park.

Office hours are Tuesday and Thursday from 2 to 4:30 p.m., and Wednesday evenings from 6:30 to 9 p.m. during the school year; and from 9:30 a.m. to noon during the summer.

Students can register at the park office or at the high school or middle school guidance offices.

For information, call 439-0503.

Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

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

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Arts Center opens new home

By JOHN BRENT

Like the mythical Phoenix, The organization formerly known as RCCA: The Arts Center has risen anew. The renamed Capital Region Arts Center has, after years of effort and planning, relocated to a spectacular new home.

The move from 189 Second St. to 265 River St. in Troy is finally completed. Five Victorian-era buildings have been reconfigured into 36,000 square feet of gallery, studio, classroom and performance space. Acquiring the buildings that formerly housed Standard Furniture Co., the nearly \$5 million architectural feat features a clean, modern look while maintaining some of the more traditional characteristics and features of the existing structures.

The entrance foyer is open to the street with large windows brightening up the area with natural light. The lobby has high curved ceilings creating a space that is both simple and elegant.

To your left as you enter is a large gallery, just one of several spaces designated for art displays.

The black box theater is also on the first floor. It's a small but versatile performance space for theatrical projects. Stepped seating levels pull out from the wall to provide an audience area. The theater is equipped with up-to-date sound and lighting equipment.

A staircase leads from the lobby to the second floor where there are studios for painting and drawing, a state-of-the-art dance studio, a workshop for jewelry and stained glass creation and a framemaking studio. A multi purpose room is also available for different classes and several spaces are available for rental by various arts groups. The administrative offices are also located on the second floor.

The basement level contains two pottery studios with mirrors along one wall so students can view their works-in-progress from a different perspective. Next to the pottery rooms is a glazing and kiln room and across the hall is a clay storage room.

The basement also contains a workshop for furniture making with nearby space for power tool and wood supply storage. A printmaking and papermaking room is also located in the basement area.

This new home is the culmination of years of effort on the part of dozens of individuals connected with the center.

RCCA (Rensselaer County Council for the Arts) has been a long-time mainstay for Capital District residents interested in the arts. Opening its doors in 1961, the approach was simple. Give people a "hands-on" experience with the arts. Unlike museums, where people generally remain spectators, the mission of RCCA was to get people involved in the creative process. In the words of Arts Center president Raona Roy, "We're about getting people's hands dirty. We want to get people engaged in the arts."

Not just as observers but as participants."

Offering classes has been the primary method through which this mission has been achieved, but the center also offers gallery exhibitions, art camps for children, arts in education programs and of course the annual Riverfront Arts Festival, a highlight of the Troy summer season.

As the popularity of the RCCA programs began to grow, the 6,000 square feet of space at the 189 Second Street home became a problem. The number of classes offered and the growing student enrollment made it necessary to acquire

satellite space. Of course the cross-pollination and interaction that occurs when a common space is used for various arts was inhibited. Using satellite spaces presented other problems as well and it became clear that centering the organization's activities under one roof was desirable goal.

After some searching, the River Street buildings were acquired and the transformation process begun.

Now the dream is a reality. The massive undertaking has been completed. This week the center has scheduled a series of

events, celebrating the opening of the Arts Center of the Capital Region.

A Grand Opening Gala took place on Saturday evening, Jan. 22.

"It was absolutely fabulous," said Roy. "We had about 500 or so people attending, and they were very excited about what they were seeing. The community response has been outstanding. We couldn't have done better if we wanted to." Was everything ready? Not quite. In one of those unfortunate twists, the truck bringing the glass for the vestibule windows turned over en route on the Thursday preceding the gala. A temporary plastic substitute was put in place to keep everything on schedule.

"We had several performances taking place throughout the facility," said Roy. "People could just wander about and enjoy themselves." Troy mayor Mark Pattison was on hand to enjoy the gala as was County Executive Henry Zwack.

Next up is a ribbon cutting ceremony which takes place Thursday evening. Sen. Joseph Bruno, who was instrumental in helping to obtain some state funding for the new facility, is scheduled to attend.

Opening week festivities conclude this Saturday with an open house to which the public is invited. The open house takes place from 1 to 4 p.m. and is followed by a gallery opening in which many of the artists, whose work is currently on display, will be available to discuss their work.

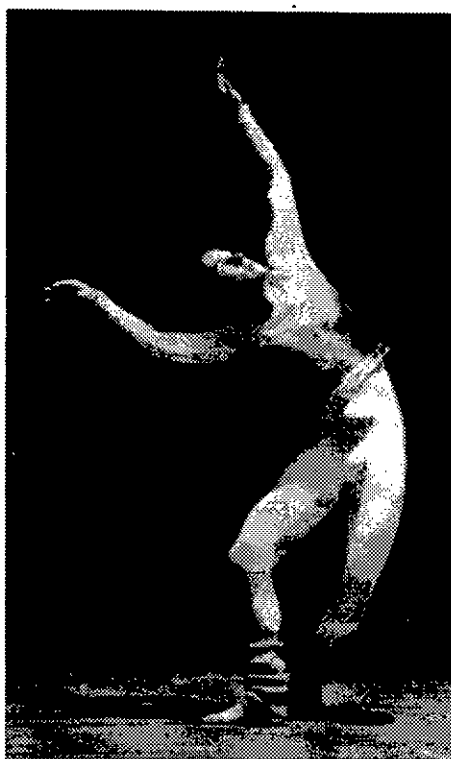
With the first round of classes beginning Jan. 31, there will be little time for the staff to catch its breath. Roy was able to take a moment to reflect during the Opening Gala, however. "I had the sense that it was all finally coming together. A very thrilling moment," she said. "It was like magic."

Community invited to open house

You're invited! On Saturday, Jan. 29, the new Arts Center of the Capital Region will be open to the public from 1 - 4 p.m.

Known for many years to Capital District residents as RCCA: The Arts Center, the renamed organization has opened its new home on 265 River Street in Troy and will be showing the new facility to visitors on Saturday.

In addition to the scheduled entertainment, studio demonstrations will be offered by the Arts Center's faculty.



One of the performers from Ko-Motion a group of mimes who will perform at the open house on Saturday.

OPEN HOUSE SCHEDULE

BLACK BOX THEATER

Katita Milazzo

Flamenco Dance Workshop

1:00 - 1:45

Ko-Motion

Mime & Theatre Performance

2:00 - 2:45

Mount Olive Male Chorus

Black Gospel

3:00 - 4:00

MULTI-PURPOSE STUDIO

Nefisa Khanshab

Body Painting

1:00 - 1:45

The Storycrafters

Family Storytelling

2:00 - 2:45

Marion Roach Smith & Students

Memoir Readings

3:00 - 4:00

DANCE STUDIO

Alex Torres

Merengue and Salsa

1:00 - 1:45

Habiba

Middle Eastern/Belly Dancing

2:00 - 2:45

Lisa Christina

& Adrian Warnock-Graham

Most Dangerous Swing

3:00 - 4:00

Artists discuss works on display

Featuring works by both regional and nationally known artists, the current collection at the Arts Center of the Capital Region will be open to the public on Saturday from 4 - 7. Most of the artists who have work on display will be present to meet visitors and discuss the work.

Curator Ian Berry and Rebecca Shepard are enthusiastic about the current show.

Taking off on the idea that the new home of the Arts Center of the Capital Region was the former home of Standard Furniture, Shepard said, "We looked for works that played with the theme of furniture in some way."

"Pink Padded," a work by LA artist Peter Klare, uses large cushion-like shapes painted with a suggestive bright floral print to play on people's expectations of how furniture is supposed to work. The pieces are suspended from the ceiling and wall, creating a sense of disorientation.

Vermont artist Anthony Cafritz created a sculpture called, "The Last Sound a Banker Wants to Hear." Looking like large metallic pillows topped off by a plastic ottoman, the work acquired its title as

the plastic material used to make ottoman was curing. Loud pops and bangs emanated from the material creating a sound like gun shots, hence the name.

Margo Mansing, a Saratoga artist created a curtain made from shirt collars which hangs in a window of the center. Troy, known for many years as the collar city, is an appropriate home for such a work.

On the mezzanine works by Roy Materson will be on display. While in prison for armed robbery, Materson, using a coffee can and an old sock learned to embroider. He began creating tiny embroidered narratives that he calls "Tiny Works with Massive Messages."

Below: "The Last Sound a Banker Wants to Hear," a sculpture by Vermont artist Anthony Cafritz.



ARTS and ENTERTAINMENT

THEATER

SPOON RIVER ANTHOLOGY
staged reading by Theater
Voices, Albany Center Gallery,
Chapel and Orange streets,
Jan. 29 at 3:30 p.m., Jan. 30 at
3 p.m., free. Information, 439-
6404.

ON THE VERGE
adventure comedy by Eric
Overmyer, Schenectady Civic
Players, 12 S. Church St.,
weekends, through Feb. 6, \$12.
Information, 382-2081.

**I LOVE YOU, YOU'RE PERFECT,
NOW CHANGE**
musical comedy revue, The
Egg at Empire State Plaza, Feb.
4, 8 p.m., \$22, \$18 for seniors,
\$14 for children under 13.
Information, 473-1845.

NORA
Bergman adaptation of Ibsen's
"A Doll's House," Capital
Repertory Theatre, 111 N. Pearl
St., Albany, Feb. 4 to 27, \$25 to
\$35. Information, 455-7469.

MUSIC

ABACA STRING BAND
Troy Savings Bank Music Hall,
State and Second streets, Jan.
29, 3 p.m., \$12, \$5 for seniors
and students. Information, 273-
0038.

LONG JOHN HUNTER
blues guitarist, The Egg at
Empire State Plaza, Albany,
Jan. 29, 8 p.m., \$14. Informa-
tion, 473-1845.

**OLD SONGS SAMPLER
CONCERT**
with Beverwyck, Alien Folklife,
Curragh, etc., Altamont
Masonic Temple, Route 146,
Jan. 29, 8 p.m., \$12. Informa-
tion, 765-2815.

**PAMELA FRANK AND CLAUDE
FRANK**
playing works by Brahms,
Schubert and Beethoven,
Union College Memorial
Chapel, Schenectady, Jan. 30,
3 p.m., \$20, \$10 for students.
Information, 372-3651.

GLENN MILLER ORCHESTRA
big band, Page Hall, 135
Western Ave., Albany, Feb. 1, 2
and 8 p.m., \$15, \$12 for seniors,
\$10 for students. Information,
442-3997.

TOM RUSH
folksinger, The Van Dyck, 235
Union St., Schenectady, Feb. 4,
7 and 9:30 p.m., \$25. Informa-
tion, 381-1111.

MARDI GRAS FESTIVAL
with Terrance Simien and Geno
Delafosse, Proctor's Theatre,
State Street, Schenectady, Feb.
4, 8 p.m., \$24.50. Information,
346-6204.

ARTURO SANDOVAL
jazz trumpeter, Troy Savings
Bank Music Hall, State and
Second streets, Feb. 4, 8 p.m.,
\$22. Information, 273-0038.

CELTIC MAYHEM
with Black 47, Seven Nations,
Cherish the Ladies, etc., Palace
Theater, North Pearl Street,
Albany, Feb. 5, 6 p.m., \$22.50 in
advance, \$25 at door.
Information, 465-4663.

MONDAY MUSICAL CLUB
concert with Nancy Frank,
Nancy Hull, Beth Chinery, Marie
Woodward and Ellen Reilly,
Siena College Chapel, Route 9,
Loudonville, Feb. 6, 2 p.m., free.
Information, 383-0082.

SCHOOLHOUSE ROCK
presented by RPI Young Actors
Guild, Cohoes Music Hall, Jan.
29 at 7:30 p.m., Jan. 30 at 1:30
p.m., \$9, \$7 for seniors and
children under 12. Information,
276-2364.

CIRQUE ELOIZE: EXCENTRICUS
non-animal circus from
Montreal, guest artist of the
New York State Theatre
Institute, Schacht Fine Arts
Center of Russell Sage College,
Troy, Jan. 29 at 2 and 8 p.m.,
Jan. 30 at 2 p.m., \$17, \$14 for
seniors and students, \$8 for
children under 13. Information,
274-3256.

**ALBANY INSTITUTE OF HISTORY
AND ART**
Milestones of the Millennium:
Albany in the 20th Century,
through March 24, 63 State St.
Information, 463-4478.

ALBANY CENTER GALLERIES
Bill Botzow, Jeri Lynn Eisenberg,
Shaw Fici and Nicole Peyrafitte,
through Feb. 25, 23 Monroe St.
Information, 462-4775.

**ALBANY INTERNATIONAL
AIRPORT GALLERY**
Lake Placid: Winter Sports
Capital, memorabilia of 1932
and 1980 Olympic Games,
through March 25, reception
Feb. 11, 5:30 to 7:30 p.m.
Information, 242-2222.

SINGERS NEEDED
for upcoming David's Taber-
nacle 300-voice choir perfor-
mance of Handel's "Messiah."
Information, 459-3152.

**CAPITAL COMMUNITY
VOICES**
rehearsals at Columbia High
School, Luther Road, East
Greenbush, 7 to 9 p.m.,
Tuesdays. Information, 477-
8308.

CLASSES/LECTURES

MUSIC CLASSES
in many folk instruments, Old
Songs, ROI Center, Route 155,
Guilderland. Information, 765-
2815.

MUSEUM ART CLASSES
ongoing, Albany Institute of
History & Art, 125 Washington
Ave. Information, 463-4478.

DANCE CLASSES
ongoing, all levels, ballet, jazz
and modern, New School of
Ballet, 1098 Parkwood Blvd.,
Schenectady, Mondays to
Thursdays and Saturdays.
Information, 346-1096.

