

Police say Kay-Bee robbery inside job

○ see page 3

ASO celebrates America

V'ville cagers win class CC title

○ see page 11

The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIV Number 9 Fifty Cents

March 8, 2000

Town gets BIG boost from \$62K DOT grant

By JOSEPH A. PHILLIPS

A state Department of Transportation (DOT) grant of more than \$62,000 has been awarded to the town of Bethlehem to construct a sidewalk on the south shoulder of Delaware Avenue, connecting Bethlehem Central High School and the newly-opened BIG Arena about a half mile west.

State Assembly Minority Leader John Faso, whose district includes the town of Bethlehem, made the announcement at last Friday's Bethlehem Chamber of Commerce Awards Dinner at the BIG Arena.

The grant comes from DOT's Multi-Modal Transportation Program, designed to help fund small transportation projects at the local level, and will be administered through DOT's Region One office.

"I was ecstatic with the news," Supervisor Sheila Fuller said. "It can't happen soon enough."

The 4,000-foot-long, 5-foot-wide sidewalk from Van Dyke Road to the BIG driveway will accommodate the increasing number of pedestrians making the trek between the high school and the arena since BIG's opening last December.

"The only place for students to walk right now is right on Delaware Avenue, and there are a lot of bikes also," Fuller said.

"Obviously, it's merited in terms of

public safety, particularly for students and young people going to the arena, which, by the way, is a terrific facility," Faso said.

Fuller, who called the new sidewalk "a nice plus for our community, for citizens of all ages," said the town Highway Department would oversee its installation, pending appropriate permits from the state Department of Environmental Conservation.

"We're hopeful it'll be done this summer," Faso said. "There may be some wetlands issues to consider, but they should be fairly minor."

Faso said his involvement in the sidewalk project stemmed from a request from Fuller in a Jan. 25 letter, and personal requests for his

help by Mike Mullen and Tim Thornton, two of the principal partners in developing BIG. Faso said staff members at Gov. George Pataki's office identified the DOT program as a likely candidate to fund the project.

"Basically, I've known about the grant for the past two weeks," Faso said, "but I knew I was attending this event at the arena, and especially because it was at

□ BIG/page 13

I was ecstatic with the news. It can't happen soon enough.

Sheila Fuller

All ears



Casey O'Neill seems mesmerized by a reading of Dr. Seuss stories at Voorheesville Public Library. Jim Franco

BOU gears up for 14th annual auction

By KATHERINE MCCARTHY

If you've been to any one of Bethlehem Opportunities Unlimited's auction over the past 14 years, you know how delicious the desserts are, how interesting the items are and what a great community event it is.

"It's a fun night out," said BOU President Phyllis Hillinger of the auction on Friday, March 24, at 7 p.m. in the BC high school cafeteria. "There's a lively group of people there, and there's real community spirit."

To help make it a family affair, there's the dessert table and an area with children's activities. The auction itself has three components.

The first is a bucket auction, where you sign your name on the back of a numbered ticket, to be drawn from specific buckets for smaller items such as gift certificates, riding lessons or small toys. There's also a silent auction, where bids increase with the stroke of your pencil.

The main entertainment, though, is the live auction, moderated, as always, by retired Clarksville Principal Joe Schaefer and about-to-retire Slingerlands Principal Dave Murphy. Schaefer and Murphy keep up a lively prattle as they auction off the kinds of items money often can't buy.

"We've got two tickets to The Three

Tenors and a gift certificate good to the Pepsi Arena in general," Hillinger said. "You could buy a day on a sailboat on Lake George, water-skiing on Sacandaga Lake, or a whole day with a family at Friends Lake. You could spend a day at the county Legislature, or be principal for a day at one of the schools."

You could go in and spend nothing and not feel uncomfortable. But, you have a tendency to say, 'Oh, that would be nice to have.'

Helen Smith

Helen Smith is a new member of the BOU board, but a longtime auction fan.

"You could go in and spend nothing and not feel uncomfortable," Smith said. "But, you have a tendency to say, 'Oh, that would be nice to have.'"

Last year, Smith's 9-year-old son Stephen bought 30 make-your-own-sundae coupons donated by Stewart's.

"My mother paid for it, but I told her if I won, I would pay for them, and I did," Stephen said.

He shared the wealth in other ways.

"I took mostly my family and other relatives to Stewart's for sundaes," he said. "I'll try to get the coupons again this year." His other favorite part of the auction? The dessert table.

Town board member Doris Davis has offered her time as a gardener for the past seven years, an item that usually sells for close to \$100 during the live auction.

"I provide three flats of annuals, along with some composting materials and spend a morning putting the flowers in," Davis said. "I love to garden, and I get a kick of biking by later in the summer and seeing the garden grow."

"I admire the people who put so much time into BOU, and this is my way of contributing," Davis added. "I think every effort to keep young people busy and involved in different projects in the community is good, as is the networking of parents that BOU provides."

The BOU auction usually raises about \$12,000, which goes back into the community. BOU encourages community groups to approach it for funding and has established a lot of programs during its 14 years. It is probably best known for the parent guides it puts out for the middle school and high school.

"We've made high school parents aware that they need to network," Hillinger said. "We've raised the consciousness to be wary of things that can and do go on. We've given a lot of parents the courage to say 'no.'"

BOU is currently updating the high

□ AUCTION/page 13

Voorheesville captures Grammy

By KATHERINE MCCARTHY

If you think that the Voorheesville high school music program and Carlos Santana have little in common, think again. Both are Grammy winners, and although we don't know Santana's plans, Voorheesville's winter concert on March 15 will celebrate its winning ways.

Clayton A. Bouton Jr./Sr. High School is one of only 100 schools across the country to be named a Grammy Signature School.

"My first surprise came in November, when I found out we were one of the finalists," said district music coordinator Lydia Tobler. "The Grammy Foundation mailed out 18,000 applications. I knew we had a good program, and

□ GRAMMY/page 26

Officers injured in assault arrest

By Joseph A. Phillips

For the second time in a week, Bethlehem police officers were arrested in connection with a domestic incident.

David Ross Lengyel, 42, of 35 Yale Ave., Slingerlands, was arrested on Feb. 26 and charged with two counts of assault, menacing, and obstructing governmental administration after an altercation with police officers seeking to break up a domestic dispute.

According to the police report, the Saturday incident occurred about 10:20 p.m., when Sgt. Robert Berben was attacked as he attempted to calm Lengyel, who witnesses said had earlier attempted to choke another individual and threatened the victim with a knife.

Berben suffered injuries to his

right forearm, knee and neck while struggling with Lengyel. Officer Christopher Hughes suffered a cut finger while attempting to handcuff Lengyel, who also was injured.

Both officers and Lengyel were treated at Albany Medical Center Hospital. Hughes faces additional precautionary treatment as a result of wound-to-wound exposure to Lengyel's blood.

Lengyel was arraigned before Town Justice Theresa Egan and sent to Albany County jail, where he remains, awaiting an appearance in Town Court on March 21.

The incident followed the Feb. 21 arrest of Michael A. Russo, 21, of Delmar, on attempted murder and assault charges, including assault against a police officer, stemming from another domestic incident.

Russo is scheduled to appear in Bethlehem Town Court March 21.

Two additional assault complaints were also filed last week with Bethlehem police.

Jermaine J. Goodwin, 20, of 624 Brandywine Ave., Schenectady, was arrested on a warrant on Feb. 20 and charged with assault for his role in a Jan. 9 altercation at Del Lanes in Elsmere.

He is due in Bethlehem Town Court on March 7.

And, a 21-year-old Schenectady resident formally filed a complaint on Feb. 22 alleging he was attacked at the Days Inn on Route 9W in Glenmont by two men.

A warrant was issued Feb. 23 in Town Court for the arrest of John L. Delaporta, 21, of 1104 Congress St., Schenectady, charged with punching the complainant after a verbal exchange on Feb. 13 at about 1 a.m. in the motel's restroom.

A second individual alleged to be involved in the assault voluntarily made a statement about the incident to Bethlehem police in exchange for any charges against him being dropped.

The complainant suffered a broken nose in the incident.

Bethlehem police report four recent DWI incidents

By Joseph A. Phillips

Four Bethlehem residents face charges of driving while intoxicated (DWI) lodged by police in recent weeks.

The first arrest occurred about 3 p.m. on Friday, Feb. 18, when Bethlehem police received a phone call concerning a vehicle off the road on New Scotland Road in Slingerlands.

Officer Jeffrey Vunck found a car driven by Robert Bruce Ellis, 58, of 11 Orchard St., Delmar, having slid off the road in heavy snow and struck a power pole on the eastbound shoulder of the road near Caldwell Boulevard.

Vunck arrested Ellis and charged him with DWI and speeding.

Albany County paramedics were summoned to the Bethlehem police station to draw a blood sample and to treat Ellis for chest pain. He was later transported to St. Peter's Hospital and released.

Ellis was ordered to appear in Town Court on March 21.

A telephone complaint on Saturday, Feb. 19, from a motorist reporting a vehicle swerving on New Scotland Avenue, led to a second DWI arrest.

According to police, Officer Charles Radloff responded to the call and followed an erratically-driven vehicle southbound on Cherry Avenue and then onto Delaware Avenue, where he stopped the vehicle near Village Drive.

The driver, Michael Goldman,

56, of 195 Winne Road, Delmar, submitted to field sobriety tests but refused other screening.

He was arrested for DWI and also cited for refusing the screening tests, and was ordered to appear in court on March 7.

A Glenmont man was arrested in an incident that occurred at about 1:40 a.m. on Feb. 29.

While on patrol on the Delmar Bypass, Officer James Rexford observed a vehicle turning onto Elsmere Avenue northbound, crossing divider lines in the road and weaving side to side. He followed the vehicle and stopped it at Herber Avenue.

He arrested Robert E. Carpenter Jr., 35, of 29 Amsterdam Ave., Glenmont, after administering field sobriety tests. Carpenter later declined to undergo a breath screening and was ticketed for that refusal and, for DWI and crossing hazard markings.

He was ordered to appear in Town Court March 28.

Another arrest place at about 1:40 a.m. on March 2.

Vunck spotted a vehicle southbound on Van Dyke Road in Delmar, near Route 32, failing to keep right. Following it onto Vadney Road, Vunck stopped the vehicle and administered field tests and a preliminary screening to William John Greer, 52, of 223 Van Dyke Road.

Arrested for failing to keep right and DWI, Greer was ordered to appear in Town Court on March 21.

MAUREEN O'BRIEN
MSW, CSW-R, ACSW

PSYCHOTHERAPY & COUNSELING

Depression ■ Anxiety ■ Life-direction ■ Identity
Trauma ■ Relationships ■ Loss ■ Family
Women's concerns ■ Posttraumatic Stress
ACOA ■ Interpersonal problems

560 DELAWARE AVENUE, ALBANY
(Next to Nicol's Restaurant)
obrienm@global2000.net

(518) 462-0213

**Maybe It's Time
to Seek Professional Help!**

Have you ever run to store trying to match tiny decorating samples, only to get home and find they just won't work?
I'll bring thousands of samples directly to you and save you time and money.
Call me today and make it easy on yourself!

Room Service
INTERIOR DECORATING

By Susan Luria
518-296-8556

DELAWARE PLAZA

Over 30 Shoppes and Restaurants

BANKS

Charter One Bank
Key Bank

FOOD

Brueggers Bagels
Checker's Pizza
Grand Union
Maria's Diner
Pizza Baron
Subway
Yan's Chinese Buffet

CLOTHING

Fashion Bug
Payless Shoes
Priceless Kids
Robert Daniels
Men's Store

SALONS

Choices
Nails Design
Sally's Beauty Supply
Scissor Society

SERVICES

H&R Block
Delmar Travel
OTB
Tutor Time Daycare

MUSIC, VIDEOS, ELECTRONICS

Coconuts
Radio Shack
Video World

SPECIAL

Cellular One
Cigarettes Cheaper
Delaware Plaza Liquor
Dollar Tree
Friar Tuck Bookshop
GNC
KB Toys
Paper Mill Hallmark

*Friendly service and convenience with plenty
of free parking. All just around the corner.*

180 DELAWARE AVE., DELMAR



Some of the items recovered after the burglary at Kay-Bee Toys.

Joseph Phillips

Cops say toy store heist at plaza was inside job

By Joseph A. Phillips

What seemed at first to be a dramatic burglary of Kay-Bee Toy & Hobby Shops in Delaware Plaza last week, turned out to be, allegedly, an inside job.

An assistant manager, two other employees and a companion have been accused of grand larceny and criminal mischief after allegedly helping themselves to more than \$30,000 in electronic game hardware and software — and then apparently trying to cover their tracks by staging a fake burglary in the early morning hours of Monday, Feb. 28.

According to Bethlehem police, investigation of the incident is continuing, and additional charges may be forthcoming.

Assistant manager Philip A. Harden, 20, of 14 Tyler Court, Guilderland; employee Andre E. Peckage, 19, of 25 Fairway Court, Albany; and employee Matthew D. Ervin, 18, and his brother Michael D. Ervin, 20, both of 45 Mapleridge Ave., Albany, were arrested the same day.

They were arraigned before Town Justice Theresa Egan and sent to Albany County jail until each posted \$10,000 bail. They are due in court on March 21.

Bethlehem police Sgt. Joseph Sleurs confirmed that about \$30,000 worth of PlayStation, Nintendo 64 and Dreamcast systems, controllers and game cartridges were recovered when the suspects were arrested.

"We're waiting for Kay-Bee to finish conducting an inventory to see if we have everything that's missing," Sleurs said.

He declined to discuss details of how the suspects were identified.

Bethlehem police investigators believe the merchandise was taken from the store some time after its 5 p.m. closing Sunday night, with the culprits returning later to simulate the break-in. A passing motorist shortly after 7 a.m. reported the smashed front window to police, who immediately opened an investigation.

According to police, security for Consolidated Stores, Kay-Bee's corporate parent, which had been monitoring the store, reported two separate alarms, at about 12:40 a.m. and again an hour later. But they detected no noise in the minutes following either alarm, suggesting that the theft did not occur at either time.

Store manager Matthew Mimura, who said he had joined the store only in early February, could not say how long the three accused workers had been employed or whether there were any previous inside thefts at the store. He declined to discuss other details of the case, referring instead to the corporate home office.

"They deliberately keep me out of the loop, specifically because of the media," he said. "The less I know, the less I can tell."

Efforts to reach Consolidated Stores were unsuccessful.

Board gives proposals tentative OK

By Heather Brockbank

A discussion on athletic funding drew a crowd at the Bethlehem Central school district's budget session on March 1.

Several district coaches, athletes and parents gathered to request funding for a freshman girls' lacrosse team, gymnastics matting at the high school, an assistant bowling coach, portable scoreboard, trophy case and soccer kickboard.

While the board cannot make firm decisions this early in the budget process, some items received tentative approval.

Members of the varsity gymnastics team were happy with the board's tentative approval of funds for new regulation-size, foam floor matting at the high school. The team will use the matting for both practice and competitions.

Barbara Eames, parent of a team member, said students have been injured because of poor equipment.

The board also approved \$5,800 to complete the gymnastics spring floor as a Priority 1 addition.

"We're, at this point, the only suburban district that doesn't have a spring floor," Superintendent Les Loomis said. "I don't think there's a question that the board

thinks we need the floor."

Board President Happy Scherer congratulated the team on its fund-raising efforts. The team raised \$800 toward the floor.

Others at the meeting requested a freshman girls' lacrosse team. The board compromised with a tentative Priority 2 addition of a freshman girls' lacrosse program through extramural leagues. The board also voted to allot \$1,000 for the program's support.

It may consider funding the program within the school at a later date — especially if sufficient interest exists among other schools within the Suburban Council. Approximately seven of the 10 schools are considering a freshman girls' lacrosse team for next year.

John Dalton, vice president of the Bethlehem Central Athletic Association, wants the board to add its own freshman girls' team within the school.

"We do have a freshman boys' team, I think it would be nice if we could also provide the funding for a girls' team," Dalton said.

Among other things, Dalton also asked the board to provide funding for an assistant bowling coach. Currently, no coach is available to instruct the girls' team

while the boys' team is away at competitions. The board tentatively approved an assistant bowling coach along with an ice hockey coach as Priority 2 additions.

It also approved an additional \$3,000 for athletic supplies divided among both Priority 1 and 2 additions. An additional \$1,090 was approved for officials' rate increases as a Priority 1 addition.

Ambulance service at home football games and an assistant athletic director were also discussed at the meeting. The board will vote on these issues at a later date.

The district will have to wait for a trophy case for the high school, soccer kickboard and portable scoreboard for outdoor events. The board postponed voting on these issues until other priorities take shape.

Upcoming budget meetings are scheduled for March 8 and 15 at 8 p.m. On March 8, board members will discuss the K-12 instructional program, equipment and the bus replacement plan. The March 15 meeting will cover K-12 instructional staffing and revenue.

The public is welcome to attend both meetings at the Educational Services Center, 90 Adams Place, Delmar.

Town cites 8-year-old for heroism

By Joseph A. Phillips

Conor Thompson of Elsmere, who had turned 8 two days before, seemed a little unsure just what all the fuss was about.

Along with his mother Karen, a telecommunicator for the Bethlehem Police Department, Conor was on hand at a recent Bethlehem town board meeting as Supervisor Sheila Fuller presented him with a proclamation honoring him for "meritorious service to his family and his community."

He posed briefly for a photo with Fuller, but seemed at a loss for words.

Conor was honored for his life-saving actions on Feb. 1.

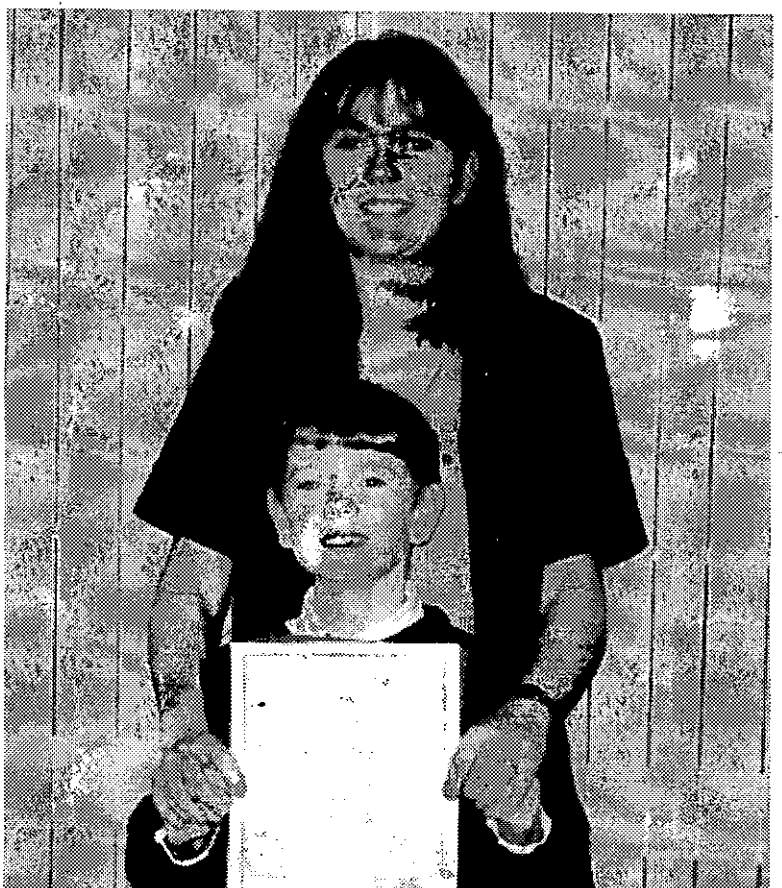
"He hasn't really talked much about it," Karen said. "He thinks he didn't really do anything. Just what was needed."

Thompson had been on sick leave from her job in the police communications unit, battling illness she attributed to the side effects of steroid treatments taken to combat multiple sclerosis.

It turned out later her condition was much more serious, a gall bladder infection. At about 7 a.m. on Feb. 1, she collapsed in toxic shock in the upstairs hallway of her home.

"My body just said enough, I guess," she recalled. "I was lying on the hallway floor, unconscious. I couldn't move, I couldn't call for help."

Her husband Vince, two floors down and tending to their 6-month-old daughter Colleen, was unaware of anything wrong. But Conor, getting ready for school upstairs, "saw that there was a problem," Karen said. "He didn't realize what was going on. He just



Conor Thompson shows off his proclamation for meritorious service to his mother Karen Thompson.

Joseph Phillips

knew I needed help."

Gathering up a pillow and a blanket from his room, Conor made his mom as comfortable as possible — then picked up the phone. He called 911, where one of his mother's colleagues managed to obtain enough information to send help. And he called his grandmother, who also arrived shortly thereafter.