ART CLASSES
watercolor and oil, beginner
and advanced, taught by
Kristin Woodward. Information,
783-1828.

MAGIC MAZE

LOTS OF FOLKS

S P N E L E R O L K L O F J H
F W D B R Z X T R A K L O F V
T O R Q O U F O L K T A L E M
K M I G E N T L E F O L K C H
F E O R E H K L O F F D M N B
G N O S K L O F U Z O Y A A W
V F O L K M U S I C L T S D R
Q O O C I T Y F O L K S S K N
K L O F N I K L K I S L H L F
D K L O F S N W O T Y C O O A
Z X W V R E G N I S K L O F U

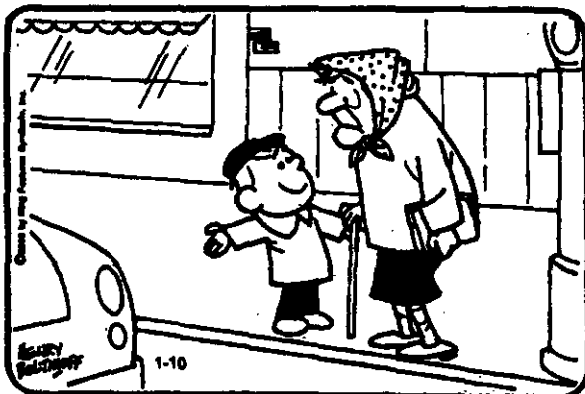
Find the listed words in the diagram. They run in all directions -
forward, backward, up, down and diagonally.

City folks	Folk hero	Folksinger	Gentlefolk
Folk art	Folk Mass	Folksong	Townfolk
Folk culture	Folk music	Folksy	Womenfolk
Folk dance	Folklore	Folktale	

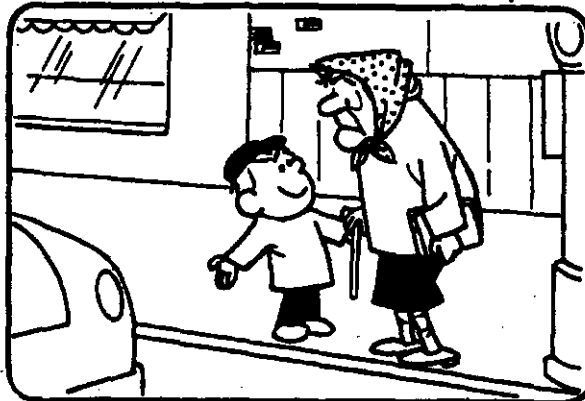
©2000 King Features, Inc.

HOCUS FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cape is shorter. 2. Collar is removed. 3. Brick is
added. 4. Light is missing. 5. Window is smaller. 6. Arm is lower.

CALL FOR ARTISTS

AUDITION
for singing/dancing roles in
May Village Stage production
of "Take Me Along," Bethlehem
town hall, 445 Delaware Ave.,
Feb. 3 and 6 at 7 p.m. Informa-
tion, 439-9447.

AUDITION
for May Schenectady Light
Opera Company production of
"Follies," Jan. 31 and Feb. 1 at 7
p.m., 826 State St. For
information, 785-5373.

AUDITION
for adult roles in April produc-
tion of "Eggs for Easter: A
Bunny's Tale" at the Egg at
Empire State Plaza, Feb. 7 and
8, 6:30 p.m. Information, 473-
1061.

**DELMAR COMMUNITY
ORCHESTRA**
openings in the string, horn and
percussion sections. Informa-
tion, 439-1603.

COLONIE TOWN BAND
openings for percussion, tuba
and bassoon players, rehears-
als on Mondays at 7:30 p.m. at
town hall, Route 9, Newtonville.
Information, 356-4331.

**COLONIE CENTENNIAL BRASS
CHOIR**
openings for trumpet players,
rehearsals on first Wednesday
and third Tuesday of the
month, at 7:15 p.m., town hall,
Route 9, Newtonville. Informa-
tion, 384-1924.

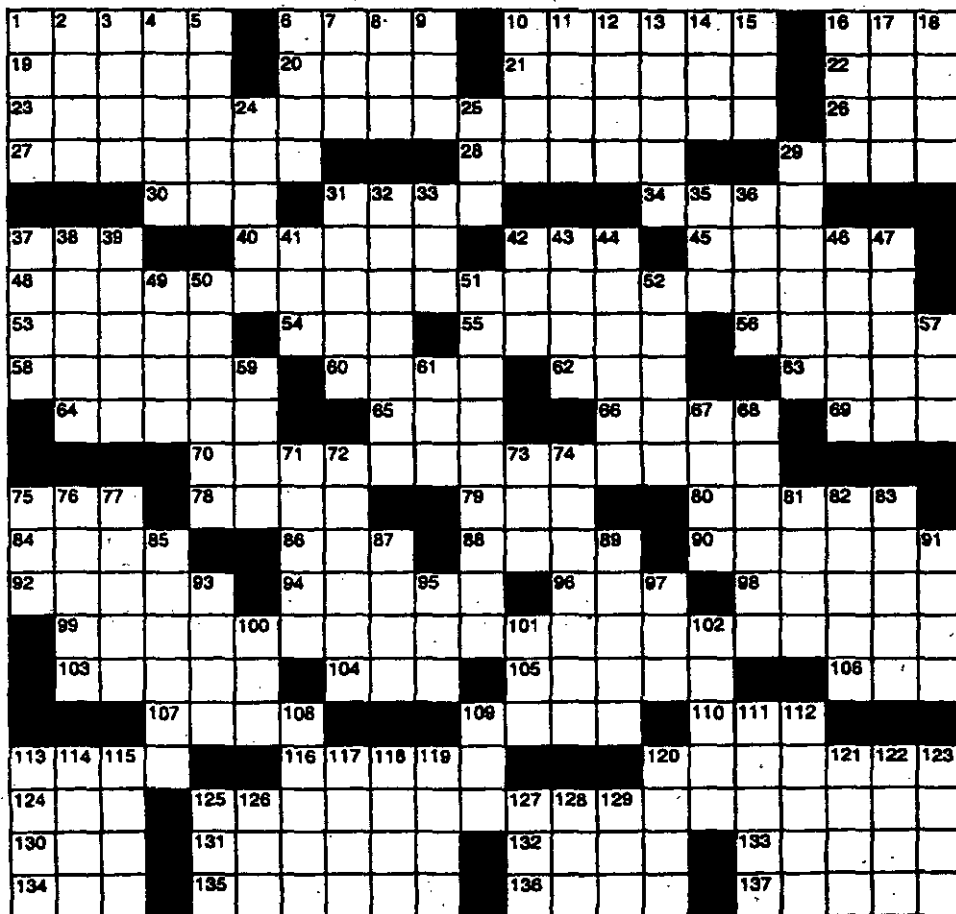
AUDITION
for Capitol Hill Choral Society.
All voice parts. Information,
465-3328 or 374-4399.

**MONDAY MUSICAL CLUB
WOMEN'S CHORUS**
invitation for new members to
join in singing classical and
popular songs, Third Reformed
Church, 20 Ten Eyck Ave.,
Albany, Tuesdays, 7:30 p.m.
Information, 477-4454.

The Super CROSSWORD

Super Crossword

- | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ACROSS
1 A lot
6 Bungle
10 Makes a
touchdown
16 Hen's hubby
19 Deck type
20 Ford or Grey
21 Frolic
22 Poster
abbr.
23 Start of a
remark by
Jack
Simmons
26 Distant
27 Expensive
appetizer
28 Common
contraction
29 Charon's
river
30 Wallach or
Whitney
31 Moore of
"G.I. Jane"
34 Writer
Paretsky
37 Actor
Tremayne
40 Hangs tinsel
42 Command
to Fido
45 Cries like a
baby
48 Part 2 of
remark
53 React to a
pun
54 Enthusiast
55 "Dallas"
matriarch
56 Lumaxlike
58 Had a
hankering | 60 Mister, in
Munich
62 Architect's
add-on
63 Harness
part
64 Radio and
TV
65 Duncan's
denial
66 "— a Song
Go Out of
My Heart"
(38 tune)
69 — Bank,
NJ
70 Part 3 of
remark
75 HST's
successor
78 On the briny
river
79 Service
charge
80 Disconcert
84 Cubist
Rubik?
86 Business
abbr.
88 Starchy
tuber
90 Moved like
a mouse
92 — del Sol
94 Teatime
treat
96 Tachometer
meas.
98 Lawn
ornament
99 Part 4 of
remark
103 Lots of
laughter
104 JFK lander
105 Intense | 106 Vane letters
107 Tend the
garden
109 Pipe part
110 Cry of
discovery
113 Spanish
dance
116 Allen's
partner
120 Passed into
law
124 — Baba
125 End of
remark
130 —
Buddhism
131 Lunar
spacecraft
132 Skater
Heiden
133 Kovacs or
Pyle
134 Actress
Caldwell
135 Scrimshaw
material
136 Mr. Walesa
137 Cassandra
and Merlin
DOWN
1 Fountain
order
2 Nursery
furniture
3 Alan of
"California
Suite"
4 Holmes'
creator
5 Reel
6 Take off
7 Tyler or
Ulmann | 8 Colorado
native
9 Saloon
10 Trauma
aftermath
11 Spelunker's
spot
12 It bakes the
cake
13 Alex Haley
book
14 Directional
suffix
15 Sault —
Marie, MI
16 27th
president
17 All right
18 Chico or
Karl
24 Textbook
headings
25 "Ball —"
29 Finn's friend
31 See
— 61 Down
32 Distinguished
33 Flavor
enhancer:
abbr.
35 Honest
name
36 Durban
dough
37 Word form
for "study"
38 — Zimbelist,
Jr.
39 Rock's —
Ponies
41 Ring official
42 Missouri
airport abbr.
43 Presque —,
ME | 44 Dimly
illuminated
46 Solitary sort
47 "Wake Up
Little —"
(57 hit)
49 Card
collection
50 Silverware
city
51 From
now on
52 Opening
remark?
57 Wrap up
59 Place to
pontificate
61 Unrefined
67 "Gracious
mel"
68 Trinidad's
neighbor
71 Voltaire, for
one
72 Reagan and
Wilson
73 Teachers'
org.
74 O'Hara's
"From the
—"
75 Cal.
page
76 Sag
77 Follow
81 "New
Yorker"
cartoonist
82 Tend a fire
83 Macho
types
85 Canada's
capital
87 Dovecote
sounds | 89 Soporific
substance
91 With
31 Down,
'58 Frankie
Avalon hit
93 Qualified
95 Squirrel's
snack
97 "The A-
Team"
actor
100 Manipulate
101 Toque or
tam
102 Hotelier
Helmsley
108 Salvate
109 Silly Caesar
111 Basketball's
Elvin
112 Paint
pigment
113 "All That —"
(79 film)
114 Toast
topper
115 Prong
117 Eye appre-
ciatively
118 Flatfish
119 Before long
120 Engrave
121 Mood
122 Kuwaiti
ruler
123 Poor grades
125 Zipper part
126 — Locks,
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Rover |
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www.spotlightnews.com

Spotlight CALENDAR

WEDNESDAY
JANUARY 26
BETHLEHEM

PRESCHOOL OPEN HOUSE
Hamagrael Preschool, cooperative preschool at Delmar Reformed Church, 386 Delaware Ave. noon - 1 p.m. Information, 439-2815.

YOUTH EMPLOYMENT SVCS.
Parks and Recreation Office, Elm Avenue Park, 6:30 - 9 p.m. See also Tues., Thurs. Information, 439-0503.

SOLID ROCK CHURCH
1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

TOWN BOARD
town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS
The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

BOY SCOUT TROOP 58
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

NEW SCOTLAND

TRAVEL TIPS AT V'VILLE LIBRARY
Reference staff to discuss how to search for information on the Internet, highlight books and travel videos in VPL collection to offer ideas for a vacation trip. Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
evening service, Bible study and prayer, 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 Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

AL-ANON MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

THURSDAY
JANUARY 27
BETHLEHEM

RECOVERY, INC.
self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

BETHLEHEM SENIOR CITIZENS
town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

YOUTH EMPLOYMENT SVCS.
Parks and Recreation Office, Elm Avenue Park, 2 to 4:30 p.m. Also Tues. Information, 439-0503.

HOMEWORK HELP CENTER
Bethlehem Public Library, 451 Delaware Ave., 6 to 8 p.m. p.m. Information, 439-0503.

BETHLEHEM LUTHERAN
children's choir, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

AA MEETINGS
Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

JANUARY 28
BETHLEHEM

BOOKS IN THE MORNING
Discussion group to focus on "Remembrance of Things Past" by Marcel Proust. Bethlehem Town Hall, 445 Delaware Ave., Delmar, 10:15 a.m. - 12:15 p.m. Information, 439-9661.

PLAY READING
Delmar Progress Club Performing Arts Group meets for a play reading; home of M. Davis, 67 McCormack Road, Slingerlands, 7:30 p.m. Information, 439-3916.

AA MEETING
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER
Friday services, discussion and Kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND

YOUTH GROUP MEETINGS
United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

SATURDAY
JANUARY 29
BETHLEHEM

OUTDOOR WINTER WALK
Family-oriented program; pre-register by Jan. 27. Five rivers Environmental Education Center, 56 Game Farm Road, Delmar, 2 p.m. \$2 per family materials' fee. Information, 475-0291.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

SUNDAY
JANUARY 30
BETHLEHEM

ST. THOMAS THE APOSTLE
Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

ST. STEPHEN'S EPISCOPAL
Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:25 a.m., Poplar Drive and Elsmere Avenue. Information, 439-3265.