While he waited, Conor returned to the hallway and sat on the floor, holding his mother's hand.

Vince Thompson wasn't even aware anything was wrong until he heard the approaching siren.

"I asked Conor later, didn't you know Daddy was downstairs?" Karen said. "He said 'Mommy, all I saw was you down on the floor, and you needed help.'"

Rushed by Delmar Ambulance to Albany Medical Center Hospital, Thompson was hospitalized for 10 days for treatment. She continues to recuperate at her mother-in-law's house, where she won't be alone during the day.

Her little rescuer, after all, has second grade at Elsmere Elementary School to attend to.

"My husband is so proud of him, and it's all just amazing for me," she said. "We've never drilled Conor or anything. With a little one, it's kind of hard to do that stuff. But he knew 911 is for emergencies, and he knew this was one."

But all the excitement mystified Conor.

"I call him my little hero," says Karen. "But he just kind of smiles at me."

Index

Editorial Pages	6-8
Sports	11-12
Obituaries	14
Weddings	15
Neighborhood News	
Voorheesville	9
Selkirk/South Bethlehem	5
Family Entertainment	
At Your Service	20
Calendar of Events	17-18
Classified	21-24
Crossword	17
Dining Guide	18
Legals	18-19
Real Estate	23

The Spotlight (USPS 396-630) is published each Wednesday by Spotlight LLC, 125 Adams St., Delmar, N.Y. 12054. Periodicals postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$24, two years \$48, elsewhere, one year \$32. Subscriptions are not refundable.

Three cheers for all the things kids can do

By Katherine McCarthy

Sometimes it's easy to believe there are only things our kids can't do, like put their dirty clothes in the hamper, dishes in the sink, jackets anywhere but the floor, toys back where they found them

COMMENTARY:

*Mom's
the
Word*



and Supersoakers in the garage.

I know that one day, they will be able to do things for themselves. After all, they did fulfill the pediatrician's promise that nobody leaves for college without being potty trained, although for a while it looked like my boys were out to disprove that theory.

I try to imagine that when they're away at college, they'll get up, have breakfast and go to class without me prompting them.

I hope that someday they'll

make it to a job on time without my cries of "Hurry, hurry, the bus!"

I worry that the one thing that keeps them from landing the corner office will be their teeth, green because Mom didn't tell them to brush and take their fluoride tablets.

But now and again, the future adult shows himself in the child. There's the first time he insists on bathing completely alone, and actually emerges clean; the first time he comes down for breakfast fully dressed; the first time he figures out whether to press "03" or "04" to watch TV by himself; and the first time Mom or Dad gets up on a weekend morning to find the soupy remains of a self-made breakfast on the table.

Each of these little steps advances us closer to the day when we can open the fridge and not find an empty box of Go-Gurt.

As children get older, some of those firsts leave your heart in your throat. Like the first time you leave an older child home alone when you run to CVS, or the

first time you leave both kids alone while you go to Stewart's for milk.

Last week, Cormac had to be at school early, and Christopher insisted he was old enough to wait alone outside for the bus. It would only be for 10 minutes, he's a fourth-grader, and other neighbors were about to come out of their houses, but as I pulled away in the minivan, I worried.

What if this was the day the man with the hook hand emerged as soon as I was around the corner? What if Christopher forgot his violin or his backpack? What if he climbed up in the treehouse, fell and broke his neck? What if he just decided he wasn't going to go to school that day and hid somewhere?

Of course, he was fine and arrived safely at school. School, where he learns things I've long since forgotten, or never knew — school, where our kids get along just fine without us.

And sometimes, they excel beyond our wildest expectations, which was the case at the Bethlehem school district's or-

chestra festival last week. More than 400 string instrument students sat with their grade level orchestra, all neatly dressed, not a hair out of place, ready to follow the baton of guest conductor Daniel D'Addio.

I worried a little about the fourth-graders playing alone, based on the practice session at our house during the better part of the school year. The dog begs to go out when the music stand comes into the living room, and Cormac immerses himself in the electronic hum of his Game Boy.

I, of course, only perceive the genius in my child's interpretation of the notes on the page, and am sure he's a future Yitzhak Perlman.

It turned out all the fourth-graders are geniuses, able to play lovely renditions of "Peter" and "French Folk Song!" Tears blurred my eyes as I watched my child — and all the children — play so intently. All that hard work!

The fifth-graders showed off their impressive bowing skills, and the sixth-graders got funky with "Que Bonita Bandera."

The seventh- and eighth-grade orchestra got all the music students moving with "Fiddle and Stomp," and a Mahler piece —

which D'Addio said was really too old for them — was incredible. And those cool high schoolers playing "Star Wars: The Phantom Menace" — what a great incentive to the younger students and siblings stretching tired backs in the gym bleachers.

I was hooked, and ready to vote "yes" on every single school budget for the rest of my life, even before district music supervisor Michael Tebbano prepared us for a performance by "the biggest orchestra in the world."

With D'Addio conducting, and each of the district's string teachers subconducting, about 450 kids cooked through music teacher David Beck's arrangement of "The Lord of the Dance," the Shaker hymn linked with Irish dancing.

No need for a dance show, though, as the audience moved feet, hands, heads and upper bodies to the energy of our accomplished children playing in front of us.

"We hear a lot about what's wrong with children today," D'Addio said before the finale. "This is what's right."

Never mind the uncapped toothpaste tube, the milk carton on the counter — look at what our children can do!

Trustco's Retirement Planning Services

Specializing in

- Early Retirement Packages
- Lump Sum Distributions
- IRA Rollovers

Trustco offers

- Superior Investment Performance
- Sound Conservative Investment Management
- Over 1.3 Billion in Assets Managed ... Locally

For more information about our Retirement Planning Services, please call our Investment & Trust Department at

381-3684

**TRUSTCO
BANK®**
Your Home Town Bank

Ohav Sholom Senior Citizen Apartments

One Bedroom and Studio Apartments Available for Immediate Occupancy

115 New Krumkill Road
Albany, New York 12208

- Affordable, attractive apartments available
- Rents starting at \$372, including heat/hot water/electric
- City bus transportation at door
- Scenic park-like setting
- Beautician and store on premises
- Weekly social activities
- A warm and friendly environment
- On-site parking



Equal Housing Opportunity

489-5531

Woman's Health Care Group...

"Where Women Come First"

~ welcomes ~

NICHOLAS KULBIDA, MD, FACOG

Specializing in:

- PREVENTIVE CARE FOR WOMEN • OBSTETRICS • GYNECOLOGY
- ADVANCED LAPAROSCOPIC SURGERY • MENOPAUSE
- INFERTILITY • BREAST CARE
- INCONTINENCE • OSTEOPOROSIS • ULTRASOUND

WELCOMING NEW PATIENTS

3 Convenient Locations • Niskayuna • Colonie • Guilderland

(518) 346-6400

Most Major Insurance Plans Accepted

Parks chief seeking OK for major overhaul

By Joseph A. Phillips

The Bethlehem Parks and Recreation Department is taking steps toward major upgrades of athletic facilities in the town's public parks — and an overhaul of facilities-use policies.

Parks Administrator David Austin will go before the town board tonight seeking authorization to spend \$221,000 in capital reserve funds already earmarked to upgrade the soccer, baseball and softball fields and basketball courts at Elm Avenue Park and the aging tennis courts at Selkirk Park.

Also on the agenda tonight: the first major revision since 1981 of the policy governing use of town facilities by private organizations.

The proposed athletic projects were first discussed by the board at budget workshops last fall. In December, the board transferred \$120,000 in unexpended funds to the recreation reserves specifically for this project, bringing total reserves to just over \$610,000, according to Comptroller Judy Kehoe.

An authorization vote at tonight's meeting would trigger a 30-day permissive referendum on use of the reserves. Barring any public objection, bids could then be sought in early April.

The largest single project in the package is a reconstruction of an area at Elm Avenue Park used primarily for soccer fields.

"The area where the 5-to-7-year-olds play wasn't built initially to accommodate soccer. It's just a grassy area," Austin said. "It needs regrading so water will shed off the fields better after it rains."

Austin said \$72,000 has been tentatively budgeted for this project.

"I would hope to have regrading of the soccer fields begin after the Fourth of July, and be completed by the first or second week of September," he said.

Demand has taken its toll on the basketball courts at the park, which are more than 25 years old, and the tennis courts now incorporated into Selkirk Park, which are pushing 30.

Both projects, which Austin said would likely be bid as a single package, will include complete reconstruction of the playing surfaces, improvements to the sub-surface drainage, and replacing aging equipment with new basketball stanchions, tennis net posts and fencing. The estimated cost: \$131,000.

Work will probably have to wait until late summer to be done on the basketball courts.

"It's so close to the pool complex that I don't want to disrupt

activities at the pool by starting construction during the summer," Austin said. As for the Selkirk tennis courts, "That can be done in August and September. Use drops off when it's hot."

Improvements to the softball and baseball fields at Elm Avenue Park are also included in the proposal. The three of the five fields that currently lack night lighting will be wired, and a lawn irrigation system installed.

Also up for approval is the revised group usage policy for the town's facilities.

"The old policy didn't cover certain situations we have had regarding organizations using the parks as well as town hall meeting rooms," Austin said, particularly with regard to organizations not in the community.

The new policy would remove the technicality that barred outside agencies providing a service or informational event benefitting town residents. For instance, the county Department of Health is scheduled to conduct a rabies clinic for pet owners in June that will now be clearly permitted.

Provisions restricting religious groups to recreational use and barring such groups as well as "fraternal, secret or exclusive" organizations from fund-raising in public facilities, will be removed. Those groups will now be treated like any other nonprofit group.

But large outside organizations will no longer be able to use the park without permit by claiming a Bethlehem resident as a member. And reserving organizations will not be able to transfer their use to someone else. The policy also clarifies due dates for fees, insurance and planning requirements.

Physically Speaking

by Nick Valenze, P.T.



DOES EXERCISE LEAVE YOU IN STITCHES?

A side stitch is an unpredictable pain brought on by running, jumping, and other jostling motions. To find tactics for circumventing the problem, a sports physiologist at the University of Otago had ten stitch-prone men and women drink liquids, then exercise. He found that stitches were most prevalent among those who drank liquids that lingered in the gut, such as soft drinks. Stitches were the result of overburdened ligaments supporting the fluid-filled stomach and intestines. By preventing these inner organs from bouncing around, the exercisers were able to avoid stitches. To avoid stitches, eat and drink sensibly before a workout. If a stitch strikes, breathe deeply to pull more air into the lungs, then exhale through pursed lips.

While a stitch is a relatively minor discomfort, and is not an indication of injury, some of the most serious muscle and ligament damage is a result of ignoring what may be, at first, a low level of pain and stiffness. If you regularly experience muscle aches or spasms, ask your physician for referral to our physical therapy services. For more information, or to schedule a consultation, please use the number listed below. Evening treatment hours and free parking available.

BETHLEHEM PHYSICAL THERAPY

365 Feura Bush Road
Glenmont Centre Square
Ask your physician for a referral, or call
436-3954

to learn more or schedule a consultation.
Wheelchair access and plenty of
free parking for your convenience.
Please E-mail us your questions at
BPT@empireone.net

P.S. Another method for getting rid of
stitches involves bending forward while tight-
ening the stomach muscles, which helps to take
the pressure off the ligaments.

St. Pat's dinner to help Hillside House

Come to an all-you-can-eat St. Patrick's Day dinner to benefit Hillside House on Saturday, March 11, from 4 to 7 p.m. at the Knights of Columbus Hall on Main Street in Ravena.

Dinner will be prepared by Frese Catering.

The menu includes corned beef, cabbage, carrots, potatoes, Irish soda bread and creme de menthe parfait.

A cash bar will be available and will feature special Irish beer.

The meal, which will be served buffet-style, costs \$7.50 for adults at the door (or \$7 with advance reservations) and \$3.25 for children age 5 to 12. Children under 5 will be admitted free.

Proceeds from the event will benefit Hillside House, a nonprofit organization that has served the developmentally disabled for 25 years.

Takeouts will be available, but bring your own containers.

Music In Our Schools concerts slated

RCS students will be performing several concerts in honor of Music in Our Schools Month.

High school students will present a concert on Thursday, March 9, at 7:30 p.m. at the senior high school.

Students in grades five and six will present their concert on Tuesday, March 14, at 7 p.m., also at the senior high school.

And, students in grades seven and eight, will perform on Thursday, March 16, at 7 p.m.

NEWS NOTES

Selkirk South Bethlehem
Linda Marshall
756-3520



Youth soccer group to meet at middle school

The RCS Youth Soccer Association will hold its next meeting on Wednesday, March 15, at 7 p.m. at the middle school.

PTSO to present program on standards

Middle school parents are encouraged to attend the PTSO meeting on Wednesday, March 15, at 7 p.m. in the large group room at the middle school.

Fish fry Fridays on deck at fire company

Selkirk Fire Co. No. 1's auxiliary will dish up Friday fish fries from 4:30 to 7 p.m. on March 10, 24 and April 7 and 21 at the firehouse.

The menu will include fried fish, french fries, cole slaw, beverage and dessert.

The price is \$6 for adults and

\$3 for children under age 12.

Speaker to discuss collecting antiques

The Ravena-Coeymans Historical Society will meet on Thursday, March 9, at 7:30 p.m. in the village office.

The speaker will be Bill Johns from the Coxsackie Antiques Center. He will talk about collecting antiques and recognizing reproductions.

Cheerleading sign up set

Ravena Pop Warner will hold registration for cheerleaders at the Ravena village office on Tuesday, March 14, and Thursday, March 23, from 7 to 8:30 p.m.

Cheerleaders must be between the ages of 5 and 15.

For information, call Sue Sondak at 756-2731.

Game night on tap at Ravena Grange

The Ravena Grange will host a game night on Saturday, March 11, at 7:30 p.m.

Participants are asked to bring their own games and a friend or two. Games will also be available and refreshments will be served.

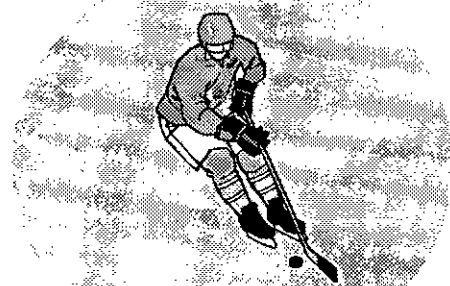
(518) 869-3516

Need Help With New York State Retirement Options?

www.commonssensemoney.com



BETHLEHEM YOUTH HOCKEY REGISTRATION 2000-2001 SEASON



THE B.I.G. ARENA
Thursday March 9 • 7:00-9:00 pm
Sunday March 12 • 1:00-5:00 pm
Wednesday March 15 • 7:00-9:00 pm

Division	Age	Birthdates
Mites	7-8	7/91-6/93
Squirts	9-10	7/89-6/91
Pee Wees	11-12	7/87-6/89
Bantams	13-14	7/85-6/87
Midgets	15-17	7/82-6/85

Bethlehem Youth Hockey operates under the auspices of the Bethlehem Hockey Boosters. This current season saw our program expand from 2 teams and 30 players to 9 teams and over 130 players. With the opening of our home facility, The B.I.G. Arena, we anticipate even greater interest in our program next season. Whether we will be able to satisfy this interest will depend on: (1) the availability of ice; and (2) the involvement of parents and players. Ice is at premium, especially at The B.I.G. Arena which has quickly become the most popular ice facility in the Capital Region. We are contracting now for ice for next season. We need to know as soon as possible how many children wish to play in our program next season.

Further information: 439-3358 or 427-7439

Scharff's Oil

& Trucking Co., Inc.
For Heating Fuels Bulk Diesel Fuel

"Local People
Serving Local People"
Glenmont So. Bethlehem
465-3861 767-9056

Matters of Opinion

Big first step

It may be only a first step, but certainly a giant step for Bethlehem. GOP Assembly Minority Leader John Faso announced at the Chamber Commerce awards dinner last weekend that a \$62,000 state grant would be used to install sidewalks from the high school to the BIG Arena on Delaware Avenue.

This certainly is a win-win situation for everyone — the town, BIG Arena and especially pedestrians who will no longer have to walk or bicycle along the roadway.

Supervisor Sheila Fuller started the ball rolling with a letter to Faso asking for some help for the project and BIG principals Tim Thornton and Mike Mullen went in for the score when they contacted Faso to ask for his help.

Needless to say, everyone was delighted with the outcome. Let's hope this giant step leads to others in areas throughout the town to make it a safer place for all.

Signs of spring

Two upcoming events in Bethlehem are strong indicators that spring is indeed on its way. The first harbinger of spring is also a first for the town. Bethlehem Beautification Committee has announced its Daffodils for 2000 front yard planting contest.

Last fall, the group urged residents and businesses alike to plant bulbs, and now it's time to enter the contest. Forms are available at town hall and are due by the actual first day of spring — March 20.

The second event on Friday, March 24, is the annual BOU auction at the high school cafeteria. The auctions are great fun for the whole family, with creative bidding items and services, along with mountains of mouth-watering, homemade desserts.

The proceeds for BOU's only fund-raiser are used to support a host of worthwhile programs and activities for youth. Show your support by showing up.

It's broke, fix it

Bethlehem Central High School student drivers have been plaguing at least one *Spotlight* letter writer on Long Meadow Drive in Delmar, whose lawn is turning into mush with deep ruts from spinning wheels.

The Noons say that on any given school day up to 18 cars park along the road and onto their lawn. With snow, the road essentially becomes a one-way street, creating a potentially hazardous situation for emergency vehicles.

Frustrated by the Bethlehem Traffic Committee's inability to act because of "procedure," the Noons are at their wit's end.

We hope the town and the safety committee can find a way to iron out this procedural snag.

Editorials

Taking a stand against violence

By Donald Smith

The writer is assistant executive director at St. Catherine's Center for Children in Albany.

Bishop Howard Hubbard recently challenged the people of the Capital District to take time to think about their own beliefs and values relative to violence, respect for others and the rights of all for comprehensive health care.

Simple enough for most of us. We're against violence, for respect, and everyone should get health care. End of discussion. Not quite. Let's consider the question of violence and what it means to take a stand against violence.

Most of us support the notion of resolving conflicts nonviolently. If we have a disagreement in the office or at home with family members, our first thought is not about beating others into adopting our standards or our position. We recognize that others don't see the world exactly like we do, and so we put up with the frustrations of a world with many conflicts and with very few simple answers to resolve those conflicts.

So if we can live this way, why can't others? Why is there so much violence? Why is it that every day we pick up our newspapers or watch the nightly news and become horrified at yet another new incident involving shootings, children being beaten or even killed by those who are charged with loving and protecting them?

In my 26 plus years of working at St. Catherine's Center for Children, I have seen more than my share of the results of violence to children.

One of the tasks which the community asks of St. Catherine's is to care for and educate children who are at high risk. In this case the term high risk refers to children who have experienced violence in their families; sometimes by way of aggression from adults or sometimes the violence has come by way of neglect.

High risk also refers to those



Point of View

children with developmental delays, inability to modulate their emotions, neurological and psychiatric disorders, inability to empathize, inability to learn from mistakes, negative self-image, poor moral development, and inability to attach to other people; especially to care-givers.

It is with these vulnerable children in mind that I raise the question of violence in our society.

The children at St. Catherine's, and other similar children in the community, are not only the victims of violence, they are also the most vulnerable and most impressionable when it comes to choosing violence to solve the many life issues which they face.

As our children grow older, bigger and stronger, the internal and external pressures increase for them to find success and mastery in their world.

Children lacking the intellectual prowess and emotional maturity to assume normative paths for success too often become seduced by the appeal of overpowering those with whom they disagree, or threatening those who look different, or who live different life-styles.

Children raised in families and communities where tolerance, emotional maturity, academic and social achievement are modeled, valued and supported, probably are not at great risk to be seduced by a culture of violence.

It is children who grow up in environments which hold that violence is a viable means to attain a desirable end, who are vulnerable.

It is children who see themselves as incapable of success by way of conventional or socially acceptable means who are most likely to be seduced by the quick fix which violence has to offer.

It is children who have never

learned to postpone gratification who are most likely to steal a desirable item from another person.

It is the child whose self-image is centered around competency in antisocial behaviors who is most likely to be influenced by a "gangsta rap" icon who implores kids to use violence on whoever gets in the way of what they want.

Finally, it is children who lack contact with supportive adults who value them for who they are rather than for what they have, who will be driven to act out violently.

As we consider the environment in which we want to raise our children, it becomes important to think of everyone's children, and not just the children of families that have been blessed with adult support and role models who reflect all that we as a society hold valuable.