BETHLEHEM LUTHERAN
85 Elm Ave., Delmar, worship services 8 a.m. and 10:30 a.m. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices, handicap accessible, coffee/fellowship. Information, 439-4328.

DELMAR REFORMED
Sunday School and worship service, 9 and 11 a.m. T.G.I. Sunday contemporary worship at 5:30 p.m. with children's program. Nursery care Available at all worship times. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMM. CHURCH
New hours for worship services: 9 & 10:45 a.m.; nursery and Sunday School through 5th grade provided at both services. 201 Elm Ave., Delmar. Information, 439-3135.

SOUTH BETHLEHEM UMC
Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, 65 Willowbrook Avenue. Information, 767-9953.

DELMAR FULL GOSPEL
Sunday service, 9:30 a.m., with Sunday school and nursery, home groups, women's Bible studies and youth group, 292 Elsmere Ave. Information, 439-4407.

FIRST REFORMED OF BETHLEHEM
Church school 9:30 a.m., worship, 11 a.m., fellowship hour after worship; child-care provided, Vespers 7 p.m. Wednesdays, Route 9W, Selkirk. Information, 767-2243.

FIRST UMC OF DELMAR
Sunday school and worship service, 9:30 a.m., adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES
Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

UNITY OF FAITH CHRISTIAN FELLOWSHIP
Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST
Sunday school and worship service, 10 a.m., child-care provided, 555 Delaware Ave. Information, 439-2512.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES
Bible lecture, 10 a.m., Watchtower Bible study, 10:55 a.m., Elm Avenue and Feura-Bush Road. Information, 439-0358.

SLINGERLANDS COMMUNITY UMC
worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

DELMAR PRESBYTERIAN
worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

GLENMONT COMM. CHURCH
Sunday school and worship service, 10:30 a.m., child-care available, 1 Chapel Lane. Information, 436-7710.

SOLID ROCK CHURCH
worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

PROGRAM AT LIBRARY
"The Ultimate Harry Potter Party," program for children grades 3-5. Bethlehem Public Library, 451 Delaware Ave., Delmar, 2 p.m. Free. Register, 439-9314.

NEW SCOTLAND

HOME-STYLE BREAKFAST
Sponsored by Onesquethaw Volunteer Fire Co.; Clarksville Fire House, County Route 301, Clarksville, 7 a.m.-noon. Adults \$5, Children 3, under 5 free.

ST. MATTHEW'S RC CHURCH
Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information, 765-2805.

FIRST UNITED METHODIST
early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

BETHEL BAPTIST CHURCH
Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

UNIONVILLE REFORMED
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship; Delaware Turnpike. Information, 439-5001.

CLARKSVILLE COMM. CHURCH
Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MOUNTAINVIEW EVANGELICAL FREE CHURCH
worship service, 9:30 a.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

ONESQUETHAW REFORMED
worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

FAITH TEMPLE
Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

JERUSALEM REFORMED
worship service, 10:30 a.m., followed by coffee hour, child-care provided, Route 32, Feura Bush. Information, 439-0548.

PRESBYTERIAN CHURCH IN NS
worship service, 10:30 a.m., Sunday school, 9:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNITED PENTECOSTAL CHURCH
Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

FAMILY WORSHIP CENTER
Sunday Worship 10:30 a.m., nursery and Sunday School available, Thursday night prayer and praise at 7 p.m. Information, 768-2021.

MONDAY
JANUARY 31
BETHLEHEM

MOTHERS' TIME OUT
Christian fellowship group for mother's of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 10 to 11:30 a.m. Information, 439-9929.

DELMAR KIWANIS
Days Inn, Route 9W, 6:15 p.m. Information, 439-24377 or 439-6952.

TAI CHI CLASS
With instructor Josie Brooks; advance registration required. Sponsored by To Life!, 278 Delaware Ave., 2nd Fl., Delmar, 7-8 p.m. Registration, 439-5975 or e-mail, info@tolife.org.

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. Weekly, 310 Kenwood Ave., Delmar, 7:30-9 p.m. Information, 439-4205.

DELMAR COMM. ORCHESTRA
rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-1603.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND

QUARTET REHEARSAL
United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

TUESDAY
FEBRUARY 1
BETHLEHEM

TREASURE COVE THRIFT SHOP
First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

YOGA CLASS
For adults 50 and over, sponsored by Parks & Recreation Dept., Bethlehem Town Hall, 445 Delaware Ave., 1-2:15 p.m. \$20 fee. Pre-register, 439-4131.

TAKE POUNDS OFF SENSIBLY
Glenmont Community Church, Weiser Street, 6 p.m. weigh-in, 6:30 p.m. meeting. Information, 449-2210.

BUSINESS ASSISTANCE GROUP
Meets monthly, First Tuesday, February topic: "Tax Tips for Small Business." Jointly sponsored by Bethlehem Chamber of Commerce and Library, Bethlehem Public Library, 451 Delaware Ave., Delmar, 7-9 p.m. Free. Information, 439-9314.

ELSMERE FIRE COMMISSIONERS
firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

PLANNING BOARD
town hall, 7:30 p.m. Information, 439-4955.

BINGO
at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

DELMAR ROTARY
Day's Inn, Route 9W. Information, 439-9988.

A.W. BECKER PTA
Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

SLINGERLANDS FIRE COMMISSIONERS
firehouse, 8 p.m. Information, 439-4734.

NEW SCOTLAND

NIMBLEFINGERS/QUILTERS
Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

PLANNING BOARD
town hall, Route 85, 7 p.m. Information, 765-3356.

WEDNESDAY
FEBRUARY 2
BETHLEHEM

OPPORTUNITIES UNLIMITED
Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 451 Delaware Ave., Delaware, 4 p.m.

BETH. BUSINESS WOMEN
Monthly meeting and evening of cards, games and spring fashions, presented by Lillian Downes of Past Perfect and Nancy Metz of La Beau Chapeau. Normanside Country Club, Salisbury Road, Elsmere, 6:30 p.m. social, 7 p.m. dinner. Information, 439-8012 or 439-3838.

YOUTH EMPLOYMENT SVCS.
Parks and Recreation Office, Elm Avenue Park, 6:30 - 9 p.m. See also Tues., Thurs. Information, 439-0503.

SOLID ROCK CHURCH
evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

BETHLEHEM LIONS CLUB
Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233
Route 144, Cedar Hill, 7 p.m. Information, 767-2886.

TESTIMONY MEETING
First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

ZONING BOARD OF APPEALS
town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

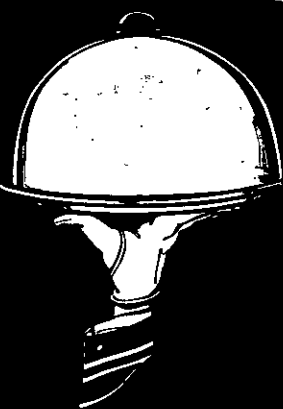
BINGO
Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

BOY SCOUT TROOP 58
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

BC SCHOOL BOARD
district office, 90 Adams Place, 8 p.m. Information, 439-7098.

ORDER OF THE EASTERN STAR
Onesquethaw Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

Spotlight on Dining



元寶屋 DUMPLING HOUSE

Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

Le  Caravelle
RISTORANTE
at the Italian American Community Center

For Over 25 Years Open to the Public
Serving Traditional Italian Cuisine

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(Closed Mondays)

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LEGAL NOTICE

ARTICLES OF
ORGANIZATION OF
UNIBLACK LLC

Pursuant to Section 203 of the Limited Liability Company Law 1. The name of the Limited Liability Company is Uniblack LLC. 2. The county within this state in which the office of the Limited Liability Company is to be located is Albany. 3. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against the Limited Liability Company may be served. The Post Office address within or without this state to which the Secretary of State shall mail a copy of any such process against the Limited Liability Company served upon him or her is: c/o The LLC 805 Third Avenue, 7th Floor New York, NY 10022 4. The name of the Registered Agent upon whom process against the Limited Liability Company may be served in the State of New York: USA Corporate Services, Inc. 46 State Street, 3rd Floor Albany, New York 12207 5. The Limited Liability Company is to be managed by one or more managers. In Witness, Whereof, this certificate has been subscribed this December 20, 1999, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S/John Gordon Organizer (January 26, 2000)

ARTICLES OF
ORGANIZATION OF CONWAY
FIN LLC

Pursuant to Section 203 of the Limited Liability Company Law 1. The name of the Limited Liability Company is Conway Fin LLC. 2. The county within this state in which the office of the Limited Liability Company is to be located is Albany. 3. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against the Limited Liability Company may be served. The Post Office address within or without this state to which the Secretary of State shall mail a copy of any such process against the Limited Liability Company served upon him or her is: c/o The LLC 805 Third Avenue, 7th Floor New York, NY 10022 4. The name of the Registered Agent upon whom process against the Limited Liability Company may be served in the State of New York: USA Corporate Services, Inc. 46 State Street, 3rd Floor Albany, New York 12207 5. The Limited Liability Company is to be managed by one or more managers. In Witness, Whereof, this certificate has been subscribed this December 20, 1999, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S/John Gordon Organizer (January 26, 2000)

ARTICLES OF
ORGANIZATION OF BELLE
PROPERTIES, LLC.

Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is "Belle Properties, LLC." SECOND: The county within the State in which the office of the limited company is located is Albany County. THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2055. FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Blacksmith Properties, LLC., 1698 Central Avenue, Albany, NY 12205. FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State. SIXTH: The limited liability company is to be managed by one or more of its members. IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 22nd day of December, 1999 by the undersigned who affirms that the statements made herein are true un-

LEGAL NOTICE

der the penalties of perjury. S/Timothy Frederick, Manager (January 26, 2000)

ARTICLES OF
ORGANIZATION OF
BLACKSMITH PROPERTIES,
LLC.

Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is "Blacksmith Properties, LLC." SECOND: The county within the State in which the office of the limited company is located is Albany County. THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2055. FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Blacksmith Properties, LLC., 1698 Central Avenue, Albany, NY 12205. FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State. SIXTH: The limited liability company is to be managed by one or more of its members. IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 22nd day of December, 1999 by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S/Timothy Frederick, Manager (January 26, 2000)

LEGAL NOTICE

EXECUTIVE WOODS AMBULATORY SURGERY CENTER, LLC has been formed as a limited liability company in NY. The Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 11, 2000. The company's office is in Albany County. SSNY has been designated as agent of the company upon whom process against it may be served. SSNY shall mail a copy of any process to c/o The Company, 3 Atrium Drive, Executive Woods, Albany, NY 12205. The company has been formed to engage in any lawful business purpose or purposes for which limited liability companies may be formed. (January 26, 2000)

LEGAL NOTICE, MOHAWK
VIDEO LLC

1. The name of the limited liability company is MOHAWK VIDEO LLC. 2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on December 27, 1999 and became effective on said date. 3. The principal office of the limited liability company is in Albany County. 4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is MOHAWK VIDEO LLC, c/o Mark L. Heller, 33 Aspinwall Road, Loudonville, New York 12211. 5. The purpose of the limited liability company is to engage in any lawful activity. Dated: January 3, 2000 COOPER, ERVING, SAVAGE, NOLAN & HELLER, LLP Attorneys for MOHAWK VIDEO LLC 39 North Pearl Street Albany, New York 12207 (518)449-3100 (January 26, 2000)

NAME OF THE LIMITED
LIABILITY COMPANY:
ELECTROCHEMICAL
PROCESSES, L.L.C.

Date of filing Articles of Organization: December 15, 1999 County in which L.L.C. is located: Albany The Secretary of State has been designated as agent of the L.L.C. upon whom process against it may be served. The secretary of state shall mail a copy of any process against it to P.O. address The Law Offices of James T. Towne, Jr., P.C., 18 Computer Drive West, Albany, N.Y. 12205. The registered agent of the L.L.C. is: The Law Offices of James T. Towne, Jr., P.C., 18 Computer

LEGAL NOTICE

Drive West, Albany, N.Y. 12205. The registered agent is to be agent of the limited liability company upon whom process against it may be served. The character and purpose of the business is the purchase and development of polluted land ("brownfields"). (January 26, 2000)

NOTICE OF APP. FOR AUTH.
OF MEDALIST
ENTERTAINMENT, L. I. C.,

a foreign limited liability company (LLC) App. for Auth. filed with SSNY on 9/30/99. LLC org. in DE on 8/31/99. NY Off. Loc.: Albany Co. SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process to: c/o Corp. Service Co., 80 State St., Albany, NY 12207. Off. address in jurisdiction of org.: S/SDE, Div. of Corp., P. O. Box 898, Dover, DE 19901. Copy of Cert. of Org. on file with S/SDE. Purpose: all lawful purposes. (January 26, 2000)

NOTICE OF ARTICLES OF
ORGANIZATION OF
NORTHEAST NATURAL
RESOURCES, LLC

Under Section 203 of the Limited Liability Company Law First: The name of the limited liability company is: Northeast Natural Resources, LLC. Second: The county within this state in which the office of the limited liability company is to be located is: Albany. Third: The Articles of Organization of the Limited Liability Company were filed with the Secretary of State on the 14th day of December, 1999. Fourth: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. Fifth: The post office address within or without this state to which the secretary of state will mail a copy of any process against the limited liability company served on him or her is: PMB: 1164, 1971 Western Avenue, Albany, New York 12203-5011. Sixth: The business of the limited liability company is to hold and administer gas, oil, timber, mineral and other natural resources and for any other lawful purpose. Peter H. Baker, Esq. Attorney for LLC PO Box 398 51 Main Street Hammondsport, New York 14840 (January 26, 2000)

NOTICE OF FILING OF
ARTICLES OF
ORGANIZATION OF
ELIZABETH C. BARRA,
D.D.S., PLLC

Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Company is Elizabeth C. Barra, D.D.S., PLLC. 2. The articles of organization were filed on December 15, 1999. 3. The office of the Limited Liability Company is located in Albany County. 4. The Secretary of State is designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 1070 Loudon Road, Cohoes, New York 12047 5. There will be no specific date of dissolution. 6. The purposes for which the Company is formed are as follows: For the practice of the profession of Dentistry, or any interest therein, wherever situated; and To engage in any lawful act or activity for which limited liability company may be organized under the PLLC of the State of New York. The Company is not formed to engage in any act requiring the consent of any state agency without such consent first being obtained. 7. The organizer of the limited liability company was Elizabeth C. Barra, as sole organizer, 1070 Loudon Road, Cohoes, New York 1204 (January 26, 2000)

NOTICE OF FORMATION OF
PROFESSIONAL LIMITED
LIABILITY COMPANY.