The availability of guns, the promulgation of violent movies which honor the toughest and most powerful, the proliferation of video games which prize the player's ability to kill the most people in the shortest amount of time, all may have little or no ill effect on children who have grown up in families that teach and model positive social values.

It's the throw-away children who become victimized a second time when we expose them to wanton violence. It's the children who are failing in school and have learned that their future is bleak, who are being set up to populate the growing prison industry in this country.

This is not a call for mass book burnings or more government censorship of movies or video games.

Rather it is a call for us to examine our purchases, our refusal to take a stand on issues like gun control, and our refusal to see the problems of the most vulnerable in our society as our problems, and the children of those at the margins of society as our children.

Roads should be repaired

Editor, The Spotlight:

I am writing on behalf of my constituents in the town of Bethlehem to express our frustration and growing impatience with the perpetually poor condition of Route 9W and Route 32 on the northern border of our town. Every year, year after year, it's the same thing — patch, skim coat, patch.

Repairs fall apart almost as fast as they're laid down. Can nothing lasting be done?

We understand that the weather is harsh and that there is considerable traffic on these routes, including very heavy truck traffic. These facts alone would seem to justify a substantial remedy to the problem.

If, in fact, the delay in seriously addressing the situation is attributable to long-range plans to rebuild 9W in the vicinity of the Thruway overpass and to even rebuild Route 32 in its entirety, we are asking the state Department of Transportation to share its latest plans and timetables with us so that everyone in our commu-

nity can see where we stand.

Furthermore, with the renewed proposal to shortly build a very large shopping center on 9W — Bethlehem Town Center — on the former Southgate site, it is imperative that residents, school officials and businesses learn DOT's plans for improvements and safety features for vehicular traffic as well as for pedestrians and bikers.

It's a great improvement having the new Normanskill Bridge, and I'm sure that all will agree that the recently proposed three-lane Route 85 bridge in and of itself is a much needed safety and convenience improvement.

But it seems to me that while we are debating the merits of new bypass roadways, we should at least be taking care of our existing infrastructure investment for which we already have a consensus.

Charles Dawson Jr
county legislator
35th District

The Spotlight

Copy Editor — Elizabeth Conniff-Dineen

Editorial Staff — Heather Brockbank, Donna Bell, Nick Kutryb, Linda Marshall, Katherine McCarthy, Kristin McElroy, Jane Norris, Joseph Phillips, Mark Shawhan, Ann Treadway

Special Sections Editor — Elizabeth Byrns

Sports Editor — Noah Feit

Photography — Jim Franco

Advertising Manager — Louise Havens

Advertising Representatives — Corinne Blackman, Ray Emerick, John Salvione, Jaimie

Publisher — Stewart Hancock

Vice President — Richard K. Keene

General Manager — John A. McIntyre Jr.

Executive Editor — Susan Graves

Managing Editor — Dev Tobin

Williams

Production Manager — John Brent

Assistant Production Manager — David Abbott

Production Staff — Marcus Anderson, Allison Person, Jeremy Schoonmaker

Production Intern — Christy McKeighan

Office Manager — Kathryn Olsen

Subscriptions — Gail Harvey

Classifieds — Susan Downey

Office Assistant — Christine Breedon

Legal Advertisements — Liz Bradt

125 Adams St., Delmar 12054

E-mail —

NEWS: spotnews@albany.net

ADVERTISING & CLASSIFIED:

spotads@albany.net

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

OFFICE HOURS:

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

Your Opinion Matters

'Center' in no way community based Fly the flag to show support

Editor, The Spotlight:

Bethlehem Town Center. A retail development with a name that conjures up images of scenic villages like Manchester Center and Chatham Center is being proposed.

Anybody who stands in the way is labeled a NIMBY. It seems so simple.

Among the worst examples of sprawl in our community is the stretch of Route 9W from the Albany city line to the intersection known as Bethlehem Center.

Is another strip mall the poison pill that we must swallow before we turn the corner toward a more livable Glenmont?

This undeveloped parcel presents itself as a challenge to recapture a sense of community in Glenmont.

Why not pave it over to park the cars that will flock to 350,000 square feet of retail space?

An impervious blacktop surface to host 1,800 cars will funnel pollutants into nearby streams.

The automobiles that will carry shoppers to take advantage of the low prices will spew emissions while further congesting Route 9W.

These low prices will lure dollars away from numerous local establishments. Locally owned

businesses recycle wealth within our community. Money spent at a big box chain drains wealth away to a remote corporate headquarters.

We do need to expand our tax base. Did the developer mention that the town of Wilton is borrowing money from its school district to fight a legal battle with Wal-Mart over its property tax assessment?

Perhaps a development that offers housing integrated with civic, retail and professional buildings would create the type of town center that people actually live in.

Some of the most vibrant communities being built in our nation

have abandoned the notion that the automobile is a necessary accessory. These developments increase the tax base while fostering a sense of community.

We need to update our zoning ordinances. The aforementioned mixed-use, pedestrian-friendly town center is probable illegal under current ordinances.

I've often envisioned a project for this corridor that could create a focus for civic activities. The current proposal builds a center in name only.

David J. Bulnes
Glenmont

Editor, The Spotlight:

Last year, a resolution relating to the desecration of the American Flag was passed by the House, and on March 28 the Senate will vote on this measure.

I contacted Albany Mayor Jerry Jennings asking him to issue a proclamation urging city residents to fly the flag for 30 days. This is to support the amendment. I am urging everyone to convey their support for the amendment by contacting the mayor at 434-5100.

The people owe it to the men and women who fought and died for the flag in previous wars.

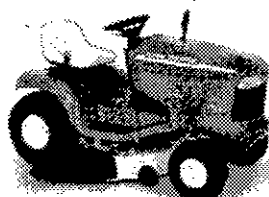
Desecration of the flag is not an expression of free speech. It's despicable conduct.

Patriotism is on a holiday. It's time to get back to work again.

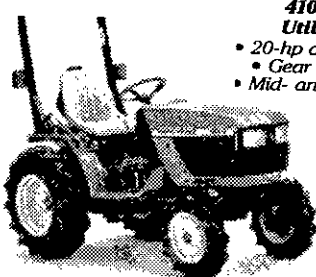
By flying the flag, we can show our support of this amendment. It is up to us to provide this leadership.

Ray Fink
Delmar

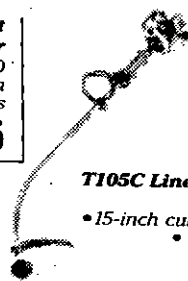
FIND OUT WHY GREEN IS THE OFFICIAL COLOR OF ENVY



LT133 Lawn Tractor
• 13 hp • 38-inch mower deck
• 5-speed shift-on-the-go transmission
\$1,999



4100 Compact Utility Tractor
• 20-hp diesel • 4WD
• Gear transmission
• Mid- and rear-PTOs
\$9,995



T105C Line Trimmer
• 10.5 hp
• 15-inch cutting swath
• 8.4 pounds
\$169.99

Save big money on a variety of John Deere equipment during the Deere Season 2000. Now through July 5 we're offering dollars off our most-coveted models.



NOTHING RUNS LIKE A DEERE

www.deere.com

H.C. OSTERHOUT & SON, INC.



Route 143, West of Ravena • 756-6941
Monday-Friday 8 to 5 • Saturday 8 to Noon



*Manufacturer's suggested price. Taxes, freight, setup, and delivery not included. Savings and prices may vary by dealer. Offers end July 5, 2000. Savings advertised are off of list price.

Grand Opening Celebration

Clifton Park-Halfmoon Branch



Please join us on **March 11, 2000 9am-1pm**

Come for fun, refreshments, give aways and our grand prize drawing for a \$1,500 travel voucher or \$1,000 cash!!

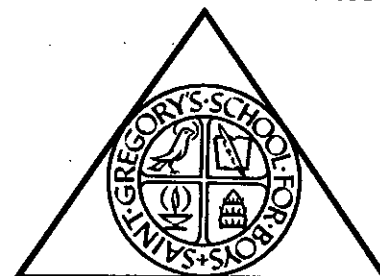
See "Merduin the Magician" from 10am-12pm.
Meet **Jason Morris**, the 1992 Olympic Silver Medalist, from 12pm-1pm, and wish him luck in the upcoming Olympics!

1693 Route 9 • Southeast Corner of Rt. 9 & 146

SAINT GREGORY'S SCHOOL

121 Old Niskayuna Rd., Loudonville

Academic Excellence



Christian Principles

Leadership Skills

Applications welcome and encouraged for all grade levels. Coeducational, Nursery through Kindergarten - Boys, grades 1 through 8.

LOWER SCHOOL

Grades 1 - 4

- Student Teacher Ratio 1:10
- Integrated Language Arts Curriculum
- Hands On Math Program
- Departmentalized Science from gr. 1
- French instruction beginning in PreK
- Preparation for Sacraments
- Art and Music

UPPER SCHOOL

Grades 5 - 8

- Accelerated English
- Regents Math
- Regents Earth Science
- Computer Science
- Religion
- Latin and French
- Interscholastic Sports

For more information and directions, call 785-6621

Directory of TAX SERVICES

ALEXANDER VARGA & Co.

CERTIFIED PUBLIC ACCOUNTANTS

130 Main St., Ravena • 518-756-2324

INCOME TAX RETURNS:

- Individual
- Professional
- Small Business
- Corporation

SMALL & NEW BUSINESS:

- Computer Help
- Management Control Guidance
- Tax Compliance

ESTATE TAX:

- Planning
- Filing

- Business Valuation
- Litigation Support

JACKSON HEWITT® TAX SERVICE

Personal Income Tax Preparation

Call 452-1284

for your nearest office location

Bouchey Financial Group, Ltd.

Wealth Management

Suzanne Kelly-Wytrwal

293 Troy-Schenectady Road Latham, NY 12110

E-mail: sue@bouchey.com

Certified Public Accountant

(518) 782-7373

www.bouchey.com

H&R BLOCK®

Tax Preparation
22 Area Offices
call 456-1566

Convenient hours & locations offering Rapid Refunds and new this year: Refund Rewards.



To advertise Call 439-4940

Gem Talk



with
Mary Vail

A PENCHANT FOR BLUE

Blue sapphire is America's favorite colored gemstone above all others. Fortunately for consumers, blue sapphire is so plentiful in popular dark blue shades as to make it entirely affordable. Midnight blue sapphires, however, are to be avoided because their color is so dark that it prevents the entrance of sufficient light to create sparkle. And, while blue sapphire stands alone in its rich blue color, tanzanite has come to be a popular alternative. Consumers may take advantage of the fact that tanzanite is often confused with blue sapphire. This violet-blue gemstone is not only less expensive than blue sapphire, but it is available in nearly flawless larger sizes of three carats and more.

Got the winter blues? At JOYELLES JEWELERS, we've got the blues, too - blue gemstones, that is - the ones that match a summer sky or the waters that surround a Caribbean island (or even Paul Newman's eyes!). And we would be happy to introduce you to all the different precious and semiprecious gems that Mother Nature, along with our jewelry designers, have to offer. Just take a moment or two from your busy schedule to stop by 318 Delaware Avenue, in the Main Square Shoppes (439-9993). You'll be so glad you did.

Phone • 439-9993

P.S. Sri Lanka produces high-quality blue sapphire.

Matters of Opinion

Property owner wants signs to deter student parking

Editor, The Spotlight:

About two years ago, students from the high school started to park on our street. They evidently could not find a spot in the school lot, and we live a block away from the school.

Initially, it wasn't a problem, two or three cars once in a while. Last October, it started to become a problem with 10 or more cars parked along our property typically six feet onto the lawn. The lawn turned brown and was matted down and there were ruts de-

veloping where some students spun their tires on the grass while pulling out onto the road.

We could not see well backing out of our driveway, due to cars parked on both sides. School buses could not make the turn onto the street if another car was going in the opposite direction. We anticipated even greater problems with the arrival of snow.

At that point, we sent a letter to Lt. Timothy Beebe, Bethlehem's traffic safety officer, requesting some relief, possibly restricting

parking to one or three hours as it is on all the adjacent streets in the development. We also sent a copy to the town supervisor. We promptly received a call from Lt. Beebe, who explained the procedure, and he indicated that we, in fact, did deserve relief. We also received a reply from Mrs. (Sheila) Fuller who also explained the procedure. Then there was some big controversy about a stop sign in another area of town, and everything stopped.

We went through the winter

snowstorms, with the road now effectively an unmarked one-way street because the students had to park on the street because of the snow banks. Drivers had to back up the street now since there was only room for one car on the road. After follow-up calls from us, everything is still on hold until the town gets some procedures in place that satisfy everyone. Maybe we can have special ballots several times a year so we can vote for or against proposed stop signs on the other side of town.

So here we are, the snow is almost gone. The lawn is real wet, and we now have 18 cars parked on it daily. We can only imagine what it will look by the end of the school year. Our point is an unsafe condition has been allowed to exist for longer than necessary and it apparently won't change in the foreseeable future.

The high school has been a

very poor neighbor in this matter by ignoring the parking problem as long as it is not on their property, and we have become an overflow parking lot for the school.

Frank and Donna Noon
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.

PLUSH LAWNS

THE LAST LAWN CARE COMPANY YOU WILL EVER NEED!

"Kick off your shoes and enjoy the grass!"

- Deep Green Color
- Weed Free
- Insect Free
- Hassle Free Service
- Responsive
- Trustworthy

Zoller's Plush Lawns, Inc.

20 Petra Lane, Albany, NY 12205

CALL TODAY FOR A FREE ESTIMATE!

518-456-6700

\$25 OFF New Customers Only With this Ad!

Cannot be used with any other offer

A Smart Choice in Nursing Education

Samaritan and Memorial Hospitals
Schools of Nursing

OPEN HOUSE

for our
Registered Professional Nurse and
Licensed Practical Nurse (Samaritan site only) programs

Monday, March 13 2 to 7 pm
Albany Memorial Hospital, Ground Floor, East Wing
600 Northern Boulevard, Albany

Thursday, March 16 2 to 7 pm
Samaritan Hospital, Room 130, School of Nursing
2215 Burdett Avenue, Troy

Faculty and staff will be available to discuss admission criteria, program planning, educational resources, and financial aid.

Call 271-3285 for information



Albany Memorial Hospital
Samaritan Hospital
Northeast Health

www.NortheastHealth.com

S.A.T. PREPARATION

• Small Group Programs

• Targeted at Specific Needs

• 6 Sessions

• Classes Forming NOW for May Test

 **The Learning Center**

ALBANY
459-8500

Give Your Child The Learning Center Advantage



At Plaza Travel, we've created our own worldwide web — an extensive network of destinations that we have actually visited ourselves. Our well-travelled staff can offer you first-hand knowledge when making your travel plans. And valuable

insights and details that cannot be found at any website. You'll enjoy personalized service providing ideas and information that go beyond mere facts and figures. So relax, and come talk travel with us. Because we know where you're going!

Plaza Travel Center

849 New Loudon Rd., Latham, NY 12110

518-785-3338 • 1-800-666-3404 • plazatvl@albany.net

Board sets meeting on bond proposal Historical association sponsors essay contest

The school board will hold an informational meeting to discuss the building project and bond proposal on Tuesday, March 14, from 7 to 9 p.m. at Clayton A. Bouton Jr./Sr. High School.

The proposed addition to the high school would include 18 classrooms, an auditorium and gymnasium, minor remodeling at the elementary school, purchase of approximately 28 acres of land and construction of a new pool at the high school.

The district will vote on the bond issue on Tuesday, March 28.

Fire department to serve fish fry

New Salem Fire Volunteer Department will serve its annual fish fry starting Friday, March 10, from 4:30 to 7:30 p.m. at the firehouse on Route 85A in New Salem.

The dinners will include fish, french fries, coleslaw, and a beverage. New England clam chowder and dessert will also be available.

The cost for the dinner is \$6 for adults, \$5.50 for seniors and \$3 for children under 12.

Eat-in dining is offered or take-out can be ordered by calling 765-2231.

Dinners will be held every Friday through April 21.

Kindergarten meeting set for March 9

Parents of children entering kindergarten next fall at Voorheesville Elementary School are invited to attend an informational meeting on Thursday, March 9, at 7:30 p.m.

The meeting will answer questions about registration and the screening program, introduce school personnel, distribute and explain forms and sign up children for a screening time on April 4 and 5.

NEWS NOTES

Voorheesville

Jane Norris
439-8532



Children must be 5 years old on or before Dec. 1, to register. To confirm that your child is on the enrollment call JoAnn Donohue at 765-2382, ext. 514.

Class of 2003 to sponsor magic show

The class of 2003 will sponsor a magic show on Friday, March 10, at 7:30 p.m. in the high school auditorium.

The show will be presented by the Society of American Magicians.

The cost for adults is \$7, for students \$6. Children under the age of 4 are free.

Town board to meet

The New Scotland town board meets tonight, March 8, at 7 p.m. at town hall on Route 85 in Slingerlands.

Prior to the regular meeting, the board will hold a press conference to explain the Christmas in April program coming to the New Scotland area on April 29.

Christmas in April is a non-profit community organization that rehabilitates the homes of low-income and disabled people.

In addition to the reports from department heads, the meeting will include a panel discussion on the feasibility of a senior hot line.

The panel will include: Helen Bailey, president of New Scotland Senior Citizens; Mary Mattice, manager of the Feura Bush Apartments; Ann Patnode from Altamont Caregivers and Hilltown Express; and student leader Andrew Tanner.

A representative from Time Warner Cable will also be at the

meeting to answer questions regarding the recent change in services.

School board to meet

The school board will hold its next regular meeting on Monday, March 13, at 7:30 p.m. in the large instructional room at the high school.

Kiwanis slate blood pressure clinic

The Kiwanis Club of New Scotland will sponsor a blood pressure clinic on Tuesday, March 14, from 9 to 11 a.m. and 7 to 9 p.m. at St. Matthew's Church on Mountainview Road.

Dollars for Scholars meets tonight

Dollars for Scholars meets tonight, March 8, at 7 p.m. at Clayton A. Bouton Jr./Sr. High School.

Methodist church to add service

First United Methodist Church of Voorheesville will add a 5 p.m. service beginning Sunday, March 12.

The service will be held in the newly renovated social hall.

Junior high dance planned for March 11

Seventh- and eighth-graders will attend a dance on Saturday, March 11, from 7 to 11 p.m. at the high school.

The dance is sponsored by the seventh-grade class.

Stroke group to meet

The Albany County Post-Stroke Association will meet on Sunday, March 12, at 2 p.m. at Childs Nursing Home in Albany.

Rae Kaplan of Albany County Cooperative Extension will talk about container gardens and gardening for people with disabilities. All people with strokes and their families are welcome.

The town of New Scotland Historical Association is offering the fourth annual E. Dayton Joslin Prize to a seventh-grade student residing in the town of New Scotland for the best essay on town history.

The topic can be on any aspect of town history including people, politics, buildings, parkland, business and recreation.

Resources can be published books and articles as well as unpublished written accounts of town life that might be preserved in old letters or journals.

Contestants are encouraged to take an active role in preserving the town's oral history by interviewing older residents of the town about their memories of the way things used to be and writing down what they find out in essay form.

Contestants are also encouraged to visit the town's cemeteries and research the names on the tombstones.

The essay should be approxi-

mately 500 words. A bibliography must be attached to the essay. The bibliography should not be included in the word count.

The essay and bibliography can be typed or neatly handwritten in pen on lined paper.

The Joslin Prize is \$100, second prize is \$50, and third prize is a copy of *New Scotland Township, a Pictorial History of the Town of New Scotland*, by the New Scotland Historical Association.

Entries must be postmarked no later than May 15 and should be sent to the New Scotland Historical Association, PO Box 541, Voorheesville 12186.

The contest will be judged by Town Historian Robert Parmenter and local author Laura Ten Eyck.

E. Dayton Joslin was a teacher, principal and school board member at the turn of the last century who had a direct influence on historian Arthur Gregg, author of *Old Helleberg*.

Bellevue's 3rd Annual Spring
half-day Forum
"It's All In Your Genes!"
Wednesday, March 29, 2000
8:15 am -
Glen Sanders, M.D., Director - Bellevue Hospital
Keynote Speaker -
Sr. Anne Bryan Smolin
Guest Speakers -
Dorothy D. Murphy, M.D., Director - Bellevue Hospital
A. Lynn, M.D., Director - Bellevue Hospital
220 Troy Road, Hightstown, NJ 08520-4297
For more information, please call (609) 346-9500, x2228

Enclosed is my check in the amount of \$20.00 payable to Bellevue Women's Hospital.
3rd Annual
half-day Forum
"It's All In Your Genes!"
Please send a check(s) payable to Bellevue Women's Hospital and mail to:
Bellevue Women's Hospital
Attn: Public Relations
220 Troy Road, Hightstown, NJ 08520-4297
For more information, please call (609) 346-9500, x2228

\$20.00 per person

Delmar Carpet Care

QUALITY CARPET CLEANING

- WALL TO WALL
- UPHOLSTERY
- ORIENTALS AND AREA RUGS

439-0409

Tim Barrett



VIEWS ON DENTAL HEALTH



Dr. Thomas H. Abele, D.M.D.