Name: TODAY'S DENTAL CARE PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/07/99. The latest date of dissolu-

LEGAL NOTICE

tion is 12/31/2098. Office location: Schenectady County. SSNY has been designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail a copy of process to the PLLC, 2310 Nott Street East, Niskayuna, New York 12309. Purpose: For the practice of the profession of Dentistry. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY

Articles of Organization of UNITED PANEL & TRUSS COMPANY, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 7, 2000, effective upon the date of filing. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 4 Norman Drive, Albany, New York 12205. 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. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY
COMPANY.

NAME: CAP COM FINANCIAL SERVICES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/17/99, having an existence date of 12/31/1999. 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, Four Century Hill Drive, Latham, New York 12110. Purpose: For any lawful purpose. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY

Articles of Organization of TNT Landscaping, Excavation & Blacktopping, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 14, 2000, effective upon the date of filing. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 89 Consaul Road, Albany, New York 12205. The purpose for which the LLC is formed is to engage in the conduct of a landscaping, blacktopping and excavation business and for any lawful act or activity in furtherance thereof, in connection therewith, or incidental thereto, for which limited liability companies may be formed under the Limited Liability Law of the State of New York. (January 26, 2000)

LEGAL NOTICE

Notice of formation of M. C. HANDICRAFTS, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 01/06/00. Off Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: 46 State St., 5th Fl., Albany, NY 12207. Purpose: All Lawful purposes. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY
(LLC)

Name: R. Beck Associates, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 11/29/99. 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 R. Beck Associates, LLC, 800 North Pearl Street, Albany, New York, 12204. Purpose: any lawful purpose. (January 26, 2000)

NOTICE OF FORMATION OF A
LIMITED LIABILITY COMPANY

The name is QUALITY REHABILITATION SERVICES, OCCUPATIONAL AND PHYSICAL THERAPY ASSOCIATES, PROFESSIONAL LIMITED LIABILITY COMPANY. The Articles of Organization were filed with the Secretary of State on November 8, 1999. The office of the Company is located in Albany County. The Secretary of State has been designated as Agent upon whom pro-

LEGAL NOTICE

cess against it may be served and the Post Office address to which the Secretary of State shall mail a copy of any process against the Professional Service Limited Liability Company is 1531 Central Avenue, Albany, New York 12205. The purpose is to engage in the practice of the professions of Occupational Therapy and Physical Therapy as authorized under Articles 136 and 156 of the Education Law. (January 26, 2000)

NOTICE OF FORMATION OF
PROFESSIONAL SERVICE
LIMITED LIABILITY COMPANY

The name of the professional service limited liability company is Suzanne E. Kreienberg, M.D., LLC ("LLC"). The Articles of Organization of the LLC were filed with the NY Secretary of State ("NYSS") on December 31, 1999. The office of the LLC is located in Albany County, NY. The NYSS is designated as the agent of the LLC upon whom process against it may be served. The address to which the NYSS shall mail a copy of any such process is: 70 Mosher Road, Glenmont, New York 12077. Its business purpose is to engage in the practice of medicine. William L. Kreienberg, Esq. Harter, Secrest & Emery LLP 700 Midtown Tower Rochester, NY 14604 (January 26, 2000)

NOTICE OF FORMATION OF A
DOMESTIC LIMITED
LIABILITY COMPANY (LLC).

The name of the LLC is COLUMBIA DOLSON, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 28, 1999. 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 30 Corporate Circle, Albany, New York 12203. (January 26, 2000)

NOTICE OF FORMATION OF
GORDON OPERATING,
LLC(PURSUANT TO SECTION
203 OF THE LIMITED
LIABILITY COMPANY LAW

NOTICE IS HEREBY GIVEN that the Articles of Organization of Gordon Operating, LLC (the "Company") were filed with the Secretary of State of the State of New York on December 8, 1999. The Company is being formed to engage in the ownership, management, leasing, purchasing, selling, development, and mortgaging of property and any activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC. The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, Albany, New York 12207. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY

Articles of Organization of Sterling Management, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on December 17, 1999, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC c/o 25 Mason Lane, 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. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY
PARTNERSHIP.

NAME: POWERS & SANTOLA, LLP. Certificate of Registration was filed with the Secretary of State of New York (SSNY) on 12/

LEGAL NOTICE

01/01/2000. Office location: Albany County. Office location: Albany County. SSNY has been designated as agent of the LLP upon whom process against it may be served. SSNY shall mail a copy of process to the LLP, 39 North Pearl Street, Albany, New York 12207. Purpose: For the practice of the profession of law. (January 26, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY
COMPANY. NAME: TONY'S
PLACE, LLC.

Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/06/99. 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, 147 Bridge Avenue, Cohoes, New York 12047. Purpose: For any lawful purpose. (January 26, 2000)

NOTICE OF FORMATION OF A
DOMESTIC LIMITED
LIABILITY COMPANY (LLC).

The name of the LLC is COLUMBIA SJA, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 6, 1999. 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 30 Corporate Circle, Albany, New York 12203. (January 26, 2000)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is COLUMBIAWALKILL L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 6, 1999. 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 30 Corporate Circle, Albany, New York 12203. (January 26, 2000)

NOTICE OF PUBLIC
HEARING, TOWN OF
BETHLEHEM

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 9th day of February, 2000 at 7:30 p.m. to consider proposed Local Law Amending the Code of the Town of Bethlehem as follows: AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-33, Schedule VII, Stop Intersections, as follows: ADD: Stop intersections as follows: East Poplar Drive at the intersection of Greenleaf Drive. All interested persons and citizens will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested. BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM KATHLEEN A. NEWKIRK, CMC/AE TOWN CLERK Dated: January 12, 2000 (January 26, 2000)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING
TOWN OF BETHLEHEM,
ALBANY COUNTY

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on February 9, 2000 at 8:00 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider proposed Local Law, amending Chapter 111, Taxation, Article V, Section 16, Exemption for Persons with Disabilities and Limited Incomes.

All parties in interest and citizens will have an opportunity to be heard at the said hearing.

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD

TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC/AEE
TOWN CLERK
Dated: January 12, 2000
(January 26, 2000)

NOTICE OF PUBLIC
HEARING, TOWN OF
BETHLEHEM

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 9th day of February, 2000 at 7:45 p.m. to consider proposed Local Law Amending the Code of the Town of Bethlehem as follows:

AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-33, Schedule VII, Stop Intersections, as follows:

ADD: Stop intersections as follows:

Laurel Drive at the intersection of Groesbeck Place.

All interested persons and citizens will have an opportunity to be heard at the said hearing.

The town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD

TOWN OF BETHLEHEM
KATHLEEN A. NEWKIRK, CMC/AEE
TOWN CLERK
Dated: January 12, 2000
(January 26, 2000)

NOTICE OF PUBLICATION

I.T.B. International Tyre Business LLC was filed with SSNY on 1/14/00

Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State St., Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

NEW CENTURY GARDENS, LLC was filed with SSNY on 1/7/00 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 589 Fifth Avenue, New York, NY 10017. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Westside Promotions LLC was filed with SSNY 12/16/1999: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Raine Enterprises LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

LEGAL NOTICE

NOTICE OF PUBLICATION

Penwood Services LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Rancliffe LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Ward Technologies LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Tuscan Services LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Sandingham Consultants LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Braemar LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Ferndale LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Newark Consultants LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Ramsden Enterprises Developments LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him:

LEGAL NOTICE

c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Edwardton Developments LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Lawson Consultants LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Woodfield Developments LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Silwood Developments LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Berrydale Services LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Elderton Enterprises LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF PUBLICATION

Hawkdene Trading LLC, was filed with SSNY 12/13/99 Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose.
(January 26, 2000)

NOTICE OF RECEIPT OF TAX
ROLL AND WARRANT

TAKE NOTICE, that I, Nancy Mendick, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. and on Saturday, January 29th from 9-noon at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York for the properties assessed upon such roll.
NO COLLECTION FEE DURING JANUARY
1% collection fee during February
2% collection fee during March

LEGAL NOTICE

TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Director of Finance on April 1, 2000.
Dated January 1, 2000
Nancy Mendick
Town of Bethlehem
Receiver of Taxes & Assessments
(January 26, 2000)

NOTICE OF SPECIAL
ELECTION

NOTICE IS HEREBY GIVEN that, pursuant to the Town Law of the State of New York, an election for qualified voters of the Selkirk Fire District, Town of Bethlehem, County of Albany, State of New York, will be held on February 21, 2000 between the hours of 6:00 P.M. and 9:00 P.M. at Selkirk Firehouse No. 2, Glenmont Road, Glenmont, New York for the purpose of voting Yes or No on the following resolution adopted by the Board of Fire Commissioners of the Selkirk Fire District on January 17, 2000.

"BE IT RESOLVED, that the Selkirk Fire District purchase a new 2000 Chevrolet One Ton 4 x 4 Cab & Chassis and convert it to a Grass Fire Fighting Apparatus for an amount not to exceed \$36,000.00."
BY ORDER OF THE BOARD OF FIRE COMMISSIONERS OF THE SELKIRK FIRE DISTRICT, TOWN OF BETHLEHEM, COUNTY OF ALBANY, STATE OF NEW YORK
Dated: January 17, 2000
(January 26, 2000)

NOTICE PURSUANT TO
SECTION 206 OF THE
LIMITED LIABILITY COMPANY
LAW IN REFERENCE TO
HOLLAND TRUCKING, LLC.

1. The name of the Limited Liability Company is Holland Trucking, LLC.
2. The date of filing of the Articles of Organization with the Secretary of State was December 22, 1999.
3. The County within the State in which the Limited Liability is to be located in Albany County.
4. The Secretary of State has been designated as Agent of the Limited Liability Company upon process against it may be served and the Post Office address within the State to which the Secretary of State shall mail a copy of any process against it is Terry A. Rupert, 34 Green Meadows Drive, Loudonville, New York 12211.
5. The purpose of the business if such Limited Liability Company is to engage on any lawful act or activity for which Limited Liability Companies may be organized under the Limited Liability Company Law.
Dated: December 30, 1999
(January 26, 2000)

LEGAL NOTICE

PEPPYPET, LLC Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on December 8, 1999. 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 Party Warehouse, 76 Fuller Road, Albany, New York 12205.
(January 26, 2000)

PUBLICATION NOTICE OF
ORGANIZATION OF LIMITED
LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is B. A. PARK GROUP, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on December 29, 1999.
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: B. A. PARK GROUP, LLC, c/o British American Development Corp., 4 British American Boulevard, Latham, New York 12110.
FIFTH: The latest date on which the Company is to dissolve is December 31, 2050, unless said

LEGAL NOTICE

period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.
SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.
(January 26, 2000)

PUBLICATION NOTICE OF
ORGANIZATION OF LIMITED
LIABILITY COMPANY

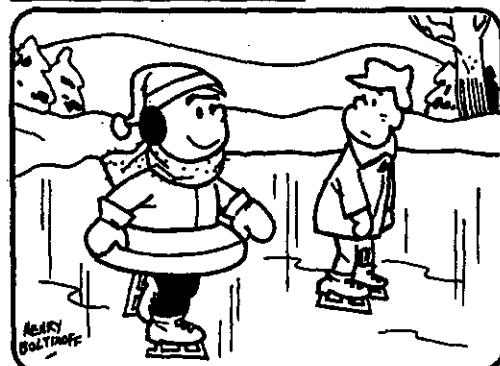
FIRST: The name of the Limited Liability Company is ALLIANCE PERSONAL PLANNING ADVISORS, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on November 16, 1999.
THIRD: The County within New

LEGAL NOTICE

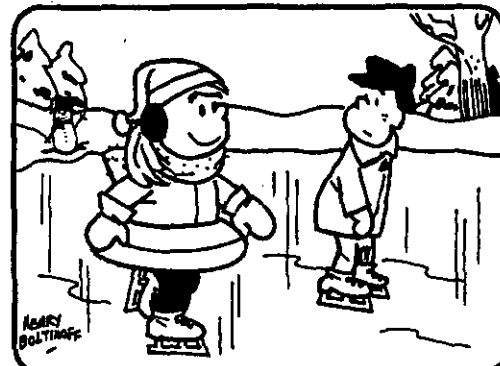
York in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is:
19 British American Boulevard
Latham, NY 12110
FIFTH: The latest date on which the Company is to dissolve is based solely on events of dissolution set forth in the New York Limited Liability Company law (the "Law").
SIXTH: The purpose of the business of the Company is to engage in any lawful acts or activities for which limited liability companies may be formed under the Law.
(January 26, 2000)

Real Estate
Spotlight Classified Ads
Work For You!
Call Susan
at 439-4940
To Place Your Ad!

HOCUS-FOCUS

BY
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

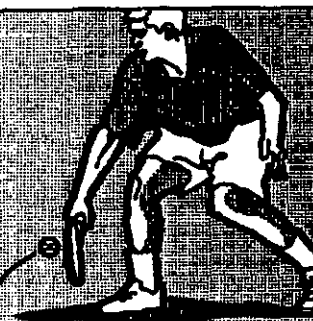
STAN SMITH'S TENNIS CLASS

VOLLEY TIPS
GET DOWN

On low volleys, it's crucial to get your racket down to the level of the ball. Don't bend excessively at the waist, but use your knees to get down.

©2000 King Features Syndicate, Inc. World rights reserved. 1-11

If the ball is so low that it bounces before you can reach it, it's called a half-volley. Keep your wrist firm and the racket head square to the ball. With a solid wrist, you should be able to hit the ball deep into the court and move forward.



Spotlight on EMPLOYMENT

HELP WANTED

ADMINISTRATIVE ASSISTANT: With excellent typing skills, for law office in Delmar. Full time. 439-7734

ADMINISTRATIVE ASSISTANT: Professional downtown Albany Lobby Firm. Computer and phone skills required. Legislative experience a plus. Benefits & parking included. Fax resume to (518) 465-2033.

ATTENTION EXPERIENCED TELEMARKETERS: Appointment Setters for Professional People, **NEEDED IMMEDIATELY.** Our office in Latham is looking for bright, money-motivated individuals with good communication skills, to

work in an exciting, fun and professional environment. Transportation. We offer \$9 per hour base + BONUSES. Part time Monday - Friday. Call Teddy (800) 246-0807. EOE.

BOOKKEEPER: Part-time, data entry, clerical. Knowledge of Microsoft Office and QuickBooks a plus. Resume to Matterson Associates, 427 Kenwood Avenue, Delmar, NY 12054.

BOOTH RENTAL: \$90 weekly. Prime Delmar location, busline, off-street parking. Call 439-0683 or 439-4565.

BOOTH RENTAL: Hairstylist & Nail Tech. Everything in-

cluded, large shop, Prime location, parking, Delmar. 439-6066, days; 452-3689, evenings.

BUS DRIVERS: Bethlehem Central School District, Transportation Department is seeking people who wish to work part-time, have weekends & holidays off and who love children. Come join the team and be a substitute school bus driver. Bethlehem Central School Districts Transportation Department is located on VanDyke Road in Delmar, where applications are available.

CAREER CHANGE? Are you in teaching, health care, human resources, sales, etc.?

have you thought about a career change? You may have the skills that we are looking for. Call for a free packet or interview. Cathy Griffin, 448-8815. Prudential Manor Homes, Realtors.

Certified WATER SAFETY INSTRUCTOR needed for the Mohonasen Central School District, after school, Continuing Education Program, \$15-\$20/hour. Send resume and copy of certification to Dr. L. Oliver Robinson, Assistant Superintendent for Business, Mohonasen Central School District, 2072 Curry Road, Schenectady, NY 12303. **APPLY IMMEDIATELY.**

CHILD CARE: Coordinate activities of small group (varied ages) in gym play area. No diapering, no feeding, average stay 1 to 1 1/2 hours. School holidays off. Bring your own child, 2-3 week days, 3 hours, mornings. Free gym membership and salary. 478-0237.

CHILDCARE POSITIONS: Full time/ part-time. Experience and car required. **ANEW ENGLAND NANNY,** 437-9198.

CLASSIFIED MAGAZINE is seeking an enthusiastic, ambitious, self-starter to distribute magazines, while servicing existing and generating new photo ad accounts. Build your own business working part-time making full time pay. Must be over 21, reliable vehicle, call now, 1-(800)950-4227. We train you to succeed!

DAY CARE: Teacher's aide, part-time. Working with 3 & 4 year olds, 20 -30 hours per week. Flexible schedule. Call 459-1110 or 664-2774, after 9:00 a.m., Monday - Friday.

DELI HELP: Sandwiches, cook and food preparation. Selkirk area, full time. Fax work experience, references and available start date to 767-2808 or call between 6:00 and 8:00 p.m..

DOG CONTROL OFFICER: The Glenville Police Department is accepting applications for the position of Part-Time Dog Control Officer, receive \$8/ hour. Applicants residing in the Town of Glenville, will receive preference, but applications will be accepted from non-residents, also. Applicants must be over the age of 21 years, be a high school graduate or possess a GED, and a valid NYS drivers license with a clean driving record. Apply by obtaining an application from the Commu-

nication Center, Glenville Police Department, 18 Glenridge Road, Town of Glenville.

DRIVERS WANTED: Spotlight Newspapers currently has openings for part-time drivers in its circulation department. Responsibilities include delivering newspapers to news stands, collecting remaining copies of the previous edition and recording number sold. Hours are during the day and one must have a clean, valid driver's license. If interested, contact John McIntyre at 439-4940.

FLOWER SHOP: Immediate full time sales and service position. Call 348-0405, for interview. Computer skills a plus.

GRAPHIC ARTIST: Part-time, flexible hours. Must be Mac & Quark literate, pleasant office. Send resume to Professional Business Forms, 4 Charles Blvd., Guilderland, NY 12084 or Fax to 862-9117.

GREENHOUSE WORK: Full time/ part-time. Verstandig's Florist, Delmar. 439-4946, 767-2570.

INJECTION MOLDING Machine Operators: Experience preferred, but not necessary. Call Adrien Larrivee 756-3164, for appointment.

LATHAM CAFE needs reliable individual for early A.M. baking, 2 -3 days per week. If interested, please call 783-6880.

LIBRARY CLERK: Part-time, \$6-\$7 per hour. Call 399-8174, for interview. Burnt Hills-Ballston Lake Community Library.

LOSE WEIGHT & EARN EXTRA \$\$\$! 100% Natural - 100% Guaranteed! Only \$34. Free samples. Call Now! 245-1518.

MATERNITY & EARLY Childhood Foundation seeks part-time Administrative Assistant/ Secretary for small office. Proficiency in EXCEL & Word, and an ability to work independently required. Send resume and salary requirements to 50 Colvin Avenue, Albany, NY 12206.

NOT JUST ANY JOB! You have your choice of jobs these days, but none can compare to working for Catholic Charities Disabilities Services. We offer you meaningful work assisting people with disabilities, PLUS great benefits, very flexible schedules to meet the other demands you have, and competitive wages reflective of your experience. If this field is new to you we provide paid

Classified INFORMATION



Office Hours • Deadline

8:30 AM - 5 PM Monday-Friday
Dead Line: Friday at noon



Phone • Fax

(518) 439-4940
(518) 439-0609 Fax



Mail Address • In Person

Spotlight Newspapers
P.O. Box 100 125 Adams St.
Delmar, NY 12054 Delmar



Readership

7 Newspapers
93,500 Reader

Classified Ads Appear In All Seven Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Weekly

In Schenectady County

Niskayuna Journal • Scotia-Glenville Journal • Rotterdam Journal

In Saratoga County

Clifton Park Spotlight

Classified Rates

Private Party Classifieds - Line Ads - Seven paper combo \$10 for 10 words 30 cents for each additional word.

Merchandise for Sale - \$10 for 2 weeks, 1 week free (One item per ad. Must be priced under \$1000. Price must be stated in ad. Private party ads only. No vehicles, garage, lawn or antique sales. Price is for a 16 word ad. Add \$1 for each additional line.)

Commercial Classifieds - Line Ads - Seven paper combo - \$13.50 for 10 words 30 cents for each additional word. Multiple insertion discounts available. Please call for information.

Display Classifieds - Several combination rates are available - please call for information.

Business Directory - Several combination rates are available - please call for information.

Ads will appear in all seven newspapers, as well as on the internet for the number of weeks requested.

Order Form

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

1 word per line • 4 line minimum

Name: _____

Address: _____

City: _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Amount Enclosed _____ Number of Weeks _____

MasterCard or Visa# _____

Expiration date: _____ Signature: _____



St. Peter's Hospital

SPONSORED BY MERCYCARE

MEDICAL SECRETARIES

Opportunities for experienced medical office professionals at a busy Delmar OB/GYN practice. The practice will be moving to a new Slingerlands location in the spring. These positions are for reception, patient registration, medical records, & scheduling. Computer skills, medical terminology, excellent communication & organizational skills with the ability to handle simultaneous functions are essential. An A.A.S. degree and 2 yrs. experience in a health care setting preferred. Apply to:

St. Peter's Hospital

Pam Wrzesinski, Human Resources

315 So. Manning Blvd.,

Albany, New York 12208

FAX 525-1907

Job Hotline 525-6999

E-MAIL: pwrzesinski@mercycare.com

Spotlight on EMPLOYMENT

training. Must have drivers license and for some assignments personal transportation is necessary. Contact us for a personal interview arranged at your convenience. EOE. Telephone 783-1111, Fax 785-4894, 15 Avis Drive, Latham, NY 12110.

NURSING OPPORTUNITY: Licensed Practical Nurse - Full Time - Delmar Family Practice. Staff nurse to provide clinical support for busy practices. Duties include direct patient care activities (i.e. vital signs, patient history, processing of consent forms), assisting physicians in direct patient care functions, performing ancillary test (i.e. EKGs) and equipment maintenance. Other duties include scheduling patients, phone triage, and patient education. Must be a graduate from an approved school of nursing and a qualified Licensed Practical Nurse. NYS license. Minimum of 2 years clinical experience in a hospital, nursing home, or active physician practice.

OFFICE ASSISTANT: Part-time. Must be available Monday & Wednesday, 1:00 - 5:00 p.m., other days and hours flexible. Minimum 20 hours per week. Experience with scheduling, customer service. Data entry, computers and general office work. Call 478-9513.

PHARMACIST: Immediate opening for full time pharmacist in independent, newly remodeled retail pharmacy, near Albany Medical Center and Albany College of Pharmacy. **RELAXED ATMOSPHERE!** Call Michael Levine at Chazan Pharmacy, (518) 462-0612 or Fax resume to (518) 462-1951.

REAL ESTATE ASSISTANT: Part-time, 20 hours/week minimum. Organizational & computer skills a must; real estate background a plus. Flexible hours; Delmar office. Fax resume to (518) 439-0728, attention Charlie.

RECEPTIONIST: Part-time. Local firm seeks energetic individual to handle phone duties and greet public. Convenient hours and competitive pay. Contact Todd at 458-7153.

REGISTERED NURSE: Internal Medicine Office, Slingerlands, 3 days per week. Please send resume to Joanne H VanWoert, MD, PO Box 610, Slingerlands, NY 12159 or fax to 439-1592.

ATTENTION STUDENTS and SEMI-RETIRED: Beanfield store in Price Chopper, 1395 New Scotland Avenue, Slingerlands, accepting applications for part-time employment. Apply in person to Christine or call 475-1641.

SUBSTITUTE TEACHERS: Contact Ravenna Coeymans-Selkirk Central School District. 756-5213.

TEACHER AIDE substitutes for all schools at RCS Call 756-5204 for application.

TEACHER ASSISTANT: Part-time, Monday - Friday, mornings, Delmar preschool, experience needed; 439-5831.

VETERINARY RECEPTIONIST: Seeking friendly outgoing individual for reception work. 7:30 a.m. shift, part-time/full time. Resume to BVH, 444 Route 9W, Glenmont, NY 12077, 434-7373.

VISTA Volunteer: Full time year long paid position. Will coordinate community program to benefit disadvantaged youth in the city of Albany. Volunteer will be working with, and in the community to foster and monitor the initiatives of a Federal Program. VISTA members earn an \$8,300 liv-

ing allowance and are eligible for an education award of up to \$9,450. Health Insurance is also provided. VISTA is open to people of all ages and welcomes retirees and recent college graduates. Interested individuals may send cover letter and resume to The Volunteer Center of the Capital Region, 350 New Scotland Avenue, Albany, New York 12208.

WAITSTAFF: For growing Friendly's Restaurant. Flexible hours, great tips, benefits for all. Experience preferred, but will train friendly, outgoing people. Apply in person 60 Nott Terrace, downtown Schenectady or 9 Troy Road, East Greenbush. EOE.

EARN \$1200 NEXT WEEK And a New Computer! Will train. For details, 1-800-896-5742 code 53.

WRITERS WANTED to cover Niskayuna, Rotterdam & Scotia-Glenville board meetings and feature events. News writing experience required. Send resume & cover letter to: Jennifer Miller, Spotlight Newspapers, P.O. Box 100, Delmar, NY 12054.

Y2K EXPANSION: Local Company has several openings in the Capital District. \$12 base appointment. Customer service/sales departments. No telemarketing. Full time/Part-time, flexible hours around school, family, other job. Conditions apply. Call 782-1560.

AIM HIGH Career opportunities for High School Grad! If you're between 17-27, the AirForce can prepare you for a career in life. Benefits include: *High-Tech Training. *Tuition Assistance. *Medical & Dental Care. *Excellent Pay. *Up to \$12,000 Enlistment Bonus for those who qualify. For an information packet, call 1-800-423-USA or visit our website at www.airforce.com.

AVON PRODUCTS: Start your own business. Work flexible hours. Enjoy unlimited earnings. Call toll free 888-942-4053.

DRIVER COVENANT TRANSPORT *Coast to Coast runs *Teams start \$35-\$37 *\$1000 sign on bonus for experienced company drivers. For experienced drivers and owner operators 1-800-441-4394. For graduate students 1-800-338-6428.

Drivers... HIRING DRIVERS! SWIFT TRANSPORTATION. ASK about sign-on bonus! Excellent benefits & pay, assigned equipment, consistent miles, 3wk company sponsored CDLA training, trainee pay! 1-800-347-4485 (eoe-m/f).