Dr. Geoffrey B. Edmunds, D.D.S.

Opting For A Partial Denture

If you have missing teeth that should be replaced and are concerned about cost, you may opt for a partial denture. This is the most economical way to meet the need to protect your natural teeth as well as your appearance. Missing teeth not only cause the adjacent teeth to drift, making them more vulnerable to decay, but they also create gaps in your mouth that may cause cheeks to sag as well as mouth and cheek wrinkles. This is a gradual process, but the sooner you replace missing teeth the better for your appearance and your dental health.

When you opt for a partial denture, the fee is usually based on the whole appliance and not the num-

ber of teeth in it. A partial denture is a removable appliance. You can slip it easily in or out of your mouth. It is made with metal clasps that attach to the nearest and strongest natural teeth on either side. It serves a very important need by filling the gaps caused by missing teeth.

Although the removable partial is used primarily to replace back teeth, it can also be used to replace front ones.

Dr. Thomas H. Abele, D.M.D.
Dr. Geoffrey B. Edmunds, D.D.S.
344 Delaware Avenue
Delmar, N.Y. 12054
(518) 439-4228

Free Groceries!

Just bring us this coupon and open a new checking or savings account, or qualify for a car loan. Easy!

LOCATIONS:

- Albany
- Cohoes 1-787
- Delmar
- Halfmoon
- Latham
- Schaghticoke
- Cohoes
- Clifton Park
- Guilderland
- Lansingburgh
- Loudonville

Inside PRICE CHOPPER:

- Catskill
- Bethlehem
- Glenville
- Rotterdam
- Brunswick
- Colonie
- Queensbury
- Westgate

Inside GRAND UNION:

- Malta
- Niskayuna

Limited time offer! Call us!



TELEBANK HOURS:
Monday thru Friday 7:30 AM - 7:00 PM
Saturday 10:00 AM - 2:00 PM

\$10 FREE GROCERIES!

When you open a new checking or savings account, or qualify for a car loan.

Plus-No Maintenance Fee Checking with Direct Deposit!



Building Financial Security.

Maximum one coupon per family for only one account. May not be combined with other offers. Offer can be withdrawn at anytime. Certain account minimums apply. Limited time offer.



Coming soon: Reserve and renew books from home via computer

The Upper Hudson Library System has announced that patrons will soon be able to reserve and renew books from home and from the library's public access computers via the Internet.



Patrons holding a valid library card will be assigned PIN numbers that allow for this convenient alternative. Library card number plus PIN number accesses the service.

Default PIN numbers are the last four digits of the cardholder's phone number. Patrons have the option to replace this number with one of their own.

Traditional renew and reserve procedures will remain in place. Fines, limits and restrictions will be the same for both procedures.

While online, take a few minutes to explore the EBSCOhost

magazine database.

Articles from more than 3,000 periodicals can be called up and reviewed from the comfort of home or from one of the library's public access computers. Most articles appear in their entirety.

The index is subdivided into various categories, including general interest, health and medicine, U.S. and international newspapers, primary and middle school publications, business and education. *Funk and Wagnall's New World Encyclopedia* is also available from this site.

EBSCOhost is a great resource for homework assignments, travel research, home improvement projects, keeping up with world and national events, or just plain browsing.

Imagine yourself standing in the Barnes & Noble magazine racks. Now imagine yourself sitting down in front of your computer with EBSCO and a cup of espresso. Barnes & Noble won't let you take that espresso out of the café.

To access EBSCOhost, go to the library home page www.uhls.org/bethlehem and click on "magazines and newspapers." Your 14-digit library card number is your key to convenience, currency and variety.

If you need some coaching on periodical searching, stop at the reference desk next time you're in the library. Our staff will be glad to help. Or watch for the next program in our ongoing "Look It Up" series, designed for newcomers to the world of online resources.

Louise Grieco

Teacher wins award

John Piechnik, Bethlehem Central's K-12 social studies supervisor, has received the Outstanding Social Studies Supervisor Award from the New York State Social Studies Supervisory Association.

He will be honored during an awards banquet at The Desmond in Colonie on Friday, March 24.

La Biblioteca Quartet will make its second appearance at the library for an afternoon concert of classical music on Sunday, March 19, at 1:30 p.m.

Under the direction of Ann Marie Barker Schwartz, the quartet will perform selections from



Mozart, Haydn, Dvorak and Bach.

Schwartz is a violinist with the Glimmerglass Opera Orchestra and Little Delaware Chamber Players. She co-founded St. Cecilia Chamber Orchestra and is currently director of the Music Series at Siena College and Schuyler Mansion. She is also on the faculty of Emma Willard School.

Violinist David J. Sariti has played with the Akron Symphony, the Ohio Ballet and the Binghamton Philharmonic.

He has a private studio in the Capital District and is an organist at Emma Willard. He is also an associate at Carey Organ Co. in Troy.

Elizabeth Bonta Moll is a freelance violist with a private

teaching studio in Delmar. She frequently performs with the Hudson Valley Philharmonic and the Berkshire Symphony. She is also personnel manager for the Albany Symphony and plays with Little Delaware Chamber Players.

Cellist Petia Kassarova, a native of Bulgaria, is a member of the Albany Symphony and plays with Capital Chamber Artists. She teaches at Pittsfield Community Music School and Hawthorne Valley School.

Everyone is invited to enjoy this musical afternoon. Refreshments will be provided by the Friends of the Library.

The library Friends will meet on Monday, March 13, at 7 p.m. All are welcome to attend. Help is always needed for projects the group sponsors for the library's benefit.

The Every Other Thursday Night Poets meet on March 9 at 7 p.m. Lifestories memory writing group meets on Saturday, March 11. Newcomers to both groups are always welcome.

The March/April "Bookworm" is in the mail. If you do not receive one at home and would like to be on our mailing list, let us know.

Barbara Vink

PEPSI ARENA

ALBANY NEW YORK

TARGET STARS ON ICE
Coming April 6th!

UPCOMING EVENT

MARCH	
9	Harlem Globetrotters
10	River Rats vs. Worcester
11	Attack vs. Toronto
11	River Rats vs. Hamilton
12	WWF
25-26	NCAA Hockey East Regionals
30	Firebirds Pre-Season game vs. Cobras

APRIL	
2	Attack vs. Philadelphia
6	Target Stars On Ice
15	Attack vs. Buffalo
22	Firebirds vs. New England

Tickets can be purchased at the Pepsi Arena Box Office, All **ticketmaster** outlets, including Armory Center or via Ticketmaster Charge-By-Phone at (518) 476-1000. For Group Discounts (20+) Call 487-2100. For Event Information 487-2000

Albany Firebirds
Season Tickets On Sale Now!

www.pepsiarena.com

KUGLER'S RED BARN
FINE FURNITURE AND GIFTS

Living Room Family Room SALE
Now in Progress

Save up to 45%*
*Manufacturers suggested retail price
*Includes special orders

For a good nights sleep Check out **Kingsdown Mattresses**
Quality Country, Shaker Furniture, Gifts & Accessories
425 Consaul Road • Colonie, N.Y. 12304
Corner of Consaul & Pearse Rd. Opposite Town of Colonie Golf Course

(518) 370-2468
Free Delivery
Wed., Fri., & Sat. 10-5; Tues. & Thurs. 10-9

DEPRESSED?

Depression is a disorder, which can be marked by sadness or hopelessness, loss of energy or pleasure and difficulty concentrating. It may be treatable with proper medication

Signs & Symptoms

- Depressed mood
- Loss of interest
- Feelings of guilt or worthlessness
- Sleep disorders
- Lack of pleasure

- Changes in appetite or weight
- Agitated or slow movement
- Fatigue
- Poor concentration
- Thoughts of death or suicide

If you or someone you know is experiencing some of these symptoms during the same two-week period and is at least 18 years of age, you/they may qualify to participate in a medical research study aimed at alleviating this emotional pain.

Richard F. Holub, M.D., Neurological Associates of Albany, is conducting an 8-week research study on major depression. Eligible candidates will receive limited physical exams, laboratory tests and investigational medication at no cost.

FOR MORE INFORMATION, CALL:
Richard F. Holub, M.D. — Principal Investigator
Neurological Associates of Albany, P.C.
760 Madison Avenue, Albany, NY 12208
518-42-NEURO or 518-426-3876

The TOY CHEST

Help us celebrate our 1st Anniversary!

15% OFF

STORWIDE*
Friday, March 11 — Sunday, March 12

*Excludes Sale Items

Hey Kids

You can win a Gift Certificate to the Toy Chest! Create our anniversary card the best on will receive a \$15 Gift Certificate. One winner will be chosen in each of the following categories: age 5 and under and age 6 to 10. Entries must be received by March 31.

The Toy Chest Price Chopper Plaza
1365 New Scotland Road, Slingerlands 439-3024

Sports

Triumphant Blackbirds continue reign as CC champions

By Noah Feit & T. Hodgkins

At times this season it didn't seem possible. However, when the girls basketball team from Clayton A. Bouton Junior/Senior High School in Voorheesville overcame a 13 point deficit and beat Saratoga (Spa) Catholic 44-39, they captured their fifth consecutive Class CC, Section II title.

With a new head coach and the extended absence (10 games) of star guard **Katelyn Berger** due to a spleen injury, the outlook certainly wasn't brilliant for the Blackbirds. However, **Jonathan McClement's** steady tutelage and guidance allowed the Voorheesville girls to persevere.

When Berger did return to the Blackbirds lineup, she along with twin towers **Liz Riede** (6-foot, 4-inches) and **Andrea Burch** (6-foot, 3-inches) sparked a late season surge that led to a 12-8 record and the No. 1 seed in the Class CC Sectionals.

After a first round bye, the Blackbirds looked very much like defending champions in the quarterfinals, experiencing little difficulty eliminating Catskill from post-season play. In the semifinal game played at Guiderland Central High School on Feb. 29, the Blackbirds looked to face a much more difficult challenge as they locked horns with the up-and-coming Lady Cannoneers of Water-

vliet.

Unfortunately for Watervliet, it picked the wrong evening to challenge the Voorheesville cagers, as Riede, the team's senior center had a career best game, leading her team to a 45-21 victory.

Exploding for 17 points, 10 rebounds and three blocks, Riede propelled her teammates to fast 10-3 start, that the Blackbirds expanded to a 22-5 lead by the end of the first period.

"We were expecting Watervliet to come out hard, but we stepped up tonight," McClement said. "We executed, played hard and maintained our intensity. And Riede had an offensive explosion that was due to her hard work and obvious physical advantage."

In the first half, Riede was scintillating. Doing the majority of her damage in the decisive first quarter, Riede was simply too big for the undersized Lady Cannoneers

to cope with. In addition to her offensive exploits, Riede was a vital component in the Blackbirds defensive demolition of Watervliet.

Applying solid coverage and occasional full court traps, the Blackbirds had the Lady Cannoneers turning the ball over at a high rate. When Watervliet did run its set offense and its players were able to drive past their primary defenders, both Riede and Burch, a sophomore, rotated perfectly to cut down shooting angles, leading to wild heaves and rejections.

If it were a boxing match, the game would have been called on a technicality as the Blackbirds ended the first half ahead by 20 points, nearly as many as Watervliet would score in the entire contest. Lost in the shuffle of staunch defense and Riede's domination was a strong game turned in by Berger. The savvy guard ran

the Blackbirds offense with the precision of a surgeon, pushing the ball down the floor at full speed in transition when the offense was stagnant and slowing things down an running set plays when things got too chaotic. By the end of the evening, the eventual Class CC Most Valuable Player scored 16 points, dished out six assists, picked off four steals, hauled down three boards and even blocked a shot.

"The key to the game was our good start," Berger said. "We got our post players the ball, got a lead and kept the lead by moving the ball and playing hard, great defense."

In the finals played at Hudson Valley Community College on March 3, the Blackbirds captured their sixth straight Section II championship, with a 44-39 victory over the Saints of Saratoga Catholic High School. The Saints came out with force in the first period, limiting the defending champs to only two baskets, establishing a 14-4 advantage.

"We came out tentative, playing on egg shells and missing lay-ups but we tightened up" McClement recalled.

The Saratoga girls effectively used their full court press to force turnovers from the young Black-

□ BLACKBIRDS/page 12

VADNEY'S UNDERGROUND PLUMBING

Septic Tanks Cleaned and Installed
Septic System Inspections

SEWERS WATER SERVICES

Drain Fields Installed and Repaired

SEWER ROOTER SERVICE

All types Backhoe work
439-2645

END WATER PROBLEMS FOR GOOD!

Now is the Time to Rent or Buy a Culligan Water Conditioner!

\$100 Gift Certificate*
at amazon.com
with the purchase of a Culligan Water Treatment System
Call for details.

Rent a **Culligan** Drinking Water System
For **\$10** a month*
Call for details.

Call and Say ... **HEY CULLIGAN MAN!**



465-3884

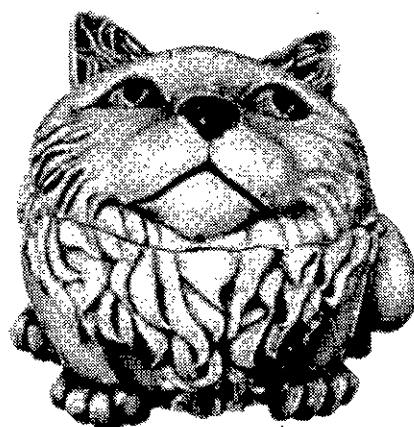
Offers end March 31, 2000

The Only Culligan Serving The Hudson Valley Since 1949

465-3884

* NORMAL INSTALLATION ONLY. CREDIT QUALIFIED CUSTOMERS.
* Since Culligan Dealers are independently owned & operated, offers and participation may vary.
NOT TO BE COMBINED WITH ANY OTHER OFFER

HARMONY KINGDOM



Fat Cat Meow Tour

Signing Event and Book Tour!

**Friday
March 10, 2000
5:00-8:00 PM**

Exclusive special event piece:
**Fat Cat's Meow
Only \$35.00**

One piece per customer, must be present to purchase event piece.

Come meet **Prince Brian** of the Royal Watch and **Leanna Barron**, author of *Harmony Kingdom Reference Guide*.

Grandma's Country Corners

Open Monday-Saturday 9 A.M.-9 P.M., Sunday 10 A.M.-5 P.M.
1275 Central Avenue • Colonie • 459-1209
Visit our web site at <http://www.GrandmasCC.com>

St. Peter's Cancer Care Center Presents



Cancer Care In Focus

We're here for you...free and open to the public, *Cancer Care In Focus* is a continuing series of informational presentations devoted to cancer issues. Patients, family and friends are all invited to attend. It's all part of the St. Peter's Community Education Series - providing health-related answers and support for the people of the Capital Region.

This Month's Featured Lecture

Good Nutrition To Minimize Cancer Risks
March 16, 7:00-9:00 p.m.
Judith Siler, MS, RD, CDE
Dee DeLollo, RN, OCN
An informal discussion that will examine the question: Are the foods you eat putting you at risk for certain cancers?

April 13 7:00-9:00 p.m.	Why Am I So Tired?: Fatigue Symptoms And Management	Julie Huss, RN, MS, OCN
April 20 7:00-9:00 p.m.	Pain Management: Examining The Special Needs Of Cancer Patients	Sanjay Chaudhry, MD Peggy Cassidy, RN, MS
May 30 7:00-9:00 p.m.	Demystifying Melanoma: The Truths About Skin Cancers	TBD

All lectures are held in the Mercy Conference Rooms. Please reserve your space prior to each presentation. Free parking in Cancer Care lot. Handicapped accessible. For more information or to register, please call the Cancer Care Hotline at 518-525-1547.



St. Peter's Cancer Care Center
SPONSORED BY MERCYCARE



IS YOUR MOWER READY FOR SPRING?

Pre-season walk behind mower service special

**2 CYCLE MOWER SPECIAL
\$5300**

1. Replace spark plug
2. Test ignition system
3. Test engine compression
4. Sharpen blade
5. Clean exhaust ports
6. Service air filter
7. Check and lube all controls
8. Adjust carburetor
9. Test run mower
10. Clean mower
11. Check, lube and adjust drive system (self propelled mowers)

**4 CYCLE MOWER SPECIAL
\$5500**

1. Replace spark plug
2. Test ignition system
3. Test engine compression
4. Sharpen blade
5. Change oil
6. Service air filter
7. Check and lube all controls
8. Adjust carburetor
9. Test run mower
10. Clean mower
11. Check, lube and adjust drive system (self propelled mowers)

We will call you if additional repairs are needed
Additional parts and labor are extra
Pick-up and delivery available at additional charges
LAST CHANCE Offer Ends 3/31/00

WEISHEIT ENGINE WORKS INC.

LOCAL
PICK-UP & DELIVERY
767-2380



Mon.-Fri. 8:30-6:00
Sat. 8:30-5:00
WEISHEIT ROAD,
GLENMONT, N.Y.

Blackbirds

(From Page 11)

bird team. Riede was unable to duplicate her outstanding offensive effort from the semifinals scoring just three points, however, she was a defensive whiz, pulling down 11 rebounds and blocking seven shots.

Although the Blackbirds were down by 10 points in the beginning of the second period they were able to close the gap to three by the end of the quarter by pulling together and sinking some clutch shots.

Berger, got the Blackbirds fired up when she completed a conventional three-point play. By driving inside, Berger was able to score before being fouled and hitting a subsequent free throw.

Another key to the Blackbirds revitalized attack was better ball movement. Good rotation led to clear shots for the Voorheesville girls, including Brittany

Burnham, who sank a few outside shots before she finished with 10 points.

The third quarter was the most competitive as both teams exchanged baskets and the lead. Blackbird junior **Kassy Schultz** scored all four of her points in the first few minutes of the second stanza.

One basket came off a fast break which arose after Saratoga was unable to contain the Blackbirds in a full court press and the other was a base line jumper that gave her team the lead at 4:35, for the first time in the game.

The Saints did not relinquish the lead for long, coming back behind eighth grade phenom **Francesca Payne**, who led all scorers with 12 points. The game continued to go back-and-forth before the Blackbirds assumed control in the closing moments of the third.

Junior **Blair Klopfer** came alive in the last few minutes of the third, hitting three smooth jump-

ers that sent the ball on an arc that only hit net and Burnham kept the Saints at bay by hitting a three right before the buzzer.

Thanks to good defense, including a steal from Riede and the continuing fire from Klopfer who scored all of her team high 11 points in the second half, the Blackbirds persevered for the victory.

Besides having a phenomenal second half, Klopfer was selected as a member on the all tournament team along with Berger.

"We all worked hard it (her MVP award) could have gone to anyone of us," Berger said.

The Blackbirds did not have long to savor their win, returning to the hardwood to face a tough Greenwich team on March 7, in the Class CC vs. Class C showdown played at Adirondack Community College in Queensbury.

The winner of the battle of the C's advanced to the state tournament, where they will be the representatives of Section II.

BYTF schedules track registrations

An additional registration session for the Bethlehem Youth Track & Field (BYTF) Club 2000 season will be held at Bethlehem Town Hall auditorium from 7 to 9 p.m. on Friday, March 10, in Room 106.

Registration is open to boys and girls of all abilities, born in 1993 or earlier. The fee is \$22,

which includes membership in USATF. BYTF Club singlets will be available for \$10.

Practices will begin on Sundays in April at the Bethlehem Central High School Track. The season runs from April through June.

For information, call **John Traylor** at 475-9561.

BCMS teachers to battle Fly 92

In the spirit of March madness, the Bethlehem Central Middle School staff will take on the crew from Fly 92 (WFLY 92.3) in a basketball challenge.

The game of area all-stars held at the Upper Gymnasium at BCMS from 7 to 8:30 p.m. on Thursday,

March 9, will be benefiting Bethlehem Opportunities Unlimited, an organization which supports the school.


Admission to the teacher/disc jockey shootout is \$2 and refreshments will be sold at an additional charge.

Voorheesville's Olson jumps for joy

Daniel Olson of Voorheesville, a junior at Albany Academy, won the high jump at the New York State Indoor Track and Field Championships on March 4, at the Carrier Dome in Syracuse.

Olson cleared a 6-foot 8-inch jump, his best indoor mark this


year, to defeat 25 other competitors from around the state. Olson was the only boys individual winner from Section II. He will be competing at the Nike and New Balance National Indoor Championships this weekend in New York City and Indianapolis.