Drivers -MARTEN TRANSPORT, LTD. Marten Transport can pay you- *1 year - \$29 *2 years - \$30 *3 years - \$31 *4 years - \$32 *5 years - \$33. Call 1-800-395-3331 www.marten.com

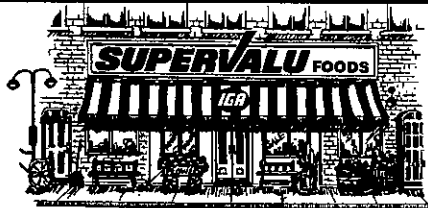
Drivers -New 2K Pay! OTR: 6 mo. exp. -.30/cpm. Top pay -.40/cpm. Regional: .36/cpm. Jump start lease program! MS Carriers 1-800-231-5209 EOE.

MEDICAL BILLING. EARN EXCELLENT INCOME! FULL training, computer required. Call toll free! 1-800-540-6333, ext 2070.

START A NEW YEAR & new career. Paralegal /Legal form

typist needed. No exp. needed. Training and Diploma provided. Must own computer. (800) 990-9835. www.Para_Link.com.

WILDLIFE JOBS TO \$21.60 / hr inc benefits. Game Warden, Maintenance, Security, Park Rangers. No experience needed. For app. /exam info, call 1-800-813-3585, ext 5807 8am -9pm, 7 days FDS.



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Apply at SUPERVALU FOODS, 5 Maple Rd. PO Box 557 Voorheesville, NY 12186
Call (518) 765-2629 or Fax Resume to (518) 765-5043

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Sign On Bonus available


Eddy VNA is currently seeking nurses with strong assessment and patient education skills to provide home care to patients in Albany, Rensselaer and Saratoga Counties. Full time, part-time, per diem, weekend, evenings and alternate schedules available. Working with cardiac, wound care, diabetes, respiratory, orthopedic, HIV, geriatric, and IV therapy patients.

All RN candidates must have a current NYS nursing license and required to have at least one year of recent acute care experience.

Please forward resume or call 270-1344.

Human Resources
433 River Street, Suite 3000
Troy, NY 12180
or fax to: (518) 274-2908

Eddy Visiting Nurse Association



www.NEHealth.com
E.O.E.
Please call our Job Hotline 271-3340

HELP WANTED

Advertising
Sales Representative
for weekly community newspaper
Salary, Commission & Benefits

Call Louise Havens
Advertising Manager
Spotlight Newspapers, Delmar

439-4949

Or Fax Resume to
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call Susan at 439-4940

to place your advertisement

At Your SERVICE

a guide to services for your home

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BATHROOMS TILE REGROUTING & REPAIR Call about our \$99 special • Complete Bathroom Remodeling SPARKLIN' JOHN • 591-0059 • Colonie	HANDYMAN BEST BET Home Repair & Maintenance Senior Discounts Call Danny, It's Your Best Bet 434-5612	Stephen E. Colfels Carpentry Remodeling Kitchens & Bathrooms Painting Masonry Ceramic Tile No Job Too Small 478-0284 Fully Insured	Business Directory Ads Work For You!	Is your ad here? Do you want to advertise with us? Call Susan 439-4940	Business Directory Ads Work For You!
CARPET/UPHOLSTERY CLEANING WINTER SPECIAL 50% OFF • Truck Mounted Equipment • Delicate Fabric & Oriental Specialist • Fully Certified and Insured • FREE Estimates Dressler's Carpet & Upholstery Cleaning 399-7368	HOME IMPROVEMENT RYNO TECH CONSTRUCTION Complete Home Remodeling • Windows/Doors • Kitchens/Baths • Extensions • Dormers • Roofing • Siding • Decks & Porches • Custom Building • Ramps/Handicap Access Serving the Capital District References given with pride 355-4080 FREE ESTIMATES • INSURED	J.V. CONSTRUCTION • Roofing • Siding • Replacement Windows • Basement Waterproofing • Kitchens & Baths • Gutter Systems • Sheds & Barns • Garages & Additions 20 Years Experience 861-6763 FREE ESTIMATES	LAWN CARE Trees • Shrubs Seeding • Mowing Pruning Edging • Mulching Spring Cleanup Picture Perfect Landscaping David Slaver (518) 768-4636	PLUMBING WMD Plumbing Michael Dempf 475-0475	TREE SERVICES PROVIDER TREE SERVICES Tree Trimming & Removal Free Estimates Fully Insured Over 20 Years as a Climber Bucket Truck with Chipper No Tree Too Dangerous Call Albert Jaycox at (518) 966-4576 Family Run Business
CONTRACTORS MISTER FIX-ALL All Types of Repairs Specializing in the Bethlehem Area Senior Citizens Discounts Dependable & Reasonable 30 Years Experience Free Estimates Ask For Tony Sr. 439-9589	VIKING HOME REPAIR & MAINTENANCE, LTD. • Minor Repairs • Painting • Wall Repairs • Masonry • Carpentry • Plumbing & Electrical No Job Too Small 439-6863 FREE ESTIMATES • FULLY INSURED BILL STANNARD CONTRACTORS • 768-2893 RD. 1 Delmar, N.Y. 12054 Masonry and Carpentry New and Repairs Concrete • Block • Brick • Stone Roofing • Decks • Garages etc.	FRANK POMAKOY Construction Company Home Repairs Insured - 40 Years Experience Carpentry • Painting Papering • Plumbing Electric • Masonry 356-7850	PAINTING GIL FLANSBURG Custom Painting & Paperhanging Plastering 28 Years - Reliable Service 439-2348	ROOFING GRADY ROOFING For All Your Roofing Needs 439-1515 Kevin Grady Free Estimates Fully Insured	Business Directory Ads Work For You!
(518) 767-0625 Chuck WILKE CONSTRUCTION Decks, Siding, Replacement Windows, Renovation and Additions "No Job Too Small Or Big" • Fully Insured	ALL SEASONS HOME REPAIR & HEATING CO. 518-731-9008 OR 518-622-3837 MOBILE HOMES, ROOFS, SIDING, PAINTING, GUTTERS, DECKS, WINDOWS, FLOORS, BATHROOMS, GARAGES, ADDITIONS, SHEETROCKING, ETC... No Job Too Small Senior Citizens Receive 5% Discount	• Interior & Exterior Painting • Popcorn Ceilings Free Estimates • Insured BRIAN BRADLEY QUALITY PAINTING & LAWN CARE 233-1703	L.M. CURTIN Painting & Paper Hanging RESIDENTIAL INTERIOR • EXTERIOR 20 Years Of Excellence 439-2752 Fully Insured • References Available	Brian Grady Roofing The Original Grady Roofing For those who demand the highest quality, ask for Brian Grady Serving the community as Grady Roofing for over 16 years 436-3938 439-2205	TIMBERLAND TREE SERVICE Complete Removals Deadwood Removal Stump Removal • Pruning Cabling • Land Clearing • Reasonable Rates • Free Estimates • Fully Insured Scott Norton Owner 767-2595
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Business Directory Ads Work For You!					

Get Your Business Noticed in the Spotlight Newspapers Service Directory

The Spotlight (Delmar) • Colonie Spotlight • Loudonville Weekly
The Journal (Niskayuna, Rotterdam, Scotia-Glenville) • The Clifton Park Spotlight

Deadline: Friday at 12 NOON

Call Susan 439-4940

Spotlight CLASSIFIEDS

ADOPTION

ADOPTION: Happily married couple looking to adopt your newborn. A home filled with love and a wonderful future. Authorized expenses paid. Call Annamaria/Tony 1-800-880-2602.

ADOPT: Loving couple will share warmth, laughter and hearts with new born baby. Financially secure home, close caring extended family. Legal/Confidential. Expenses paid. Garry/Debbie 1-800-522-6860.

ADOPT: Loving, secure couple yearn to cherish your newborn. Expenses paid. Suzanne & Len toll free 888-456-0480.

BUILDINGS FOR SALE

ARCH Steel Buildings. INVENTORY CLEARANCE - Huge Savings! 1999 Steel Prices 25x30, 40x58, 50x110. While supplies last! Great workshops/garages. Call 1-800-341-7007. www.steelmasterusa.com

BUSINESS OPPORTUNITIES

DO YOU EARN \$800 IN A DAY? Your own local candy route. Includes 30 machines and free candy. All for \$9,995. Call 1-800-998-VEND.

Earn \$100+ an hour in your spare time. Patented vending products with investment as low as \$2,995.00. Territories available! Visit: vnedmoney.com or call 800-853-6799.

BUSINESS SERVICES

Recycle Toner Cartridges and Save! Cartridges from \$45.00, including pickup and delivery. Guaranteed. Discounted toner for copiers available. We buy empties. 800-676-0749, www.nationatoner.com.

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WINTER SPECIAL: 50% OFF All Carpet and Furniture Cleaning. Truck mounted equipment; Delicate fabric & Oriental specialist; Fully certified and insured; Free estimates. **DRESSLERS Carpet & Upholstery Cleaning.** 399-7368.

CHILD CARE NEEDED

CHILD CARE in our home. Responsible non-smoking adult for 2 year old, a few days per week. 7:30 a.m. - 5:30 p.m. References. 785-6374.

NANNY: Part-time, Voorheesville area, beginning March 2000. Call 765-7203.

CHILDCARE SERVICES

SCOTIA CHILDCARE: Available full or part-time. NYS licensed and certified, college educated Mom with years of experience. Infant - Kindergarten, lunch provided. Vacations and summers available. References. 374-7439.

CLEANING SERVICES

CLEANING - residential/small business/industrial. Free estimates. References. Call Rose 439-0350.

***MAID *TO *CLEAN** - Affordable, experienced, dependable. Free in home estimates, senior citizen discounts, references. 384-7268.

CORNERSTONE CLEANING: Professional, reliable. Free estimates. References. Call 439-0121.

HOMES and OFFICES: Family owned and operated. Quality work at low rates. 374-4145.

J&J HOUSECLEANING: Cleaning homes like yours since 1989. Free estimates. 356-9152.

MARY'S HOUSECLEANING: 20 years experience with references. 872-0538.

NEED A HELPING HAND? Call 768-8035, residential cleaning. Experienced, references.

RESIDENTIAL CLEANING: Low rates, free estimates, quality work. Call 869-4340.

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WANT A COMPUTER But no cash? No credit OK! Slow credit OK!

Printer included. \$0 down; Laptops available 1-888-247-3818.

EDUCATION

EARN LEGAL COLLEGE DEGREE QUICKLY. Bachelors, Masters, Doctorate, by correspondence based upon life experiences, knowledge already attained, prior education and short study course. For free information catalog phone: Cambridge State University (800)964-8316 (24 hrs).

EQUIPMENT FOR SALE

SAWMILL \$3795. Saws logs into boards, planks, beams. Large capacity. Best sawmill values anywhere. Free information. Norwood Sawmills, 252 Sonwil Drive, Buffalo, NY 14225. 1-800-578-136

FINANCIAL

CASH IMMEDIATE - \$\$\$ Upfront cash for income streams from Private Notes, Real Estate, Annuities and Insurance Payments. Call Dawn at J. G. Wentworth 1-800-454-9368.

\$ - FEDERAL PROGRAMS - Help homeowners or businesses - catch up bills; Credit cards, Taxes; Mortgages - Remodel - Refinance - Start businesses - Get cash etc. (Credit problems, Self employed, Bankruptcy... OK) 1-800-844-7454.

HOMEOWNERS - NEED MONEY? Refinancing - Debt consolidation. No income/bad credit. Licensed Mortgage Broker NY. Dana Funding, Inc. 1-800-994-3262. Loans through 3rd party providers.

OVER YOUR HEAD IN DEBT??? Do you need more breathing room??? Debt consolidation, no qualifying!!! *Free consultation (800) 556-1548. www.anewhorizon.org Licensed, Bonded, Non-profit/National Co.3.

FIREWOOD

MIXED HARDWOODS: Full cords, \$125; face cords, \$55. Jim Haslam, 439-9702.

SEASONED FIREWOOD: Mixed hardwood, \$75. face cord, delivered; stacking extra. Call 756-8942.

FOUND

CAT: Small black female cat with small patch of white on her chest. Found on Friday, January 14th, on Custer Road, near Cherry Avenue, in Delmar. Please call 439-8839.

FIND SOMETHING? Advertise it free. Call 439-4940.

KEYS: Found corner Broadway & Edgewood Avenue in Rotterdam, on Monday or Tuesday January 10th or 11th. Call 377-8291.

FURNISHED APARTMENT

SHARE MY HOME: \$500 per month, security deposit, split utilities. Kitchen/ Laundry privileges exchanged for house and yard upkeep help. 439-6022.

FURNITURE REPAIR/REFINISHING

FURNITURE REPAIR/REFINISHING. Touch-up. 25 years experience. Free estimates, free pickup and delivery. Kingsley Greene, 756-3764, evenings, weekends.

HANDYMAN

BEST BET Home Repair & Maintenance. Senior discounts. Call Danny. It's your BEST BET in the Bethlehem area. 434-5612.

HEALTH & FITNESS

STARR'S BLACK BELT ACADEMY: Three separate programs available! Traditional Japanese Karate, Traditional Okinawan Weaponry, Starr's Cardio Kick Boxing. Call about our New Student Program, Family rates and College student discounts. Classes for all ages, 4 years and up. No Experience Necessary. Birthday parties available. Latham School 782-7049; Greenville School 756-6085.

Medicare Recipients using a NEBULIZER MACHINE? STOP paying full price for Albuterol, Atrovent, etc. solutions. MEDICARE will pay for them. We bill Medicare for you, ship directly to your door. MED-ASAVE 1-800-538-9849 ext.180.

HHOME IMPROVEMENT

COMPLETE HOME REMODELING: Windows, doors, kitchens, baths, extensions, dormers, roofing, siding. **CUSTOM BUILDING:** Decks, porches, Ramps/Handicap Access. Serving the Capital District. References given with Pride. Call RYNO TECH, 355-4080, Free Estimates, Insured.

HOUSE MAID

NICE BRICK CAPE available February 1st. Non-smoker, \$400+. Call 478-9586.

LOST

FIND SOMETHING? Advertise it free. Call 439-4940.

GOLD RING: Men's heirloom gold ring with 3 stones. Lost December 26/27, Delaware Avenue, Delmar. Reward, 439-4735.

MISCELLANEOUS FOR SALE

ACOUSTIC GUITAR: Takamine model G240. Excellent condition, with chipboard case, \$150. 370-2875.

HOMETHEATER: Surround sound with Powered Subwoofer System. Feel like you're "in the movie!" Top quality Aiwa. New, still boxed, \$1185, or best offer. Call 785-0950.

ANTIQUITY: "Broken Twig" Iron cemetery bench, \$3000. Leave message at 475-9420.

ANTIQUITY: Horse head double-ring hitching post, \$1000. Leave message at 475-9420.

CAN'T USE IT? SELL IT... and look for the treasures YOU can find in Spotlight CLASSIFIEDS! Call Susan, 439-4940.

CD PLAYER: Sharp Digital Compact Disc player, \$85. Call 785-0950.

CHRISTMAS TREE: 7 1/2 feet tall. May be seen trimmed, \$20. 439-5425.

COMPUTER DESK: Hutch style in excellent condition, \$60, and accessory table, approximately 4'x2', \$40, 439-4127.

COMPUTER: Mac Performa 6116 with Stylewriter 2400 printer and modem, \$600. 458-9435, 9:00 a.m. - 5:00 p.m.

DINING ROOM: Solid Cherry. Table, 2 leaves, 6 chairs, hutch, \$950. 439-3766.

DINING TABLE: Four captains chairs, Colonial pine. Heavy duty, dark color, \$100. 459-6587.

DRYER: Kenmore electric. Good condition, asking \$120. Call 475-7849, after 4:00 p.m.

DVD PLAYER: Oritron 200. Brand new, unopened, \$150. Call 356-0356.

FOUR POSTER BED: Canopy top, solid maple full size. Excellent condition. Appraised at \$800, highest offer accepted, 439-1876.

HAMILTON PLATES: 12 from 'Mystic Warriors, Lost Warriors Series' by artist Chuck Ren. Certs, styro package included. Asking \$350 for all. Call 235-7607, leave message if no answer.

MERCHANDISE FOR SALE: \$10 for 2 weeks, 1 week free (One item per ad. Must be priced under \$1000. Price must be stated in ad. Private party ads only. No vehicles, garage, lawn or antique sales. Price is for a 16 word ad. Add \$1 for each additional line.)

POOL TABLE: Olhausen 8 foot slate with oak rails. Excellent condition, Original owner, \$999. 439-8269, leave message.

QUEEN SOFA BED: 90" long, white, linens included, \$1500, or best offer, 439-6022.

RIFLE: 35 caliber pump, Remington model 760. Excellent condition, carrying case, two boxes shells, \$250. 371-8047.

SNOW BLOWER: 7HP, dual stage, multiple speeds, including reverse. Tires/chains, \$165, or best offer. 371-3737, nights/weekends.

SNOW BLOWERS: MTD 5HP, electric start, 2 stage, used 10 times, \$350. JACOBSEN 2 cycle, electric start, \$125. ENTRANCE DOORS, 36"x80", 38"x80", with 15 windows and steel frames, \$50 each, 475-1500.

SUBWOOFER: 10" Earthquake, car unit, never used, original box. \$200, or best offer. Call 452-2172.

VIOLIN: German made for William Lewis & Sons; bow and case included. \$425 or best offer. 785-0950.

18" DIRECTV SATELLITE SYSTEMS. Single system only \$59. Two box systems available. Ask about free programming. Authorized dealer. www.integratedsatellite.com 1-800-325-7836.

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WOLFF TANNING BEDS TAN AT HOME. Buy Direct and Save! Commercial/Home units from \$199.00. Low monthly payments. Free color catalog. Call Today 1-800-842-1310.

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CASH IMMEDIATE - \$\$\$ Upfront cash for income streams from Private Notes, Real Estate, Annuities and Insurance Payments. Call Dawn at J. G. Wentworth 1-800-454-9368.

MUSIC

STRING INSTRUMENT REPAIR. Bow rehairs, instruments bought and sold. 439-6757.

MUSIC LESSONS

PIANO LESSONS in your home. Experienced teacher has a few Saturday openings in Albany, Delmar, Colonie, and Guilderland. Call 885-0475.

NOVENAS

"NEVER FAIL NOVENA: May the Immaculate Heart of Mary and the Sacred Heart of Jesus be praised, adored and glorified throughout the whole world, now and forever. Most Sacred Heart of Jesus, pray for us, St Theresa of the Child Jesus, pray for us, St Jude of helpless cases, pray for us and grant us this favor. (Say this prayer 9 times for 9 consecutive days and publish). fed

PAINTING

GIL FLANSBURG: Custom Painting & Paperhanging. 28 years - Reliable Service. 439-2348.

PAT'S PAINTING: Interior/ Exterior, Insured, Experienced, Reliable, 765-4015.

WANT TO CHANGE the colors of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering etc... Call today for free estimates and prompt, professional service. Bruce Hughes, 767-3634.

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CURIT & SON'S Quality wallpapering, painting, & pressure washing houses and decks. Interior/Exterior. 449-8753.

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Get hook, round & tapeworms with rotational worming. Use Happy Jack Tapeworm Tablets in rotation with Happy Jack Liqui-Vict! Feed & Hardware Stores. (www.happyjackinc.com)

PETS FOR ADOPTION

OLD ENGLISH SHEEP DOG: Needs a happy home. 18 months old, trained, neutered, Excellent with children. Call 439-6551.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

SAILING CHARTER

FOR CHARTER: 1998 Privilege 42' Catamaran Sailing Yacht located in Tortola, BVI. Comfortably sleeps 8 with 4 cabins and 4 heads. Avail-

able as either a bareboat or with captain. For additional information, call 475-9677.

SPECIAL SERVICES

CAN'T COLLECT Judgementholders. Tired of waiting for settlement of your Judgment???? Let the Pros collect it. No charge if we are not successful. CALL (518) 573-3325.

TREE SERVICES

PROVIDER TREE SERVICES: Tree trimming & Removal, Free Estimates, Fully Insured. Over 20 years as a CLIMBER; Bucket truck with chipper. NO TREE TOO DANGEROUS! Call Albert Jaycox at (518) 966-4576. Family run Business.

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HAPPY DAYS ARE HERE AGAIN! Masters in Elementary Education tutor for K-6. Call Andrea, 383-8398.

TUTOR

EXPERIENCED TEACHER for students K-6, afternoons/ evenings, my home or yours, 453-2365.

WANTED

FOR MY COLLECTION, old fishing lures. Cash paid. Mike 370-8796.

PORTABLE TYPEWRITER: Must be in excellent condition. Call 869-6426.

VIOLIN'S, VIOLA'S, CELLO'S: High cash prices paid! Any condition. 356-2549.

WANTED TO BUY Pre 1920 telephones, telegraph items, electric fans, sewing machines, microscopes, volt meters, amp meters; pre 1950 television sets, plastic table radios, microphones; pre 1960 men's wrist watches, cameras; pre 1920 postcards, tin pictures; pre 1960 old metal airplane models, or toy motorcycles, or race cars, or toy boats. Any condition for above items. Please call 745-8897.

WANTED: I buy art, antique furniture, glassware, rugs, estates, etc. Call today, 782-4901.

BUYING: All old costume and better jewelry. Call 439-6129.

WRITING SERVICES

WRITE 'R US professional document services. Top-quality planning, writing & editing, from promotional brochures to technical manuals. We bring ideas to life! Call today for a no-obligation consult. 426-8170.

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SAILING CHARTER

FOR CHARTER: 1998 Privilege 42' Catamaran Sailing Yacht located in Tortola, BVI. Comfortably sleeps 8 with 4 cabins and 4 heads. Available as either a bareboat or with captain. For additional information, call 475-9677.

VACATION GETAWAYS

MARTHA'S VINEYARD: 4 bedroom, 2 bath home, sleeps 8-10. Fully equipped, 2 miles from beach. Available Saturday to Saturday, Spring and Summer - \$1500 per week. Some Ferry tickets available. Call 439-7356.

VACATION GETAWAYS

MARTHA'S VINEYARD: Charming cottage in woods, sleeps 5. 439-6473, evenings.

VACATION GETAWAYS

MARTHA'S VINEYARD: Four bedroom house near Edgartown, available weekly, June - September, \$850 - \$1400. Call for flyer, 439-5287.

NEW 1999 GMC HEAVY DUTY 3/4 TON 4X4



Loaded 4x4, 5700 Vortec V8, Auto. Trans. H.D. 8600 GVW Pkg. 3.73 Gears, H.D. Cooling System, H.D. Trans. Oil Cooler, 10 Ply Tires, LT245-75R16, Snow Plow Prep. Pkg., H.D. Trailering Pkg., SLE Custom Pkg., Power Windows, Power Door Locks, AM/FM Cassette, Tilt Wheel, Cruise Control, A/C, 8 Ft. Wideside Body, White, Only 1 left at this pricing! Stock # 9L474

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Only \$24,199 + Tax

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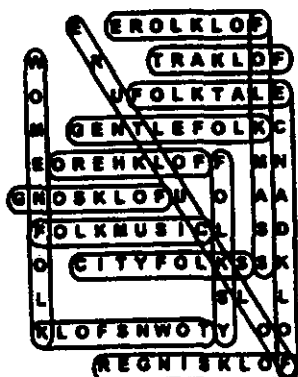
To advertise call Susan at 439-4940

Answer to Super Crossword

S	C	A	D	S	F	L	U	B	S	C	O	R	E	S	T	O	M
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Z	O	E		B	A	L	E	E	N		L	E	C	H		S	E

ALBANY: \$450+, security and references required. 2 bedroom, 2nd floor, refrigerator, stove, washer/dryer. 425 3rd Street. 475-1500.

LOTS OF FOLKS



DELMAR: \$660, heat & hot water included, 2 bedrooms, first or second floor. Village Drive Apartments, available February 1st, 434-9783 or (212)665-5251.

VAN WEIS POINT: 2 bedroom apartment. Hardwood floors, porch, storage, large kitchen. Ideal for 1 or 2 people. No pets, \$500+. Call 432-4005.

DELMAR: 2 bedroom, new kitchen, dishwasher, washer/dryer, 2 year lease, security. No pets. \$650+. 439-1278.

VAN WEIS POINT: 2 bedroom apartment. Hardwood floors, porch, storage, large kitchen. Ideal for 1 or 2 people. No pets, \$500+. Call 432-4005.

RENT SENIOR HOUSING

NISKAYUNA: Available soon! 1 bedroom Section 8 subsidized low income Senior Apartments. Applications also available for waiting list. Contact Elaine Palmer, 386-7040 or 346-8797.

NISKAYUNA: 2 bedroom apartment available in B'NAI B'RITH Senior Adult Complex, 22 Knolls Road. Fair market rent, next to JCC. Contact Elaine Palmer, 386-7040 or 346-8797.

REAL ESTATE FOR SALE

ALBANY: 425 3rd Street, near Quail. 2 family, new electric, gas heat. Four floors, appraised at \$51,000, sell for \$39,000. Good condition. 475-1500.

RAVENA: For Sale by Owner. 4 bedroom Cape on beautifully landscaped tree-lined yard in private neighborhood. 3/4 acre, large inground pool, 11'x22' poolside enclosed patio, 2 full ceramic tile baths, finished basement with family room (carpeted and paneled), heated garage and laundry area. Low taxes. Must Sell, \$129,900. Call days, 756-6161, ask for Bob Albano. After 7:00 p.m., 756-2756.

FORECLOSED HOMES. LOW OR \$0 DOWN! Gov't & bank repos being sold now! Fantastic savings! Financing available (800)501-1777, ext 1099.

ROOMMATE WANTED

MALE ROOMMATE: Clifton Park. Rent free private room for male roommate in exchange for a.m. assistance (9:00-11:00 a.m.) for disabled male, some lifting. Available March 1st. References. 371-7456

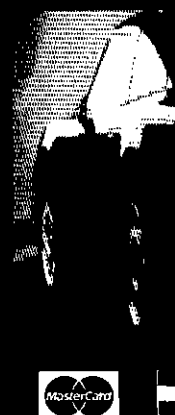
LAND WANTED

5+ ACRES WOODED LOT: To build house, Bethlehem, Guilderland, Voorheesville. Schools preferred. Call 434-1175.

LAND WANTED: Serious cash buyer seeks quality rural acreage 200 acres and up for immediate purchase in the Central/Southern Tier or Catskills region of NY state. Fast closings! Broker inquiries welcome. Call 607-563-8875, ext 24 anytime.

A black and white photograph of a person's face, heavily shadowed and partially obscured by a large, diagonal watermark. The watermark reads "www.spotlightnews.com" in a bold, sans-serif font, slanted upwards from left to right. The background is dark and grainy, with some lighter, textured areas visible. The overall image has a high-contrast, grainy quality.