RAT PACK FAMILY GAMES

Friday, Mar. 10, Pepsi Arena, 7:30pm
River Rats host the Worcester Icecats

4 tickets for \$32 (2 Adult & 2 Youth)
SAVE \$8 Call for Info
487-2244 www.albanyriverrats.com





Bethlehem Central Lab School is sponsoring a
BROOKS' CHICKEN BAR-B-QUE
on SATURDAY, MARCH 11, 2000
from 4 p.m. to 6:30 p.m.
at the Bethlehem High School Cafeteria, 700 Delaware Ave., Delmar.



Dinners include one half chicken (children's dinner one quarter chicken, baked potato, coleslaw, roll and butter, dessert and beverage.
 Both take-out and eat-in service are available. Ticket prices are Adult - \$8.00; Children - \$6.50; Chicken only - \$5.00; Vegetarian option (eat in only) \$8.00.

Tickets available from any Lab School student or by calling **439-3850**
 Proceeds from the dinner will benefit the Lab School Program Scholarship Fund.

146 Delaware Ave. Delmar **1358 New Scotland Ave. Slingerlands**

MARCH SPECIALS

Coors 18 Pack \$9.49
Genny 12 Pack \$2.99
 (with rebate)

2% Half Gallon \$1.09
Pepsi 12 Packs 2/\$5.00

Cigarette Specials

	Packs	5 Packs
Salem	\$3.32	\$16.56
Marlboro	\$3.22	\$16.06
Winston	\$3.32	\$16.56
Camel	\$3.32	\$16.56
Basic	\$3.02	
Doral	\$2.92	

Delmar Dolphins

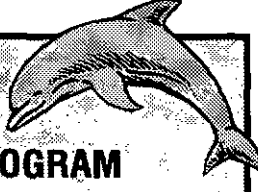
COMPETITIVE SWIM PROGRAM

Entry level
competitive program
for ages 6-11

April 3-14
 Mon., Wed., Fri. — 6-7 pm
 \$40 fee

- Stroke Development
- Learn Competitive Skills

Call Doug Gross 664-0801 for registration info.





The Lawn Fertilization Specialists
 Over 25 Years Experience

Blue Spruce Lawns

"Where treatment of the customer is equally important as treatment of your lawn."

- Fertilization, Weed & Crabgrass Control
- Aeration
- Grub Prevention
- Free Estimates & Evaluation

Locally Owned and Operated

Call: **218-YARD**
 218-9273
 COLONIE, NY

* \$10 OFF ANNUAL 5 STEP PROGRAM WHEN PRESENTING THIS ADVERTISEMENT
 * NOT VALID WITH ANY OTHER OFFER

BIG

(From Page 1)

the BIG Arena, I thought it was a good time and place for the announcement."

The news brought Mullen to tears.

"I think they kept it a secret from me. It was definitely a surprise," he said. "John Faso has been a big proponent of this facility. He was here for the groundbreaking ceremonies and he's been very supportive of what we've been trying to accomplish throughout the process."

Mullen said he hoped the sidewalk would be in place before the start of the facility's peak season next September.

"Probably the thing I was looking forward to most was a safe way for kids to get here without walking on Delaware Avenue," he said. "It's been a real concern."

"Mike Mullen made the BIG Arena come from dream to reality," Fuller said. "The frosting on the cake is to provide for pedestrian safety for those using this facility. BIG is more than an ice skating rink — it's a community building that's being well used by our citizens."

Scout craft fair set

Girl Scout Troops in Slingerlands and Clarksville will hold a craft fair on Saturday, April 1, from 10 a.m. to 4 p.m. at Delmar Presbyterian Church.

It will feature craft booths, a bake sale, bucket auction, used book sale and games.

Auction

(From Page 1)

school parent guide, "Don't You Trust Me?"

The group works hard to get to those kids who might end up left out, academically or socially.

"We try to remember that not all kids are wearing clothes from J. Crew, or have access to a car, or come from a two-parent home," Smith said. "There are kids who are hurting and who need help making choices about their future."

BOU just completed a pilot program at Bethlehem Public Library, in which it paid a teacher to help middle school students with schoolwork four days a week.

The group also helps pay for peer mediation training for middle-schoolers, allowing conflicts between students to be solved by peers rather than adults.

And, it has contributed to the alcohol-free high school graduation celebration and Feestelijk, as well as erecting new playground signs at district schools.

Hillinger said the BOU auction wouldn't be possible without the support of the community, from merchants who contribute goods to individuals who offer their time and special talents. This, Hillinger said, is what keeps the BOU board working, and is sure to guarantee a 15th BOU auction next year.

"The support from the community inspires the BOU board," Hillinger said.

Students gear up for Odyssey event

For the past several years, Bethlehem students have had the opportunity to fly to other galaxies, build robots, explore the past and future, develop different types of vehicles, adapt a Shakespeare play, sing, dance, act and expand the boundaries of time and space.

All of this has been accomplished through their districtwide participation in a program called Odyssey of the Mind.

Odyssey, which is regionally sponsored by Capital Region BOCES, helps to develop creativity, problem solving, teamwork, and as the students would attest, "is just a whole lot of fun."

Each year, students in grades three through 12 can choose one of five long-term problems with an impressive range. Usually, they include building a vehicle, creating (and often destroying) a balsawood structure, developing any number of creative inventions or rewriting a classic play. In addition, a primary problem for children in kindergarten to second-grade is offered.

Students are placed on teams that must solve the long-range problem, as well as create a skit that highlights their solution.

Extremely strict guidelines for both the solution of the problems and presentation of the skit are spelled out by the national Odyssey board.

In addition, for grades three and up, there is a spontaneous competition, where students are presented with a verbal or structural problem on competition day,

and must solve the problem as a team.

Registration costs for the program are shared by the district, schools and occasionally teams. As the Odyssey program continues to grow, it looks forward to increased support on all levels.

For a fledgling program, Bethlehem Odyssey has done well, with several teams taking

first place at the regional level and progressing on to the statewide competition. Many Bethlehem teams have also placed second or third in their respective divisions.

The Odyssey competitors from Bethlehem invite supporters to come to the Ravena-Coeymans-Selkirk Senior High School campus on Route 9W on March 11 to cheer on the teams.

Tell your doctor where to go.

You do have a choice for your MRI, CT Scan, Ultrasound and general X-Ray. Albany Advanced Imaging, the leading radiology physician's office in the Capital District, is a world-class GE Medical Systems preferred site. Using new, open-field technology, we provide prompt, definitive results so your doctor can make the right diagnosis. Your care is your decision too. Tell your doctor you want Albany Advanced Imaging's board certified radiologists and specialists in neuroradiology.



ALBANY ADVANCED IMAGING

Diagnostic imaging for physicians by physicians.™

3 Atrium Drive
Executive Woods Office Park, Albany, NY 12205
518 438 0600
MRI • CT • Ultrasound • X-ray • Neuroradiology

PROGRESSIVE HEALTH & FITNESS

"Get Up & Go!"

Win a free mountain bike, roller blades, athletic shoes, or other great prizes when you enroll during the month of March and take the Fitness Challenge! It's the beginning of a whole new you!

Start today with a free trial membership!

18 DRYWALL LANE, VOORHEESVILLE 765-4000

Special on WMHT CHANNEL 17

Steely Dan: in the Spotlight
Wednesday, 9 p.m.

WMHT Plays Favorites
Thursday, 7:30 p.m.

The Irish Tenors: Live in Belfast
Friday, 8 p.m.

Salute to British Comedy
on American Television
Saturday, 8 p.m.

Frontline — From Jesus to Christ:
The First Christians
Sunday, 9 p.m.

Four Tops in Concert
Monday, 7:30 p.m.

Italian Passion for Life
Tuesday, 8 p.m.

Owens-Corning Fiberglas Corporation
supports public television
for a better community

Owens-Corning is Fiberglas



Youth Network

A BETHLEHEM NETWORKS PROJECT

Register now for high school Parent Survival Course

On Wednesday, March 15, at 7 p.m. parents of high school juniors and seniors (parents of sophomores are also welcome) will meet to discuss important issues related to raising teen-agers.

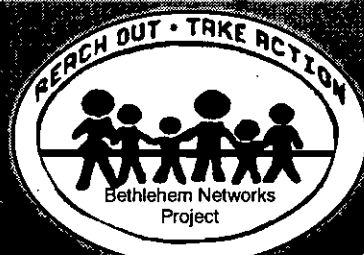
On Feb. 7, approximately 30 parents attended our first Parent Survival Course and in response to positive feedback from these parents, we have scheduled another meeting.

Specific topics discussed at our last meeting included unchaperoned parties, late-night driving, controlling the Internet and trips to Myrtle Beach.

We encourage all parents to attend.

Come share your views and receive support from parents who have been there, done that, and survived.

To register, call Bethlehem Networks at 439-7740.



Column sponsored by

GE Healthcare



and

STORON

Corporate neighbors committed to serving the community

Obituaries

Raymond Butterworth

Raymond A. Butterworth, 80, of Feura Bush died Saturday, March 4, at St. Peter's Hospital in Albany.

Mr. Butterworth was a truck driver for Dorn's Trucking for 38 years, retiring in 1981.

He was a Marine Corps veteran.

He was a member of the Teamsters and Bethlehem Elks.

Survivors include his wife, Madeline Butterworth; four sons, Raymond S. Butterworth of Middlegrove, Douglas E. McKie of Guilderland, Thomas E. McKie of Feura Bush, and James E. Butterworth of Altamont; a daughter, Patricia Butterworth of Fredonia; a brother, Edward Butterworth of Fredonia; a sister, Betty Leonard of New Jersey; 12 grandchildren; and four great-grandchildren.

Services were from the Applebee Funeral Home in Delmar.

Contributions may be made to the Onesquethaw Rescue Squad, Clarksville 12186.

Alvin E. Lange

Alvin E. Lange, 84, of Huckleberry Lane in Albany and formerly of Clarksville, died Wednesday, March 1, at Albany Medical Center Hospital.

Born in Albany, he was a graduate of Albany College of Pharmacy.

Mr. Lange worked with his father at Lange's Apothecary in Albany before moving to Clarksville. He worked for the state Department of Taxation & Finance after he retired.

Mr. Lange was a surgical technician in the Army during World War II.

He was a former member of First Church of Albany, Clarksville Community Church and Pine Grove Methodist Church, serving on all three church consistories. He was a longtime member of Onesquethaw Volunteer Fire Dept. and its rescue squad.

He was the husband of the late Therese Urbano Lange.

Survivors include a daughter, Caroline Horton; three sons, Ed Lange, Robert Lange and Douglas Lange; a brother, the Rev. Canon William Lange; five grandchildren; and two great-grandchildren.

Mr. Lange donated his remains to Albany Medical College.

A memorial service is scheduled for Saturday, March 11, at 1 p.m. at Pine Grove Methodist Church, 1580 Central Ave., Colonie.

Contributions may be made to Colonie EMS, 312 Wolf Road, Latham 12210.

Harold T. Mason

Harold Theodore Mason, 83, of Sinclair Road in Edinburg and formerly of Delmar, died Wednesday, March 1, at Nathan Littauer Hospital in Gloversville.

He was a graduate of Newfane High School and Rochester Business Institute.

He was an Army veteran of World War II, serving in the 78th Division.

He served on the Water Commission in Batavia and worked for Genesee Finance Co. and Daehler Die Co.

He moved to Delmar when he was appointed secretary of the state Finance Office. He worked in that position for 20 years before he retired. He also served one year as deputy commissioner of the former state Conservation Department.

He was a deacon and elder of Delmar Reformed Church.

Mr. Mason was a 50-year member of the Batavia Masons and a 50-year member of the American Legion, serving as Post and county commander, and Eighth District adjutant.

Survivors include his wife, Florence Herrick Mason; five daughters, Sheila Mason Truscott of Andover, Gail Cook of Sloansville, Darlene Dowse and Melissa Haas, both of Delmar, and Terri Garand of Lancaster, N.H.; 16 grandchildren; and five great-grandchildren.

Services were from Delmar Reformed Church.

Arrangements were by the Northville Funeral Service in Northville.

Contributions may be made to the American Cancer Society.

Pasquale Cifarelli

Pasquale A. Cifarelli, 72, of Delmar died Tuesday, Feb. 29, at Albany Medical Center Hospital.

Mr. Cifarelli worked for the Stratton Veterans Administration Medical Center for 35 years. He retired as supervisor of the pulmonary function lab. He also worked for Bethlehem Public Library.

He was an Army veteran. He was a member of the

Nathaniel Adams Blanchard American Legion Post and the National Association of Retired Federal Employees.

Survivors include his wife, Elizabeth Lemchak Cifarelli; a son, Mark A. Cifarelli of Niskayuna; a sister, Colette Girard of Fort Lauderdale, Fla.; and a brother, Joseph Cifarelli of New Hartford.

Services were from St. Nicholas Russian Orthodox Church in Cohoes.

Arrangements were by the Applebee Funeral Home in Delmar.

Burial was in St. Nicholas Cemetery.

David Sinnamon

David L. Sinnamon, 67, of Guilderland Center and formerly of Delmar, died Tuesday, Feb. 22, at Guilderland Center Nursing Home.

Mr. Sinnamon worked for Freihofer's Bakery for many years and was a park ranger for Texas Parks & Wildlife.

He served in the Naval Reserve and was a member of the Nathaniel Adams Blanchard American Legion Post.

Survivors include three daughters, Stephanie Sinnamon-Andreas of Troy, Deborah Sinnamon-Maiello of Guilderland and Yvonne Sinnamon-Sullivan of Saratoga Springs; a sister, Lillian Blanchard of Delmar; and three grandchildren.

Mr. Sinnamon donated his body to Albany Medical Center Anatomical Gift Program. Services were from St. Clement's Church in Saratoga Springs.

Contributions may be made to the American Lung Association, 8 Mountain View Ave., Colonie 12205.

Thomas J. Thorp

Thomas J. Thorp Sr., 69, of Glenmont died Saturday, Feb. 12, at Naples Community Hospital in Florida.

Born in Rockville Centre, Nassau County, he moved to Glenmont in 1974.

Mr. Thorp was an Army veteran of the Korean War.

He worked for the state Department of Health for more than 25 years before he retired.

He was a communicant of the Church of St. Thomas the Apostle in Delmar. Mr. Thorp coordinated the Bishop's Appeal for the parish and was an active member of the Stewardship Committee.

Survivors include his wife, Jane Mahoney Thorp; two sons, Thomas Thorp Jr. of Albany and James F. Thorp of New York City; a sister, Winifred Knobloch of East Marion; and a grandson.

Services were from the Church of St. Thomas the Apostle.

Burial was in Holy Rood Cemetery in Westbury.

Contributions may be made to the Church of St. Thomas the Apostle Memorial Fund, 35 Adams Place, Delmar 12054.

June Hand

June Hand, 69, of Delmar died Friday, March 3, at Albany Medical Center Hospital.

Mrs. Hand was a teacher in Albany public schools for more than 35 years.

Survivors include a daughter, Kathlene Hand of Maryland; a son, Richard B. Hand III of Delmar; a sister, Shirley Sinsabaugh of Delmar; and two grandsons.

Arrangements were by the Applebee Funeral Home in Delmar.

Burial was in Calvary Cemetery in Glenmont.



Wine Lines

by Steve



RECIPE FOR SUCCESS

Chefs recommend using wines of better quality for cooking. Cooking sherry and other so-called cooking wines should be avoided. When a recipe calls for a dry white wine, try a domestic Sauvignon Blanc, which is dry and fresh with a hint of herbs. If the dish has bold or spicy flavors, reach for Gewurztraminer, Riesling, or Voignier. On the other hand, when a dry red wine is called for, lean towards a big-bodied red Zinfandel or Petit Syrah for long-cooked casseroles and stews. For less hearty dishes, try a Merlot or a Chianti (Sangiovese grape) from Italy. Then again, some wines simply match certain foods flavor for flavor, like Pinot Noir and sautéed mushrooms.

At DELMAR WINE AND LIQUOR you'll be sure to find a wide selection of red, white, and blush wines to complement that special meal, and to cook with. We'll be happy to guide you in the purchase of wine for a gift or for your own use. We specialize in imported wines and liquors, as well as domestic wines and spirits here at 340 Delaware Ave. We also carry many great gift items. Come in and look us over. Call us at 439-1725.

HINT: Port, sherry, Madeira, and marsala are all fortified wines that impart a great deal of flavor to dishes that call for cooking wine.



• FREE DELIVERY • SEALY & SERTA BEDDING ON SALE



Pattersonville

Our 64th Year

FURNITURE STORE

Rt. 5S, Pattersonville (Between Schenectady & Amsterdam)
Open Daily 10 to 5 • Thurs. & Fri. til 9 • Closed Sunday • 887-2741

HARDEN

Gallerie

Sale

Will you be ready to...
show off your body?

introducing easy, quick and convenient procedures to eliminate:

spider veins
unwanted hair (facial & body)
sun/age spots
birthmarks

women & men welcome

CALL TODAY and see how
Cosmetic Laser Surgery of Albany
can reveal a more beautiful you.
439-1383

Cosmetic Laser Surgery

of Albany
PRICE CHOPPER PLAZA • 1345 NEW SOUTHWICK RD. SUGAR HILL, NY



Read between the signs



Sharon Sells A House
Every 2.9 Days...
Your Home Can Be Next!!
Sharon Hoorwitz
"Sharin' In Your Dreams"
(518) 448-6188
(518) 370-1166
Specializing in You!
www.sharonhoorwitz.com
e-mail • hoorwitz@capital.net



URSULA

Company Store

50% Off Plus an Additional
25% Off On Select Fashions

Tues., March 7th thru
Fri., March 31st

Not valid w/other offers, coupons or prior purchases.

31 Mohawk Avenue, Waterford, NY • 237-6320
Take 787N to the end, right on Rt. 32 for 1 mile, right at Ursula of Switzerland
Garrett Field sign, pass ball park, left onto Mohawk Avenue

Hours: Tues. - Fri. 11-6; Sat 9-2

Bon Appetit!

Bon Appetit! - Bon Appetit! - Bon Appetit! - Spotlight Newspapers - March 8, 2000



New kitchen gadgets make cooking safe and fun

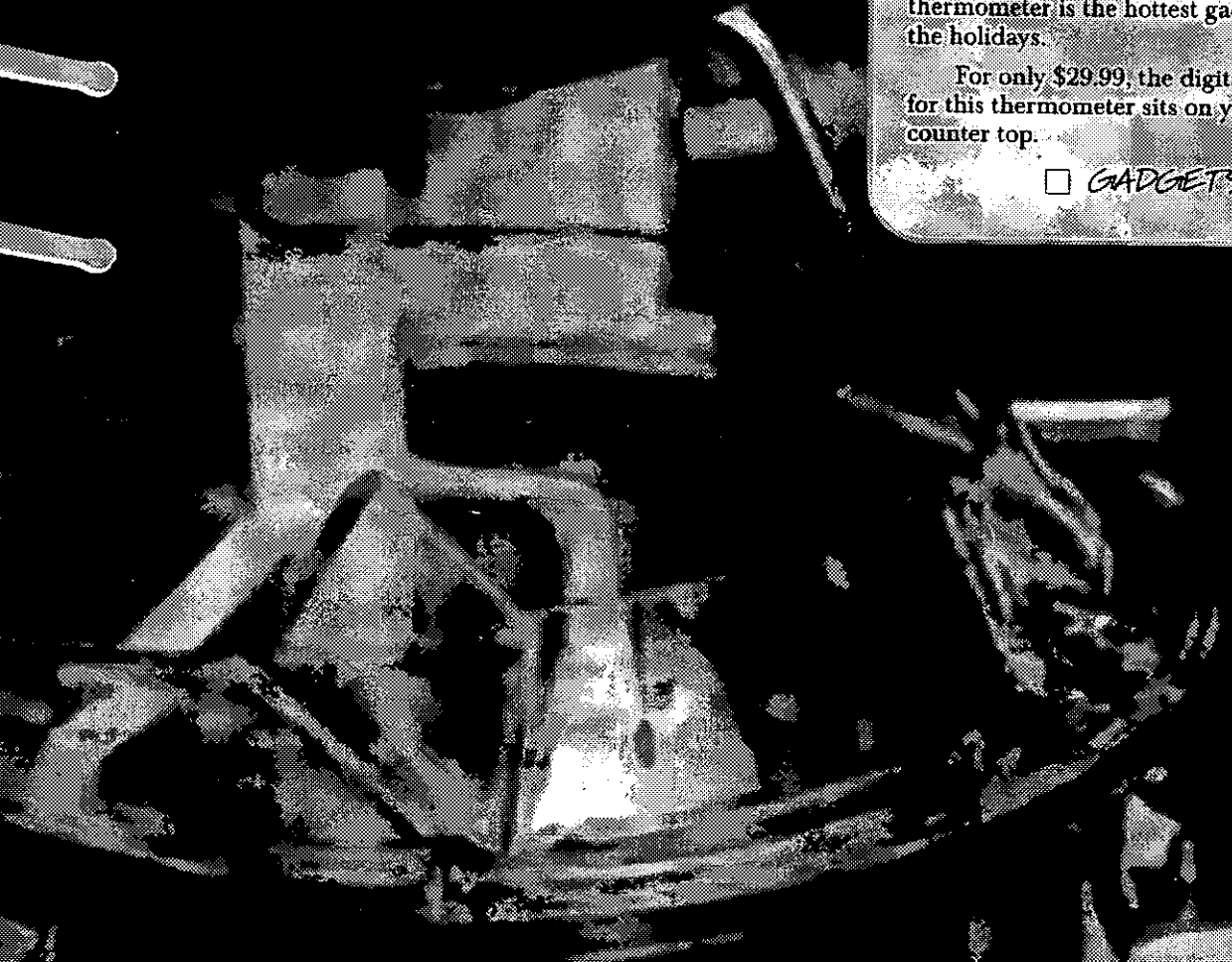
By Leigh G. Kirtley

A new kitchen gadget not only makes cooking easier, but can motivate you to get back in the kitchen and try some new recipes.

According to Tracy Gentile, store manager at Different Drummer's Kitchen in Stuyvesant Plaza, the Polder timer/thermometer is the hottest gadget since the holidays.

For only \$29.99, the digital readout for this thermometer sits on your counter top.

☐ GADGETS/page 2



Bon Appetit! - Bon Appetit! - Bon Appetit! - Bon Appetit! - Bon Appetit! - Bon Appetit!

Gadgets

From Page 1

A long, thin wire connects it to the meat probe inside the oven.

You don't have to peer through an oven window or risk getting burned by opening the oven door to monitor temperatures.

Another advantage is that you can preset the temperature.

"It will beep when the temperature is five degrees before the ideal temperature," Gentile said.

It takes out the guesswork when it comes to cooking roasts and making sure that poultry is fully cooked.

Gentile also said that their line of Le Creuset enameled cast iron cookware is a constant favorite.

"We tell customers they get the advantage of cast iron without the maintenance," she said.

Unlike typical cast iron pans, the enameled pans do not need to be seasoned and they

will not rust.

You still get a durable pan with a 101-year warranty that gives you more even cooking temperatures and a stick resistant surface.

These pieces go from freezer, to stove, to oven. The skillets, pans and casseroles come in several different colors to

complement your kitchen decor and they make attractive serving pieces. Customers can choose from black, white, red, blue, saffron, green or orange.

Depending on the style and size, prices range from \$50 to \$225, but it will be the last pan you will ever buy.

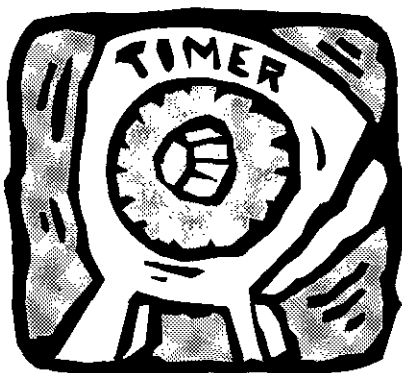
Le Creuset also makes some of the best corkscrews on the market.

All their corkscrews are nonstick and work on the same basic principle: With the turn of a handle, the screw goes down through the cork and when it bottoms out, it backs out the cork.

Part of Le Creuset's success

is because their corkscrews are at least four inches long.

Gentile said that most corks



break because the screw, or worm, is too short to go completely through the cork. Different Drummer's Kitchen carries the full line which range from a collapsible pocket version for \$25 to the top-of-the-line lever model for over \$200.

The lever model comes with its own decorative stand and will re-cork the bottle.

As for serving your fine food, David Doling, housewares manager for Pearl Grant-Richman's Gifts, also in Stuyvesant Plaza, said that oriental dishes are very popular.

Doling said that people are coming in to purchase sushi plates and coordinating tea pots, sake cups and soy sauce servers.

"It's all very beautiful," he said. "We have all the stuff to coordinate with the serving pieces like chop sticks and bamboo placemats. They make great wedding gifts."

The oriental serving pieces come in a variety of matching designs and range in price from \$3.50 for the sake cups to \$23 for a matching tea pot.

Doling said that another item gaining in popularity is the Calphalon egg poacher.

"It's the easiest way to poach

eggs that I've ever seen," he said.

Four egg cups hook onto an insert in the saucepan.

You can crack the eggs right into the cups and then you don't have to try fishing them out of the water.

"They come out perfect every time," Doling said.

For information on any of the products mentioned above, contact Different Drummer's Kitchen at 459-7990 or Pearl Grant-Richman's Gifts at 438-8409.

Customer picks new name for ice cream shop and grill

Diane Miller of Menands is going to be eating well for a year.

She won a contest to rename Frank's Ice Cream located at 486 Albany Shaker Road, in Loudonville.

The establishment was purchased by Larry and Christina Drew in 1998.

The new owners held a contest to rename the restaurant. Five hundred people entered and the Drews took their time deciding.

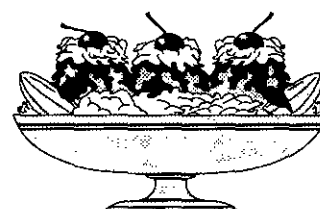
At the turn of the millennium the new name was announced, Drew's Grill and Chill.

Miller's prize for winning

is free ice cream each week for an entire year.

The new owners say the food, ice cream and the fixings remain the same, just the name has changed.

The restaurant, ice cream stand serves lunch and dinner daily 11 a.m. to 8 p.m. And in the summer, the stand is open until 11 p.m.



Local butcher shop offers a succulent spring recipe

Seared duck breasts

If you are looking for something different to serve with your rice or potatoes this spring, how about duck.

Falvo's Prime Butcher Shop on Route 85A in Slingerlands suggests this delicious and simple recipe.

All you need is four boneless halves of duck, one teaspoon vegetable oil and some salt and pepper.

Trim and score the skin three times on diagonal.

Heat a large non-stick skillet for two minutes over medium heat and sear duck breasts skin-side down for about eight minutes.

Remove excess fat and sprinkle with salt and pepper, cook for three to four minutes on the other side.

Let rest for five minutes for juices to settle.

Slice each breast on a diagonal and serve.

WINE & SPIRITS

Happy St. Patty's Day

New Price Chopper Plaza

1365 New Scotland Rd. Slingerlands • Prices effective thru March 18, 2000

3 for \$24.99 • Hogue '97 Chardonnay • '97 Cabernet Sauv/ Merlot blend • Camelot Vineyards (Santa Barbara County) • '97 Chardonnay • Dunnewood '97 Chardonnay • '97 Cabernet Sauvignon • '97 Pinot Noir • '96 Merlot • Fountain Grove '97 Russian River Pinot Noir • '97 Randall Harris Chardonnay • '96 Villa Sparina, Dolcetto D'acqui • '97 Charles Shaw Chardonnay • '97 Montevina Zinfandel, Amador County • '97 Ruffino Libalo Pinot Grigio/ Chardonnay • '97 Forest Glen Pinot Grigio/ Sangiovese		Australian Wine Tasting featuring WOLF BLOSS WINES Saturday, March 11, 1:00-4:00 • '97 Cabernet Sauvignon - Yellow Label \$10.99 Showing integrated aromas of oak, mint and fruit characteristics, this wine is soft and round with a long lingering finish. • '97 Shiraz/Cabernet \$10.99 Supple and refreshingly open-textured with distinctive spiced red cherry, blackberry and anise flavors that finish gracefully. • '99 Gold Label Riesling \$10.99 Lifted passion fruit and lime/citrus aromas, long and elegant, exhibiting intense citrus and floral flavor. • '98 President's Selection Chardonnay ... \$14.99 Harmonious fruit/oak balance with a full-flavored soft finish and loads of complexity. • '96 President's Selection Shiraz \$19.99 The bouquet is intense, peppery and full of spiced fruit and chocolate characteristics. *Take 10% Off each bottle purchased during wine tasting.	1.5 Liter Sale • Dunnewood \$12.99 Chardonnay, Merlot, Cabernet Sauvignon • Beringer \$9.99 White Zinfandel • Corbett Canyon \$6.99 Chardonnay, Merlot, Cabernet Sauvignon • Bully Hill \$6.99 Growers Red & White • Heritage \$9.99 Chardonnay, Merlot, Cabernet Sauvignon • Bolla \$10.99 Pinot Grigio, Sangiovese, Valpolicella
New! Australian New! Stone Haven • Chardonnay • Shiraz • Shiraz/Cabernet • Merlot \$6.99 750 ML.	Moët & Chandon White Star \$26.99 750 ML.	Wine Spectator Best Buys • '98 Jacob's Creek Merlot - 85 rating \$7.99 • '98 Bogle Sauvignon Blanc - 85 rating ... \$8.99 • '99 Selaks Sauvignon Blanc - 91 rating ... \$9.99 • '98 Concha y Toro Casillero Diablo Merlot - 86 rating \$8.99	
Baileys Irish Cream \$16.99 750 ML.	Jack Daniels Single Barrel Tennessee Whiskey The Knickerbocker Cuvée exclusively bottled & labeled for the Capital District on Nov. 9, 1999 \$29.99 750 ML. (reg. \$34.99) Gift Baskets Available Jack Daniels \$18.99 LTR. (Reg. \$21.99) Gentleman Jack \$23.99 LITER (Reg. \$28.99)	Dewars Scotch \$34.99 1.75 LTR.	
Absolut Vodka \$17.99 LTR.	Bacardi Rum Light & Dark \$18.99 1.75 LTR.	Bushmill's Black Bush \$26.99 Bushmill's Single Malt ... \$28.99 Irish Whiskey \$19.99	
Seagrams VO \$18.99 1.75 ML.	Keglevich Vodka Liqueur Melon • Peach Strawberry • Lemon \$9.99 750 ML.	Jose Cuervo Max Pak \$15.99 750 ML. Tequila FREE LTR. marg. mix	
Crystal Palace Vodka \$10.99 1.75 ML.	Crystal Palace Gin \$11.99 1.75 ML.		

FALVO'S

"Quality Always Shows"

WE SELL U.S. PRIME BEEF

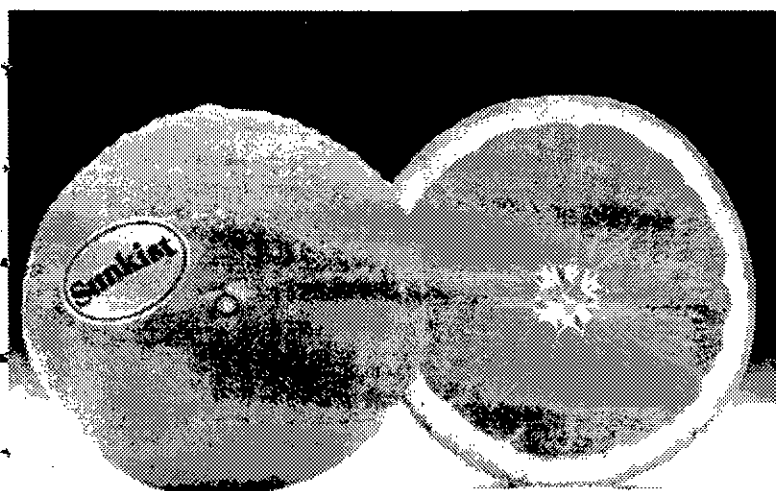
We Accept Food Stamps
Not Responsible For Typographical Errors

PRIME BUTCHER SHOP

Slingerlands, Route 85A • PHONE/FAX ORDERS 439-9273

WHOLE PORK LOINS \$1.39 LB. 16 LB. AVG. WT. CHOPS-RIBS-ROAST	USDA PRIME HINDQUARTER BEEF cut & wrapped to order \$1.89 LB. 195 LB. AVG. WEIGHT	CENTER-CUT RIB PORK CHOPS \$2.19 LB.
(WED-FRI) COOKED HADDOCK \$5.99 LB.	COUNTRY STYLE SPARE RIBS \$1.99 LB.	DELI-DEPT. BOARS HEAD (THE VERY BEST) BAKED VIRGINIAN HAM \$5.99 LB.
U.S.D.A. PRIME CHOICE WHOLE N.Y. STRIP LOINS 15 Lbs. Avg. Weight \$4.19 LB.	U.S.D.A. PRIME CHOICE WHOLE TENDERLOINS PEELED 6 Lbs. Avg. Weight \$7.99 LB.	10 LBS. OR MORE GROUND CHUCK \$1.59 LB. GROUND ROUND \$2.19 LB. GROUND SIRLOIN Extra Lean \$2.39 LB.

Prices Good Thru 3/11/00 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday



Eating two navel oranges a day can lower your chances of disease and boost your health.

Surprising facts about oranges and your health

Nutritionally speaking, adding navel oranges to your daily diet offers many health-related benefits, including lowering your chances of cardiovascular and age-related diseases.

Here's more juicy news about these tasty fruits.

Oranges contain flavonoids, one of the largest groups of dietary antioxidants which act as free radical scavengers.

Scientists agree that oxidative damage caused by free radicals may play a pivotal role in the onset of many diseases, including cancer.

The best way to prevent oxidative damage, experts advise, is to increase daily intake of antioxidants.

Oranges are an excellent source of vitamin C, another powerful antioxidant that helps fight off the signs of aging and related diseases.

Studies show that diets high in vitamin C substantially cut the risk of most cancers and heart defects.

This essential vitamin is also crucial for a strong immune system, especially important during the cold and flu season.

Oranges are a natural source of folic acid, a vital B vitamin.

A new study sponsored by the Food and Drug Administration (FDA) published in the American Journal of Clinical Nutrition, suggests women who don't metabolize folic acid properly have a greater risk of having a child with Down Syndrome.

The U.S. Public Health

Service has advised all women of childbearing age to ensure an adequate intake of folic acid.

A deficiency in this water-soluble vitamin can cause serious neural tube defects, such as spina bifida, which causes lifelong disability, and anencephaly, leading to death soon after birth.

Emerging research also suggests boosting folic acid intake may benefit all of us—not just mothers-to-be.

According to a variety of studies, folic acid may help prevent fatal age-related diseases such as heart disease, cancer and even Alzheimer's.

One medium orange contains 16 grams of carbohydrates in just 70 calories. Carbohydrates provide important fuel for the body, particularly the brain, as well as energy during exercise.

During an athletic workout, all your muscles use stored carbohydrates called glycogen to fuel daily activity.

Replenishing glycogen by eating carbohydrate-rich foods such as oranges ensure a speedy recovery after a workout.

Eating fiber-rich foods such as oranges keeps the intestinal tract healthy and regular, in addition to warding off colon cancer.

Studies show that the type of fiber found in oranges, called water-soluble fiber, helps lower blood cholesterol levels and reduces risk for heart disease.

Water-soluble fiber also helps suppress feelings of hunger — good news for dieters.

Make your desserts more successful

By Leigh A. Kirtley

Most of us can manage to scoop out some ice cream and have a tasty dessert. Trying to make an éclair or an angel food cake can be a bigger challenge. How can you make your dessert-making more successful?

Robin Holder, who makes the desserts at Mangia Café in Clifton Park, said the most important ingredient in your kitchen is patience.

"Baking takes time for a good food product," she said. Holder, a Shenendehowa senior, has been at Mangia Café for about a year. She has already

been accepted at the Culinary Institute of America and will attend classes next fall.

Besides making desserts, Holder makes the breads. She also creates holiday specials like a puff pastry she made for Valentine's Day. Whether you are making breads or a fancy dessert, successful baking requires planning. You need to know how many people you are baking for and have all your ingredients ready in advance.

How often have you been following a recipe only to learn half way through that you are missing some obscure ingredient like cream of tartar or that you need to refrigerate the dough

overnight?

Unlike cooking, Holder said that few substitutions work well when it comes to baking.

Measurements play a big role in getting your recipes to turn out right. If the recipe calls for a teaspoon of baking powder, then one tablespoon will give a completely different result.

"Even the slightest changes can throw the whole thing off," Holder said.

When it comes to proofing yeast, temperature is your most important consideration. Too hot and the yeast dies; too cold and it won't activate. Holder recommended somewhere between lukewarm and warm.

"And remember to cover the dough while it's rising," she said. Temperature is also important when you are ready to put your creation in the oven.

Unfortunately, oven temperatures are not always accurate. To find your oven's true operating temperatures, place an accurate oven thermometer in your oven and set it to 350 degrees. Compare the numbers and if they are different, you will need to adjust accordingly by setting your oven a few degrees higher or lower.

When you pull your dessert out of the oven, how it looks can be part of its overall appeal. We all like to eat treats that look scrumptious.

"Presentation is what I strive for. It has to look good," Holder said.

Holder had one last piece of advice: "You have to love it or it just isn't going to turn out."

A little bit of planning and a lot of patience can make all the difference in your next after-dinner treat.

Local woman bakes off



Claudia Shephardson of Loudonville participated in last month's \$1 million Pillsbury Bake-off in San Francisco. She won no cash but said the experience was a great prize. Shephardson is already thinking about what recipe to enter for next year's contest.



California Produce Marketplace

We feature top quality, fresh cut selection of steaks, pork chops and free-range chickens. We sell Boars Head quality Deli Meats and Cheeses.

We also have the freshest most diverse line of produce in Upstate New York.

Stop in and say hello to our old-world butcher, Fritz

Gift Baskets and more!

Open 7 Days

Route 9, Latham Beverage Plaza, Latham

783-0715

O'Schuyler Bakery, Inc.

Celebrate St. Patrick's Day!



EVERYDAY SPECIAL ~ 2-Dozen Donuts and/or Muffins ~ ONLY \$5.00

Irish Scones
Irish Soda Bread
Shamrock Cookies

Decorated Irish Cakes and Cupcakes and our delicious Hot Cross Buns

637 3rd Avenue
Route 32 • Watervliet
273-0142

A Guide to Food and Wine Pairing

Wine	Foods	Menu Recommendation
Tocai Friulano/Pinot Grigio Light-bodied white wine, gently aromatic with palate-cleansing fruit acid. A good aperitif or first course wine.	Poached or sauteed chicken, white-fleshed fish, turkey, quail or pheasant, summer fruits, antipasto.	Prosciutto and melon, goat cheese tart, antipasto, roast turkey with fruit chutney, quail salad, scallop and ginger salad.
Fume Blanc/Sauvignon Blanc Light-bodied, dry white wine with grassy citrus notes and slight oak character. Serve with light herbal and/or tangy foods.	Poached, sauteed or lightly grilled chicken, fish, shellfish, vegetables, light or delicate salads, soups, pasta.	Poached or lightly grilled seafood with slightly piquant sauces, vegetable-based appetizers, goat cheese, sauteed fish with fresh salsa or herb butter, oysters, fried calamari, spring rolls.
Chardonnay Medium-bodied rich white wine with smoky, vanilla, oak flavors. Lighter styles are crisper and less complex.	Seafood with rich sauces, pasta with creamy sauces, smoked salmon, sauces with lemon accents, creamy soups, seafood salads.	Grilled chicken or veal with herb butter, scallops with chardonnay basil sauce, crab cakes, mozzarella and summer tomato salad, Caesar salad.
Malvasia Bianca/Riesling Light-bodied slightly sweet white wine with fruit accents and balanced fruit acids. An aperitif, first course or summer BBQ wine. Complements lighter foods. Serve well-chilled.	Poached or slightly sauteed chicken, fish or vegetables.	Chinese chicken salad, melon, prosciutto, fresh fruit.
Pinot Noir Medium-bodied red wine with berry fruitiness and earthiness. Complements medium-to-full bodied foods and moderately robust flavors.	Lamb, grilled red meats, roast chicken, duck, pork, game birds, salmon, hearty pastas with tomato sauce.	Roast chicken or duck, grilled tuna, salmon or swordfish, rack of lamb and ratatouille, lasagna, jambalaya, foccacia, tortellini with garlic and parmesan, grilled quail, grilled sausages, enchiladas, black bean soup.
Zinfandel Full-bodied dark red wine with blackberry and pepper accents, expressive fruit character. Complements hearty, spicy foods.	Grilled red meats, pastas, pizza, ribs, hearty winter dishes cooked with tomato sauce.	Grilled meats, pizza, spaghetti and meatballs, grilled sausages, cassoulet, French onion soup, eggplant parmesan, leg of lamb.