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PICKUPS & SPORT UTILITIES

'99 FORD F150 4x4 XLT #92592A. White, gray cloth, Triton V10, 5 spd., tilt/cc, pw/pl, air, AM/FM/CD, running boards. 21,480 mi.	Was \$20,999 NOW \$19,999	'98 FORD RANGER 4x4 EXT. CAB #20260A. XLT, black, gray cloth, V6, auto., tilt/cc, pw/pl, air, console, AM/FM/cass./CD, bedliner. 65,275 mi.	Was \$15,998 NOW \$14,998	'96 FORD EXPLORER 4x4 XLT #A5396B. Green, green cloth, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., luggage rack. 62,479 mi.	Was \$17,996 NOW \$16,996
'99 FORD F250 4x4 XL #20190A. Red, gray cloth, 5.4L V8, auto., air, fog lamps, snow plow prep grp., trailer tow III. 14,291 mi.	Was \$22,999 NOW \$21,999	'98 FORD RANGER 4x4 EXT. CAB #20156A. XLT, black, gray cloth buckets, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., bedliner. 36,147 mi.	Was \$18,998 NOW \$17,998	'96 FORD EXPLORER 4x4 XLT #9633A. Green, tan cloth, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., luggage rack. 32,757 mi.	Was \$19,996 NOW \$18,996
'99 FORD EXPEDITION 4x4 XLT #20822A. Blue, gray cloth captain, 4.6L V8, auto., pw/pl, air, fog lamps, trailer tow, running boards. 13,500 mi.	Was \$29,999 NOW \$28,999	'97 FORD EXPLORER 4x4 XLT #20628A. Green, tan leather, 4.0L V6, auto., pw/pl, air, AM/FM/cass./CD, step bar, luggage rack. 61,396 mi.	Was \$17,997 NOW \$16,997	'96 FORD RANGER 4x4 EXT. CAB #91695B. XLT, black, gray cloth, V6, 5 spd., tilt/cc, pw/pl, air, AM/FM/cass., tonneau cover. 52,318 mi.	Was \$14,996 NOW \$13,996
'98 FORD F150 4x4 XLT #A5711A. Green, gray cloth, V8, 5 spd., tilt/cc, air, AM/FM/cass., slide rear window. 17,046 mi.	Was \$18,998 NOW \$17,998	'97 FORD EXPLORER 4x4 XLT #20299A. Black, tan sport leather buckets, 4.0L SOHC V6, auto., pw/pl, air, luxury grp., AM/FM/cass. 32,726 mi.	Was \$21,997 NOW \$20,997	'96 FORD F150 4x4 EXT. CAB #20763A. XLT, red, gray cloth bench, V8, auto., tilt/cc, pw/pl, air, AM/FM/cass., cap. 44,658 mi.	Was \$17,996 NOW \$16,996
'98 FORD RANGER 4x4 EXT. CAB #2042A. XLT, blue, gray cloth, 6 cyl., 5 spd., pwr. grp. includes pw/pl, air, AM/FM/CD, fog lamps. 24,156 mi.	Was \$15,998 NOW \$14,998	'97 FORD EXPLORER 4x4 AWD #A5647A. XLT, green, green cloth buckets, V8, auto., tilt/cc, pw/pl, air, AM/FM/cass., console. 27,001 mi.	Was \$20,997 NOW \$19,997	'96 FORD F150 4x4 XLT #20522A. Red, red cloth, 5.8L V8, auto., tilt/cc, pw/pl, air, AM/FM/cass., trailer tow pkg. 59,437 mi.	Was \$16,996 NOW \$15,996
'98 FORD RANGER 4x4 XLT #20742A. Flareside, gray, gray cloth, 3.0L V6, 5 spd., AM/FM/CD. 17,122 mi.	Was \$15,998 NOW \$14,998	'97 FORD F150 4x4 XLT #92462A. Black, cordovan cloth, 4.6L V8, auto., tilt/cc, pw/pl, air, slide rear window, trailer tow pkg. 50,447 mi.	Was \$15,997 NOW \$14,997	'95 FORD F150 4x4 EXT. CAB #20656B. XLT, red, red cloth, V8, auto., tilt/cc, pw/pl, air, running boards, Leer cap. 66,457 mi.	Was \$14,995 NOW \$13,995
'98 FORD RANGER 4x4 XLT #A5729A. White, gray cloth, 3.0L V6, auto., tilt/cc, pw/pl, luxury grp., air, AM/FM/CD, slide rear window. 22,304 mi.	Was \$15,998 NOW \$14,998	'97 FORD F150 4x4 EXT. CAB #20739A. XLT, black, gray cloth, 5.4L V8, auto., tilt/cc, pw/pl, air, AM/FM/cass., off-road pkg. 35,115 mi.	Was \$21,997 NOW \$20,997	'95 FORD EXPLORER 4x4 XLT #A5664B. Green, gray cloth, V6, auto., pw/pl, ABS, air, AM/FM/cass., run boards, roof rk. 71,983 mi.	Was \$14,995 NOW \$13,995
'98 FORD EXPLORER 4x4 SPORT #20487A. White, blue cloth buckets, 4.0L SOHC V6, auto., tilt/cc, pw/pl, air, premium sport pkg. 29,789 mi.	Was \$21,998 NOW \$20,998	'97 FORD EXPLORER 4x4 SPORT #A5598A. White, gray cloth buckets, V6, auto., pw/pl, air, AM/FM/cass., console, rear wiper/wash. 39,836 mi.	Was \$18,997 NOW \$17,997	'95 FORD EXPLORER 4x4 XLT #92396A. Red, tan cloth, V6, 5 spd., tilt/cc, pw/pl, air, AM/FM/cass., rear wiper, luggage rack. 57,470 mi.	Was \$16,995 NOW \$15,995
'98 MERCURY MOUNTAINEER AWD #20308A. Blue, gray cloth sport buckets, 5.0L V8, auto., tilt/cc, pw/pl, air, appearance & trailer tow pkgs. 30,325 mi.	Was \$24,998 NOW \$23,998	'97 FORD F150 4x4 XLT #20604A. Red, red cloth, V8, auto., tilt/cc, pw/pl, ABS, air, AM/FM/cass., running boards, bedliner. 28,914 mi.	Was \$17,997 NOW \$16,997	'95 FORD EXPLORER 4x4 SPORT #A5546A. Green, gray cloth, tilt/cc, pw/pl, ABS, air, AM/FM/cass., console, running boards. 53,577 mi.	Was \$16,995 NOW \$15,995
'98 FORD EXPLORER 4x4 SPORT #20373A. Green, gray cloth, 4.0L SOHC V6, auto., tilt/cc, pw/pl, air, premium sport pkg. 28,632 mi.	Was \$21,998 NOW \$20,998	'96 FORD EXPLORER 4x4 XLT #20408A. Blue, gray cloth, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., console. 72,616 mi.	Was \$16,999 NOW \$15,999	'95 GMC JIMMY SLE 4x4 #9786A. Red, tan cloth, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., console, luggage rack. 84,674 mi.	Was \$12,995 NOW \$11,995
'98 JEEP WRANGLER 4x4 SPORT #A5510C. Black, gray cloth buckets, V6, 5 spd., AM/FM, rag top. 31,836 mi.	Was \$17,998 NOW \$16,998	'96 FORD EXPLORER 4x4 SPORT #20710A. White, gray cloth, V6, auto., tilt/cc, pw/pl, air, AM/FM/cass., console, luggage rack. 29,239 mi.	Was \$17,996 NOW \$16,996	'94 FORD EXPLORER 4x4 XLT #8354B. Purple, gray cloth, V6, auto., tilt/cc, pw/pl, ABS, air, AM/FM/cass., console, lugg. rk. 77,368 mi.	Was \$12,994 NOW \$11,994
'98 FORD EXPEDITION 4x4 XLT #9553A. Red, tan cloth, V8, auto., tilt/cc, pw/pl, air, AM/FM/cass., 3rd seat. 33,125 mi.	Was \$27,998 NOW \$26,998	'96 JEEP GRAND CHEROKEE 4x4 #20267A. Laredo, gray, gray cloth, V6, auto., pw/pl, air, AM/FM/cass., console, roof rk., rear wiper. 56,525 mi.	Was \$16,996 NOW \$15,996	'94 FORD EXPLORER 4x4 XLT #92555B. Green, gray cloth, V6, auto., pw/pl, ABS, air, AM/FM/cass., rear wiper/wash, roof rk. 72,843 mi.	Was \$12,994 NOW \$11,994
'98 FORD F150 4x4 EXT. CAB #20235A. XLT, blue, gray cloth, V8, 5 spd., tilt/cc, pw/pl, air, off-road pkg., slide rear window. 39,548 mi.	Was \$19,998 NOW \$18,998	'96 GMC JIMMY SLE 4x4 #2067B. Red, gray cloth, auto., pw/pl, p/seat, air, AM/FM/cass., console, luggage rack. 47,301 mi.	Was \$17,996 NOW \$16,996	'93 FORD BRONCO CUSTOM 4x4 #91829A. Blue, blue cloth bench, 302 V8, auto., tilt/cc, air, AM/FM/cass., rear defroster. 73,643 mi.	Was \$11,993 NOW \$10,993
'98 FORD F150 4x4 EXT. CAB #20416A. Lariat, black, gray leather, V8, auto., tilt/cc, pw/pl, p/seat, air, loaded. 33,846 mi.	Was \$22,998 NOW \$21,998	'96 CHEVY S10 BLAZER 4x4 #92114A1. LS, green, black cloth, V6, auto., tilt/cc, air, AM/FM/cass., console. 48,719 mi.	Was \$17,996 NOW \$16,996	'92 FORD BRONCO 4x4 XLT #A5595B. White, gray cloth, V8, auto., pw/pl, air, AM/FM/cass., console, run boards, hitch. 43,533 mi.	Was \$11,992 NOW \$10,992

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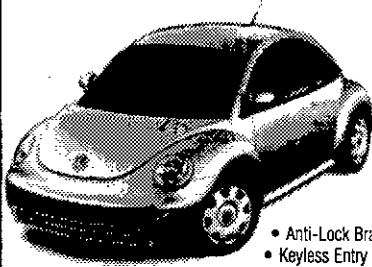
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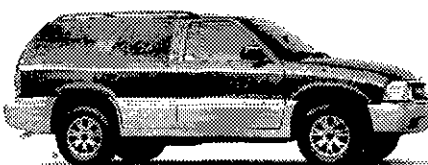
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Planners

(From Page 1)

last June, urging the town board to overhaul the zoning code in accordance with the recommendations in the LUMAC land-use reference document. Several board members expressed concern about granting a single use change like the one requested by Walsh, without a thorough review of all of the code's land-use provisions.

"Do we want to amend the zon-

ing code in a piecemeal fashion by small steps like this, or do we want to take a more comprehensive view?" asked Odell. "I think it's a better, more natural approach to take a comprehensive view."

Rookstook issued with that. "Certainly we shouldn't be the legislative body for the town," he said. "I don't view my role as being a governmental restrictor of what can happen."

But Hasbrouck noted that storage warehouses are already permitted in areas of the town zoned Industrial or Rural Non-zoned — including large areas of Glenmont, Selkirk and South Bethlehem. Any

new use added to accommodate this particular site would apply to other sections of town currently zoned Commercial C, including three others along Route 9W and one in Delmar along Hudson Avenue.

Hasbrouck expressed concern "that we will be seen once again as a town that's not favorable to businesses coming in. That's the last thing I want." But he felt recommending the change would be inappropriate, "particularly with respect to that site."

With the ball now back in the town board's court, Donald Zee, lawyer for the Crisafullis, ex-

pressed hope that it would act "fiscally responsible" and reverse the planning board's action.

"The town board's charged with a little bit different set of priorities. They have to look at the fiscal implications of a very real project," Zee said. "Isn't that what the supervisor is saying — that we need tax dollars? I can't think of another type of business that would have less impact and generate as much in taxes."

As for the planning board's objections, he said, "I understand their philosophy about not addressing this piecemeal. But that's what the town board asked them to do."

Fuller concurred. "He's right. We were looking for guidance in this one specific situation," she said. "But the zoning code does need to be updated, no question about it. It needs to be brought into the 21st century. And we do need to set the time aside to deal with it soon."

Fuller declined to speculate on what the board's action on Walsh's request might be. Whatever the outcome, Zee said his clients are unlikely to seek an outright zoning change for the property if the board declines to approve the use change.

"I'm consistent in my position about spot zoning," he said, noting that he also represents the citizen's group challenging the proposed CMI Healthcare facility in Delmar, and has charged the town board with illegal spot zoning in that case.

At the Jan. 18 meeting, the plan-

ning board also opened its review of the Nigro site plan, forwarded to it a week earlier by the town board.

The proposal includes a 200,000-square-foot building for an as-yet-unnamed supercenter retailer, a 135,000-square-foot home-supply center, smaller buildings for a bank, a family-style restaurant chain, a fast-food operation and an 1,850-space parking area.

Following an initial presentation by developer John Nigro, board members raised traffic concerns and discussed the developer's plans to prepare a detailed environmental impact statement.

Further consideration of the site plan and environmental quality review could resume at the planning board's February meetings.

Council to sponsor student essay contest

April 1 is the deadline for the Young Scholars Contest, an essay scholarship competition for high school students in New York state.

The New York Council for the Humanities will award a college scholarship of \$5,000 to the first-prize winner, 3,000 to the second-prize winner, 2,000 to the third-prize winner and \$500 to each of the next three finishers.

This school year's essay topic is "A Momentous Decision."

Participants are asked to select a decision, either historical or contemporary, that they consider to be of extraordinary importance, either because of its consequences or its intrinsic significance, and to write an essay that is between 2,500 and 4,000 words long.

For an informational brochure, call state Assembly Minority Leader John Faso's office at 455-3751.

Writer's group seeks new members

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