▲ Choosing the right wine to bring to a party or serve at a dinner can be daunting. But with a little knowledge your next gathering will be sure to please. The above chart from Robert Mondavi wines to help you choose what wine to serve with what foods.

drew's
grill
chill



- Daily Specials • Hard & Soft Ice Cream
- Entrees Include: Chicken/Veal/Eggplant
- Hot & Cold Subs • Home Made Soups
- Deli & Grill Specials

Lunch Delivery • Dine in or Take Out

496 Albany-Shaker Road Loudonville, New York (518) 458-9569

Web content site offers e-mail recipes

Here is good news for webheads who love to cook. You can get e-mailed to you recipes of the day.

Just go to about.com and click on the recipe of the day box. Then fill out the newsletter and they will send directly to your e-mail address a new recipe each day.

Here is a recent one for spring:

- Carrot soup

2 pounds carrots, peeled and sliced

1 shallot, chopped

1 tbsp. fresh lemon juice

2 cups chicken broth

Sour cream

Salt and pepper (to taste)

Chervil

2 tbsp. butter

Parmesan cheese, grated (optional)

In a large, heavy-bottomed pan, heat the butter over medium heat.

Add the shallots and cook five minutes until wilted. Add

the carrots, two cups of water and cover.

After 10 minutes, add the chicken broth and four more cups of water. Bring to a boil, then reduce heat and simmer until the carrots are tender (about 20 to 30 minutes).

Let the soup cool, then use a blender to puree the carrots in several batches.

Return all the soup to the pot, add the lemon juice, and keep warm, adding salt and pepper to taste.

Serve with a teaspoon of sour cream and fresh chervil to garnish.

Parmesan also makes for a nice addition, when you are serving soup as a meal.

Cadalso

Always #1

www.cadelsowineandliquor.com/hours

WINE & LIQUOR



Your headquarters for Fine Wines, Champagnes and "Spirits."

Unrivaled Selection of: Single Malt Scotchs, Single and Small Batch Bourbons, Vintage Ports and More.

Start Shopping for Your Wedding, Anniversary, or That Special - Special Occasion.

Shop at Cadalso's Where We Have It All.

\$1.50 OFF

Any Wine Or Liquor Purchase Of \$10 Or More.



785-3745

NEWTON PLAZA Rt. 9, Latham

Excludes sale or coupon items. One coupon per visit. Offer expires 3/31/00.

\$1.50 OFF

Any Wine Or Liquor Purchase Of \$10 Or More.



785-3745

NEWTON PLAZA Rt. 9, Latham

Excludes sale or coupon items. One coupon per visit. Offer expires 3/31/00.

Rt. 9, Latham NEWTON PLAZA (next to Hoffman's Playground)

Hours: Monday-Saturday 9am-9pm 785-3745

Not Responsible for typographical errors. Quantities Limited.

Belf's



Now brings good stuff to your home!

FREE DELIVERY

DELMAR AREA

7 Days a Week, 5-10 p.m. \$10 minimum order

475-1111

OR

Visit either of our locations

367 Delaware Avenue, Delmar, NY 475-1111

15 Watervliet Avenue, Albany, NY 482-2333

Patio opens in April



A winter kitchen can come alive with the sights and smells of spring if you are creative with herbs and spices.

Brighten your kitchen with spring herbs

By Leigh G. Kirtley

Fresh herbs help make spring and summer recipes come alive. In some areas of the country, people can grow herbs year round.

In the Northeast, we normally have to wait for June or buy them in the markets at outrageous prices.

Instead of waiting, you can start your seeds indoors now and use them in recipes long before you re-establish an outdoor herb garden.

Whether you are going to grow basil, thyme, oregano or any other herb, the guidelines are the same.

Shane Compton of Hewitt's Garden Center in Clifton Park said the best bet is to use seed starting trays.

Use a mister bottle to keep the soil moist, not wet, and keep the soil warm so the seeds will germinate.

If the soil is too wet, it will also be too cold for the seeds to sprout.

"Put them on top of the refrigerator until they break through the soil. That's usually a warm spot," he said.

Once the seedlings start to grow leaves, they need light. Compton recommended fluorescent lighting because sunlight can be too strong for the first leaves that appear.

Mother's Day is a good rule of thumb for waiting to put your herbs outside. However, Compton cautions that you need to condition the plants gradually and watch the weather closely.

"Just put them outside for a few hours a day until they harden up. And if it goes below 40 degrees, you'll need to bring them in," he said.

Of course, if you do not have the patience for seeds, Hewitt's is already getting in their stock of 4-inch plants. Like the seedlings, you need to condition them before putting them outside.

Where you plant your herb garden is important. Herbs need good drainage and plenty of sun. "Morning sun is best. Afternoon sun is just raw heat," Compton said. To ensure a good harvest,

you need to give your herbs some loving attention.

Once the plants are about 6 inches tall and well established, you need to pinch the top leaves.

This encourages the plant to grow fuller. If not, you will have a 4-foot plant with six leaves.

"And don't let them flower," Compton said. Flowering herbs do not produce many leaves, which is what you use for cooking, and some say it weakens the flavor. Remember, the more leaves you harvest, the more leaves the plant will produce.

Most herbs grow well together in the same garden if you space them at least 8 inches apart. The only exception is mint which is a perennial. Mint is an incredibly invasive plant that will take over an entire garden in one season.

A 4-inch plant in June can become a 2-foot high bush by August.

Give your mint plant its own corner of the yard and you will grow enough to enjoy mint iced tea and mint juleps all year long.

Make sure your spices keep their edge

Website advises how to store fresh herbs

If you are looking for advice on how to use, store and grow spices look no farther than the Internet. Spices Etc. the Web site, (spicesetc.com) has been around for almost a decade now.

The Website is loaded with tips, recipes and some common sense advice for anyone who has even simple thyme in the house.

When storing spices there are some rules to follow. First, find a cool, dark place. Humidity, light and heat will cause herbs and spices to lose flavor more quickly.

Although the most convenient place for your spice rack may be above your stove, moving your spices to a different location may keep them fresh longer.

As a general rule, herbs and ground spices will retain their flavor for a year.

Whole spices may last for three to five years. Proper storage should result in longer freshness times.

When possible, grind whole spices in a grinder or mortar & pestle just prior to using.

Toasting whole spices in a dry skillet over medium heat before grinding will bring out even more flavor. Be careful not to burn them.

Because the refrigerator is a rather humid environment, storing herbs and spices there is not recommended.

To keep larger quantities of spices fresh, store them in the freezer in tightly sealed containers.

Use a light hand when seasoning with spices and herbs. Your goal is to complement your dish without crowding out the flavor of the food.

For long-cooking dishes, add herbs and spices an hour or less before serving. Cooking spices for too long may result in overly

strong flavors. Use restraint. In general, a teaspoon of spice is enough for four servings.

Finely crush dried herbs before adding to your dish after measuring. Do not use dried herbs in the same quantity as fresh. In most cases, use one third the amount of dried herbs

seasonings. Allow guests to season dishes with these spices at the table.

Although spice blends are readily available, many cookbooks have recipes for curry powder, chili powder, Cajun seasoning and others. Blend just enough for a few weeks and store your blends in a tightly sealed container.

Onion, garlic and black pepper are almost universal seasonings. Adding these seasonings can enhance almost any dish.

If you're feeling adventuresome, try replacing herbs and spices called for in recipes with something different - marjoram instead of oregano, savory instead of thyme, cilantro instead of parsley, anise seed instead of fennel.

Cinnamon, nutmeg, cloves and allspice have a special affinity for sweet dishes.

Seasoning food is an art, not a science.

Experimenting with herbs and spices can be fun and educational, and while you may occasionally be eating a less than perfect dish, you may also end up creating that recipe that will become a classic in your household.



compared to fresh.

Keep it simple. Unless the recipe specifically calls for it, don't use more than three herbs and spices in any one dish.

The exception to this rule is Indian cooking, which often calls for 10 or more different spices in one curry dish.

Black pepper, garlic powder, salt and cayenne pepper are excellent after-cooking

Sam's

Italian & American Restaurant

125 Southern Blvd., Albany • 463-3433

Serving LUNCH Tues.-Fri 11:30-2 Daily Specials
Serving DINNER Tues.-Sat. 4:30-10:30 Closed Sun. & Mon.

\$5.50 Lunch Special

Choose one of *

- * Penne w/Mushroom or Meatball
- * Chicken Parmigiana Sandwich Open
- * Turkey Sandwich

- * Grilled Chicken Sandwich
- * Veal & Peppers Sandwich Open
- * Meatball Sandwich Open
- * Bowl of Soup & Salad

Choose one Glass of:

Killian's Red, Miller Lite, Soave, Soda or Ice Tea
Note: All Sandwiches served with a cup of Pasta Fagioli.
Please no substitutions

DINNER SPECIALS AVAILABLE DAILY

Calphalon

GREAT TASTE Made Simple

Now 20-40% OFF

Pearl Grant Richmans

Stuyvesant Plaza, Albany • 438-8409

HOUGHTALING'S MARKET

GOURMET CATERING • FINE FOODS • FRESH SEAFOOD

For Lent!

We have the Freshest Fish in the Area
Delivered Daily Direct From Boston

Also, Every Friday

Fresh Fried Haddock

\$8.99/lb

Cholesterol free w/our own naturally light bread cooked in Heart Smart Canola Oil

Order Now For St. Patrick's Day!
Our Own Homemade

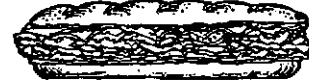
Barrel Cured Corned Beef

Try Our Pizza

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

FROM OUR DELI:

Try our famous foot-long subs



Route 32, Feura Bush, • 439-0028 • FAX: 439-0473

Cooking from scratch is creative, healthy and economical

By Elizabeth Byrns

Kathleen McCoy from Loudonville is a registered nurse and a family day care provider who now lives on an Army base.

She has to plan for meals for the three children, one of whom is her own, that she watches.

She runs off a fairly strict five-cycle menu planned out weeks in advance.

"It's like running a small business," she said.

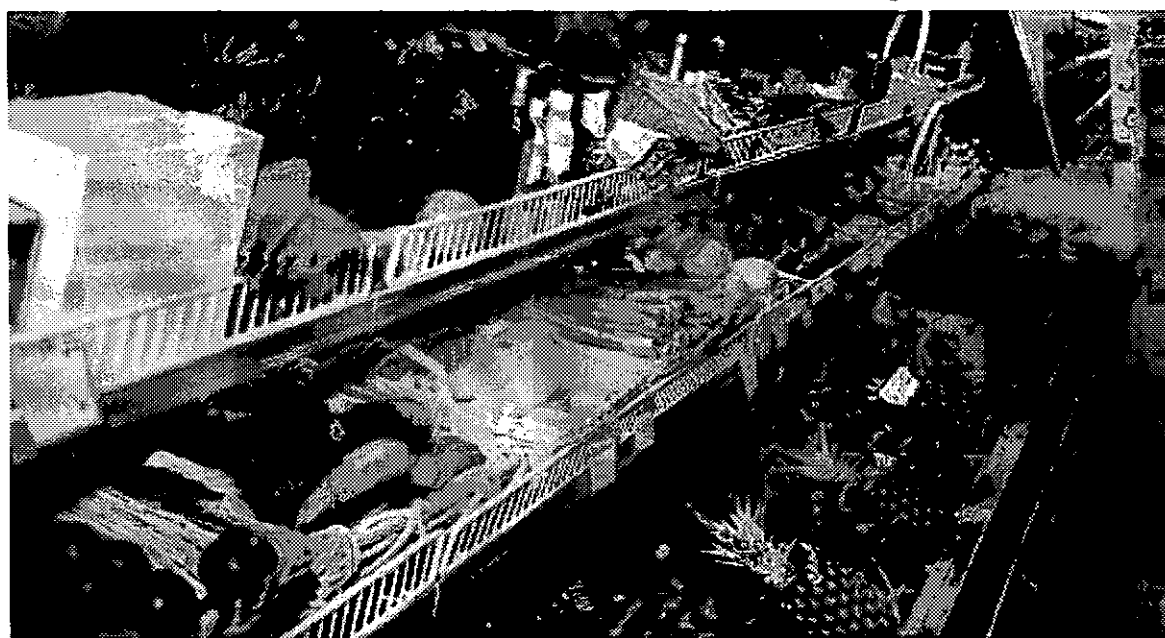
She gets all the groceries for the entire week on Saturday when because the base store closes early.

Because of her schedule, and the fact that three car seats don't fit easily in the car, she can't just run to the store if she forgets something.

Recently she got a surprise when she began her day with her three charges.

Her menu called for barbecue chicken for the kids for lunch.

When she went to the store Saturday, she assumed she had barbecue sauce. That morning when she went to get everything out for lunch, she realized she



Fresh fruits and vegetables are good examples of the kind of ingredients that make cooking from scratch healthy and delicious.

Jim Franco

had the chicken but not the sauce.

Instead of substituting a whole day's menu, she decided she would try something adventurous, making barbecue sauce from scratch.

McCoy opened the *Better Homes and Gardens New Cookbook* that decorates many kitchens and realized the book

has not just recipes but also recipes from scratch.

Luckily for McCoy, the barbecue sauce recipe was quick and easy. Fifteen-month-olds don't have the longest attention span especially when they are hungry. She said the sauce was done in minutes.

"They actually played while I made it. It didn't take me very long," she said.

And the good news, the kids liked it.

Below is the recipe for the barbecue sauce that saved the day.

- 1 cup ketchup
- 1 tbsp. minced onion
- 1/4 cup vinegar (white or apple cider)
- 2 tbsp. sugar
- 1 tbsp. Worcestershire sauce
- 1 tsp. celery seed
- Several dashes of bottled hot pepper sauce

In a sauce pan, combine all ingredients with one half cup water and one quarter teaspoon

salt. Bring to a boil, reduce the heat, simmer 10 to 15 minutes or to desired consistency. Makes 28 tablespoon servings. McCoy surprised herself and you can too.

A great source of cooking from scratch recipes is *Strictly*

Scratch by Dianne C. Mahler of Tallahassee, Fla.

In it, she explains that scratch cooking is timeless and creative and always costs less than its pre-packaged or prepared counterpart.

Additionally, Mahler said cooking from scratch gives the preparer more discretion.

The scratch cook can reduce or add ingredients depending on tastes, dietary restrictions and medical needs and avoid fillers, additives, and chemicals found in prepackaged and prepared foods.

If you are surfing the Net for cooking from scratch recipes, go to ask.com and type in cooking from scratch. You will be asked if you want to download some shareware called *From Scratch*.

You can find measurement conversions, and nutritional information for an unlimited number of recipes.

You can also search for ingredients or keywords and print recipes with any Windows fonts.

Special fatty acids make seafood heart-healthy

It's that time of year again, time for fish.

If you are concerned about your health and want something fast, fish may be just the ticket. Price Chopper consumer services department has loads of tips for cooking fish just right and some good news about what fish can do for your health.

Seafood is an excellent source of complete protein providing all of the essential amino acids. A single serving of seafood can provide most of a person's daily protein need. It is easily digestible, making it perfect for people of all ages.

Most varieties of fish and shellfish contain less than 5 percent fat. Even high-fat fish generally have less than 15 percent fat. Fish is also lower in saturated fat than most other protein sources.

Seafood is nutrient-dense. That means it offers large quantities of protein and significant amount of vitamins and minerals, without high levels of saturated fats and calories.

Seafood is a good source of vitamins, particularly B vitamins and minerals such as calcium, magnesium, potassium, sulfur,

fluorine, selenium, copper, zinc and iodine.

Fat found in seafood contains valuable omega-3 fatty acids, which tend to lower the level of triglycerides in the blood, reduce the stickiness of blood platelets making the blood less likely to clot and lower cholesterol levels.

The higher the fat content of the fish, the higher its omega-3 content. Salmon, mackerel and tuna are particularly rich sources.

All fish and shellfish contain omega-3 fatty acids, but in general, the higher the fat content of the fish, the higher its omega-3 content.

Low-fat fish, with a fat content lower than 2.5 percent, includes cod, Pacific halibut, pollock, grouper, shark, flounder, sole, red snapper and haddock.

Medium-fat fish has a fat content between 2.5 and 5 percent. This group includes Atlantic halibut, yellowfin tuna, swordfish and bluefish.

High-fat fish has a fat content over 5 percent. This group includes salmon, mackerel, albacore tuna, bluefin tuna sardines, herring, anchovies and trout.

Fressssh & Deeeelicious
from our Deli

Fish, Seafood, Fried Haddock, Meats and more

Homemade Salads... Subs
Overstuffed Deli Sandwiches
Cheesecakes, Breads, Muffins, Pies

MCCARROLL'S VILLAGE BUTCHER
Four Corners, 406 Kenwood Ave., Delmar
478-9651

Getting Back To Basics...

When you need a clear, simple illustrated guide to selecting and cooking fresh seafood, we can help! From baking to broiling, grilling to sauteing and frying; dozens of recipes with detailed instructions that transform simple preparations into special dishes!

This Lenten season, get back to the basics... and rediscover seafood cookery!

Available at:

friar fuck BOOKSHOP
WE'RE BOOKS AND MORE!
Delaware Plaza, 439-3742
Gift Certificates Available, Special Orders Welcome

EVERYDAY Receive
25% OFF Hardcover
15% OFF Paperbacks
from NY Times Top 10 Best Sellers List

CASA MIA
★★★★ RESTAURANT & LOUNGE
Rt. 9W • Glenmont (Across From K-Mart) **463-4331**
Specializing in Northern Italian Cuisine

Lunch from \$3.99 to \$7.99 Served 11-3 Tues.-Fri.
Tues.— Pasta Night \$8.50 Full Course Dinner

Buffet Menu Includes 3 Appetizers, 3 Entrees (over 15 entrees to choose from)
Coffee or Tea, — only **\$12.95 pp+up**

NEW - 2 Banquet Rooms Available
for parties of up to 100 persons

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



Brian Hammond and Melissa MacAuley

MacAuley, Hammond to wed

Melissa M. MacAuley, daughter of Lawrence and Lea MacAuley of Boston, and Brian R. Hammond, son of Gary and Elizabeth Hammond of Glenmont, are engaged to be married.

The bride-to-be is a graduate of Whittier Regional Vocational Technical High School.

She is enlisted in the Air Force

and stationed at Langley Air Force Base in Norfolk, Va.

The future groom is a graduate of Bethlehem Central High School.

He is also enlisted in the Air Force and stationed at Langley.

The couple plans a July 15 wedding.

LaPierre, Denton engaged

Kimberly J. LaPierre, daughter of Ernest and Lois Gall of Delmar, and Matthew Denton, son of Kenneth and Beryl Denton of Paradox Lake, Essex County, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School.

She works at St. Peter's Hospital in Albany.

The future groom is a graduate of Copake High School.

He works for the town of Bethlehem.

The couple plans a July 15 wedding.

Dean's List

Boston University — Jeremy Arenos and Stefanie Rubenfield, both of Delmar.

Massachusetts College of Liberal Arts — J. Adam Cole of Voorheesville.

Muhlenberg College — Alissa Johnson of Delmar.

Nazareth College — Karly Decker of Delmar.

New Hampshire College — Rebecca Morris of Delmar.

Niagara University — Ryan Bender of Glenmont.

Syracuse University — Hally Gutman of Delmar and Christopher Hackel of Voorheesville.

University of Rochester — Dana Romanoff, Hema Visweswarajah and Allison Voetsch, all of Delmar.

*In Delmar
The Spotlight is sold at
Delmar Marketplace, Stewart's,
Mobil, Getty, and Sunoco Elm Ave.*

Births

Albany Medical Center

Boy, Christian Bartholomew Pappas, to Darcy and Jerry Pappas of Slingerlands, Jan. 5.

Girl, Andrea Latoni, to Pamela Iza and Roberto Latoni of Delmar, Jan. 5.

Girl, Sarah Elizabeth Fairfax, to Michelle and David Fairfax of Delmar, Jan. 7.

Boy, Ethan Guyer Berbrick, to Jacqueline and Jason Berbrick of Voorheesville, Jan. 7.

Boy, Anish N. Nayak, to Leena and Nityanand Nayak of Slingerlands, Jan. 10.

Boy, Michael Benjamin Pumiglia, to Dr. Katherine Leopold and Kevin Pumiglia of Voorheesville, Jan. 10.

Boy, Isaac Benjamin Singer, to Ruth and Sheldon Singer of Delmar, Jan. 10.

Boy, Ryan Wayne Sanders, to Colleen and Neil Sanders of Slingerlands, Jan. 16.

Girl, Abigail Keating Goldfarb, to Deirdre Keating and Robert Goldfarb of Clarksville, Jan. 19.

Boy, Cameron Ryan Scoons, to Lisa and Steven Scoons of Delmar, Jan. 21.

Girl, Jessie Marie Triller, to Anne and Darren Triller of Glenmont, Jan. 25.

Boy, Anmol Prashant Gawde, to Supriya and Prashant Gawde of Slingerlands, Jan. 25.

St. Peter's Hospital

Girl, Jenna Nicole Garner, to Ruthann and Walter Garner of Selkirk, Feb. 14.

Girl, Sarah Rebecca Hodge, to Katherine and Scott Hodge of Delmar, Feb. 14.

Girl, Gillian Elizabeth Van Praag, to Regina and Arthur Van Praag of Clarksville, Feb. 15.

Boy, Patrick William Baumgras, to Kathy and Greg Baumgras of Delmar, Feb. 20.

Bellevue Hospital

Girl, Lydia Elaine Martell, to Rebecca and Alan Martell of Delmar, Feb. 17.

Girl, Emma Katherine Connolly, to Kathleen and Thomas Connolly of Glenmont, Feb. 20.

Class of '00

University of Delaware

Stephen Fiato of Selkirk (bachelor's in physical education).

University of Illinois at Urbana-Champaign

Christopher Jantson (master's in music education) and Michelle Jantson (master's in music education), both of Delmar.



Gene Costantini and Kristen Vancans

Vancans, Costantini engaged

Kristen Vancans, daughter of Juris and Norine Vancans of Slingerlands, and Gene Costantini, son of Steve Costantini of Melbourne, Fla., and Grace Costantini of Clifton Park, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Springfield College.

She is a benefits specialist for General Electric in Schenectady.

The future groom is a graduate of Waterford-Halfmoon High School and SUNY Oneonta.

He has master's degrees from Sage Graduate School and the University at Albany.

He is a case manager for Rensselaer County in Troy.

The couple plans a June 10 wedding.

George W. Frueh

Fuel Oil • Kerosene • Diesel Fuel

\$1.14 gallon
Call for today's prices

Cash Only
Prayer Line
462-1335

Mobil®
436-1050

Cash Only
Prayer Line
462-5351

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!

DJ SERVICES

Down Swing Productions Professional D.J. Services. Music from the 1940's through today tailored to meet your taste. 393-4718.

JEWELRY

Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

INVITATIONS

Paper Mill Delaware Plaza. 439-8123 Personalized invitations & announcements for weddings, showers, bar mitzvah, new baby, graduation.

LIMOUSINE

Super Special!!!! 3 hours for only \$99. Advantage Limousine. 433-0100 Some rest.



Community



Fire auxiliary to serve fish fry

Selkirk Fire Co. No. 1's auxiliary will serve Friday night fish fries in March and April at the firehouse on Maple Avenue.

There will be fish fries on March 10, 24 and April 7 and 21.

Servings start at 4:30 and continue until 7 p.m.

The menu includes fried fish, french fries, cole slaw, a beverage and dessert.

The cost is \$6 for adults and \$3 for children under 12.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & INMENT

Albany Symphony Orchestra presents a very musical March

By JOHN BRENT

March is a musical month as the Albany Symphony Orchestra launches its American Music Festival. The primary purpose of the festival is to showcase American composers and their music. Under the leadership of David Alan Miller, music director/conductor, the ASO commissions, performs and records American compositions to a degree unprecedented for an orchestra of its size.

This year the festivities get under way with "Elvis Goes to Music School" on Sunday, March 12, at 3 p.m. at the Palace Theatre in downtown Albany. In the guise of Cowboy Dave, one of his repertoire of entertaining characters, Miller teaches Elvis how to compose music.

Wanting a quintessential American music symbol, Miller choose Elvis as a colorful performer who young and old alike could relate to. Using the 20th century American composers Bernstein, Gershwin and Copland, Cowboy Dave teaches Elvis (and in turn, the audience) about the concepts of rhythm, melody, harmony and orchestration.

Part of the acclaimed Sunday Symphonies for Families, "Elvis Goes to Music School," entertains as it educates. Miller presents the material in a way that is easy for kids to grasp as he entertains the adults in the audience as well. The hour-long concerts in this series have brought Miller national acclaim and he has performed them in cities across the country, most recently with the New York Philharmonic.

Tickets for "Elvis Goes to Music School" are available at the Palace Box Office, 465-4663 or through Ticketmaster 476-1000. Tickets are \$12 for adults, \$6 for children.

Next up will be the seventh concert of the ASO's 1999-2000 Classical Performance Series. "American Music Festival Concert: Casual Night at the Symphony" will be presented on Saturday, March 18,

at 8 p.m. at the Troy Savings Bank Music Hall.

The concert, under the direction of Miller, will present a world premiere and an "almost" world premiere. American composer Allen Shawn's "Piano Concerto" will be presented in its first public performance. Shawn, originally from New York City and currently living in Vermont composed the concerto for Ursula Oppens, an internationally known pianist. While staying at Yaddo, the artists' retreat in Saratoga Springs, Shawn was inspired to create the piece for "such a fearless, deep and unique musician."

The "almost" world premiere is of Roy Harris' "Symphony No. 2." Composed at Yaddo in the summer of 1934, Harris' Second Symphony was presented by the Boston Symphony in 1936 and by the Federal Symphony Orchestra in New York's Carnegie Hall in 1939. The March 18 concert will be the first time the symphony has been performed in more than 60 years.

The first movement of the symphony is, as Harris wrote, "a variation development on somewhat the same plan as the first movement of Beethoven's Fifth ... the whole movement is made out of the first four notes."

The second movement, a study in canons, was Harris' favorite movement among all his symphonies.

The last movement is a study of rhythmic development. ASO recently released a disc of music by Harris.

The final piece for the evening will be William Schuman's "Symphony No. 4." Written in 1941, the symphony integrates great lyrical beauty and has a somewhat Copland-like quality. Schuman, who won a Pulitzer Prize for his composition, "A Free Song," served as president of the Julliard School and the Lincoln Center for the Performing Arts. Tickets for "Casual Night at the Symphony" range in price from \$14 to \$33 and are available at the Palace Theatre Box Office (465-4663), Troy Savings Bank Music Hall Box Office (273-0038) or Ticketmaster (476-1000).

The ASO is also offering two informal talks. The first will take place on Thursday, March 16 at noon in the Albany Public Library on Washington Ave.

The second talk is scheduled for March 18, immediately before that evening's concert at 7 p.m. at the Rensselaer County Historical Society, 57 2nd Street in Troy.

Both talks will feature Miller and guest composers and soloists discussing the American Music Festival Concert.

On Saturday, March 25, begin-

ning at noon, ASO will present "Tiffany Concerts," a celebration of the beauty and power of Tiffany Windows. Three original pieces, inspired by three area Tiffany Windows will be presented at three locations over the course of the afternoon.

The first stop, at noon, will be at First Presbyterian Church on 362 State St. in Albany. The next stop will be the First Church on 110 North Pearl St. also in Albany at 1:30 p.m. and the final church will be St. Paul's Episcopal Church on 58 Third St. in Troy.

Each church features a Tiffany stained glass window which provided the inspiration for the pieces to be played. University at Albany professor and Tiffany Windows expert Warren Roberts will discuss the windows and works by Gabriela Frank, Pierre Jalbert and David Dzubay will be performed.

The cost is \$10 for each church or \$75 for all three churches, which includes round-trip bus transportation and dinner at the University Club in Albany. For information on the Tiffany Concerts call 465-4755.

He's back in the saddle again! David Alan Miller as Cowboy Dave will appear in "Elvis Goes to Music School," a presentation of Albany Symphony Orchestra, on Sunday, March 12 at 3 p.m.



Composer Allen Shawn's Piano Concerto will be given its world premiere as part of "Casual Night at the Symphony" a presentation of the Albany Symphony Orchestra on March 18 at 8 p.m. at the Troy Savings Bank Music Hall



Pianist Ursula Oppens will perform with the Albany Symphony Orchestra on March 18 at 8 p.m. at the Troy Savings Bank Music Hall

The American Music Festival concludes on Friday, March 31, at 7:30 p.m. at the new Arts Center of the Capital Region in Troy. The ASO will present "Dogs of Desire: Best of the Dogs." The avant-garde chamber ensemble of the ASO will present favorite works of the past seven years.

For those looking for music that expands upon and explores audience expectations, this evening's selection should prove very interesting.

For example, Arthur Bloom's 1995 composition "That's the Way" combines material from Bach's "Brandenburg Concerto #2" with the disco hit "That's the Way I Like It" by KC and the Sunshine Band.

In addition to Bloom, featured composers will be Richard Adams, Daniel Roumain, Daniel Worley, Gabriel Ian Gould, Dan Becker, Marc Mellits and Carolyn Yarnell.

Tickets for Dogs of Desire are \$12 for adults and \$10 for students. For information, call 465-4755.

ARTS and ENTERTAINMENT

Theater

THE ROBBER BRIDEGROOM

country musical, Schenectady Light Opera Co., 826 State St., March 9 to 12, \$16, \$8 for children under 13. Information, 356-0343.

THE PUBLIC EYE AND THE LOVER

one-act plays by Peter Shaffer and Harold Pinter, Albany Civic Theater, 235 Second Ave., weekends, March 10 to 26, \$12. Information, 462-1297.

SKYLIGHT

by David Hare, Capital Repertory Theatre, 111 N. Pearl St., Albany, March 17 to April 9, \$25 to \$35. Information, 455-7469.

THE TEMPEST

new production of Shakespeare's play, New York State Theatre Institute, Schacht Fine Arts Center of Russell Sage College, Troy, March 16 through April 1, \$17, \$14 for seniors and students, \$8 for children under 13. Information, 274-3256.

OLD TIMES

Theater Voices staged reading of Pinter play, Albany Center Gallery, Chapel and Orange streets, March 17 and 18 at 8 p.m., March 18 and 19 at 3 p.m., free. Information, 439-6404.

Music

BLACK 47

with Seven Nations, Empire State Plaza Convention Center, Albany, March 9, 7 p.m., \$20 in advance, \$25 at the door. Information, 479-3177.

JOHN McDERMOTT

one of Three Irish Tenors, Troy Savings Bank Music Hall, State and Second streets, March 9, 7:30 p.m., \$29. Information, 273-0038.

JOHN HAMMOND

blues legend, The Van Dyck, 237 Union St., Schenectady, March 10, 7 and 9:30 p.m., \$15. Information, 381-1111.

EMPIRE STATE YOUTH ORCHESTRA

playing works by Beethoven, Bernstein and Ives, Troy Savings Bank Music Hall, State and Second streets, March 11, 8 p.m., \$10, \$8 for seniors and students. Information, 273-0038.

JOHN GORKA

folksinger-songwriter, The Eighth Step, 275 State St., Albany, March 11, 8 p.m., \$15. Information, 434-1703.

CHRISTINE LAVIN

singer-songwriter-comedienne, The Egg at Empire State Plaza, Albany, March 11, 8 p.m., \$15. Information, 473-1845.

ELVIS GOES TO MUSIC SCHOOL

Sunday Symphony for Families by Albany Symphony Orchestra, Palace Theatre, North Pearl Street and Clinton Avenue, March 12, 3 p.m., \$12, \$6 for children. Information, 465-4663.

COUNTRY MUSIC AWARD SHOW

sponsored by Northeast County Music Association, Proctor's Theatre, State Street, Schenectady, March 12, 4 p.m., \$10. Information, 346-6204.

ALTAN

top Irish traditional band, Ancient Order of Hibernians Irish-American Center, 375 Ontario St., Albany, March 13, 7:30 p.m., \$20. Information, 438-8230.

PHIL COULTER

Irish singer-songwriter, The Egg at Empire State Plaza, March 16, 8 p.m., \$25. Information, 432-6598.

PADDY KEENAN

Irish bagpipe player, with Tommy O'Sullivan, The Van Dyck, 237 Union St., Schenectady, March 17, 7 and 9:30 p.m., \$17. Information, 381-1111.

ALBANY SYMPHONY ORCHESTRA

American Music Festival concert, featuring works by Shawn, Harris and Schuman, Troy Savings Bank Music Hall, State and Second streets, March 18, 8 p.m., \$14 to \$33. Information, 273-0038. COMEDY/MAGIC

Visual Arts

NEW YORK STATE MUSEUM

Looking Back: The New York State Museum in the Year 2000, through March 12; Trains that Passed in the Night, The Railroad Photographs of Winston O. Link, through March 12, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

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

paintings by Michael Mooney and photographic collages by Kathleen Heike Triem, March 10 through April 28, 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. Information, 242-2222.

COLONIE ART LEAGUE

juried show of local artists, Pruyn House, 207 Old Niskayuna Road, through April 17. Information, 783-1435.

Call for Artists

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and percussion sections. Information, 439-1603.

COLONIE TOWN BAND

openings for percussion, tuba and bassoon players, rehearsals 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. Information, 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.

SINGERS NEEDED

for upcoming David's Tabernacle 300-voice choir performance 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, spring session starts March 7, Old Songs, ROI Center, Route 155, Guelderland. Information, 765-2815.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hand is not showing. 2. Mitten is different. 3. Window is bigger. 4. Hair is different. 5. Bush is smaller. 6. Belt is added.

MAGIC MAZE — CART

I I E A X T Q N J G C Z W T Q
N J G D A X U B R O L J G D A
X V S P N K I E N I W F C A X
V S Q O L J H V G E C A X V T
R P N L J Y R E C O R G H F Y
D B Y X V T E R L R D P O M R
K I G E D F S A D P I T B Z T
X W U T F R R G N I P P O H S
Q O N O L J O E A M R A F H A
I G C F D L H C H E A H S U P
Y X W V F T S R P O T N L K J

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Apple Beverage Coffee Dog Farm Grocery Hand Horse Hot dog Pastry Push Shopping Tea Tip Wine

©2000 King Features, Inc.

The Super CROSSWORD

ACROSS

1 Silents' vamp
5 Like Peter or Catherine
10 Dilatory
14 "Moon-struck" actress
18 Pennsylvania sect
20 Bizarre
21 Eliot's "Bede"
22 Sociologist Shere
23 Physique; food fish
25 Brazilian kicker
26 Muslim title
27 Ancient ascetic
28 See 56 Across
30 Zonked out
32 "Cheerio!"
34 Turgenev's birthplace
36 Hitching post?
37 Bream of baseball
40 Shed
44 Victor Herbert musical
46 Geraint; when the sun's out
50 Deranged
51 Cal. page

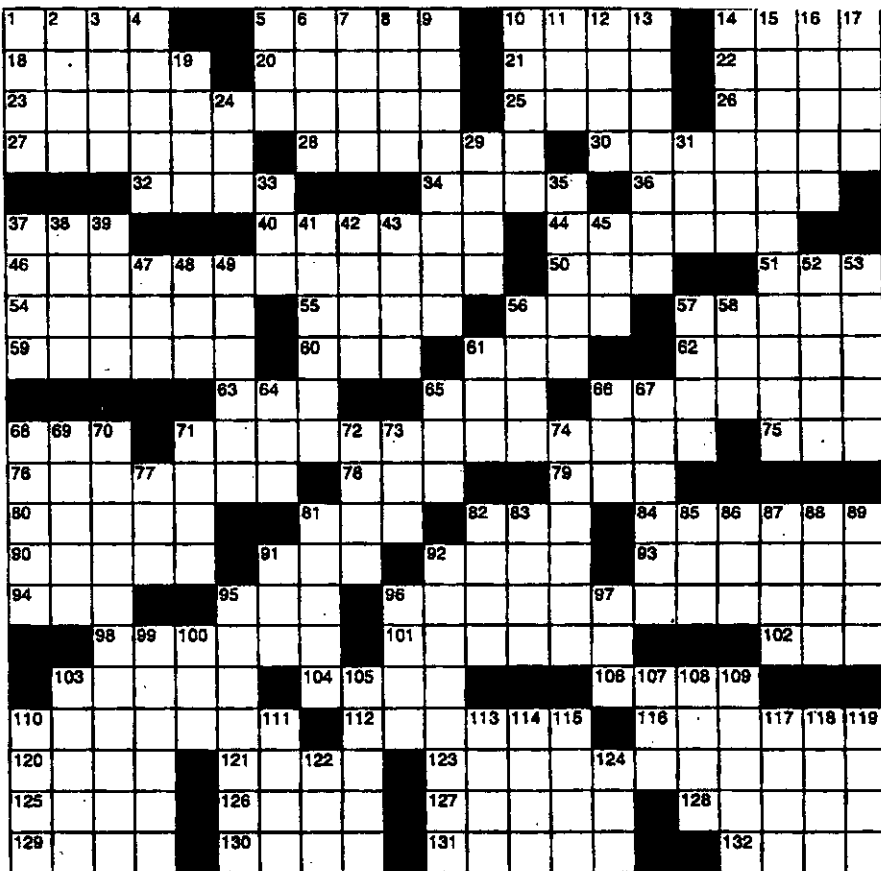
54 Asian peninsula
55 Bargain
56 With 28 Across, Barney Fife's portrayer
57 Psalms word
59 Tree trim
60 Squid's squirt
61 Hair ball?
62 Venerate
63 Hosp.
65 Fasten a brogue
66 Rejects
68 Mister, in Madras
71 Dominion; glisten
75 Cornerstone abbr.
76 Be a wizard
78 Morsel for Fido
79 Approved
80 Jabber away
81 Ump
82 Presidential nickname
84 Least likely to budge
90 Plus
91 Hairstyling goop
92 Audacious
93 "Moon-struck" actor

94 Princess bruiser
95 "Cruise" ("59 song)
96 Hotel unit; tart
98 Less unkempt
101 Verdi opera
102 High dudgeon
103 Confuse
104 Practice punching
106 Shed
110 Rubbed it in
112 Carved a canyon
116 English author Philip
120 Grad
121 Seeds
123 Combat; chess figure
125 Formal ceremony
126 Oaf
127 Leave out
128 Piggins
129 Gershwin heroine
130 Therefore
131 Obtuse
132 Formerly, formerly
DOWN
1 Ruth or Adams
2 Famous fellow?
3 Frees (of)
4 Until now

5 Deity
6 Kennedy Cabinet member
7 Thames town
8 Singer Guthrie
9 Eschew intoxicants
10 Slip
11 Humorist George
12 Soft mineral
13 Beautiful beryl
14 Unsullied
15 Towering; "Wayne's World" actor
16 A great composer?
17 Peruse
19 Mandlikova of tennis
24 Lepidopterist's need
29 Hector's home
31 Porter's kin
33 In the manner of
35 Dud
37 Gin relative
38 Calvary inscription
39 Anthropologist
41 Inflection
42 Mideastern gulf
43 Neighbor of Mont.

45 Actor Ziering
47 "Pygmalion" monogram
48 Hasten
49 More far-fetched
52 Deserves
53 It's often heaved
56 Membership fee
57 Manuscript enc.
58 Tokyo, once
61 Order
64 "American" ("72 smash)
65 Cable channel
66 Cartoonist Browne
67 Sari sporter
68 Remnant
69 Stir
70 Caravan-series; excuses
71 Punny puppy
72 Playwright Coward
73 Pound sound
74 "Stalag 17" star
77 Singer Tex
81 Parents
82 Make money
83 Utah resort
85 Accomplished

86 Meyerbeer's "Huguenots"
87 Wells creatures
88 Insult
89 Made tracks
91 "Well, I'll be!"
92 Acted like a groundhog
95 Church feature
96 Barbecue
97 Prepare to shoot
99 "My Cup Runneth Over" singer
100 PC key
103 TV's "Kate & Allie"
105 Trattoria treat
107 Word with hat or hand
109 Stale
110 Apparel
111 "New Look" designer
113 Buttermilk's mistress
114 Limerick's land
115 June honoree
117 Actor Duffie
118 Completes the cake
119 Cardinal's residence
122 Wrinkly toy
124 Born



Spotlight CALENDAR

Wed., 3/8
BETHLEHEM
OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 451 Delaware Ave., Delaware, 4 p.m.

YOUTH EMPLOYMENT SVCS.

Parks and Recreation Office, Elm Avenue Park, 6:30 - 9 p.m. *Also Tues., Thurs., 2 - 4:30 p.m.* Information, 439-0503.

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.

RED MEN

St. Stephen's Church, Elsmere, 7:30 p.m. Information, 439-3265.

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

NEW SCOTLAND
TOWN COUNCIL

town hall, Route 85, 7 p.m. Information, 439-4889.

"INTRODUCTION TO THE INTERNET"

Workshop, signup only. Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AL-ANON MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

Thurs., 3/9
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.

DELMAR PROGRESS CLUB

Travel Group slide show and commentary, Community Room, Bethlehem Public Library, 451 Delaware Ave., 2 p.m. Information, 439-3916.

HOMEWORK HELP CENTER

Bethlehem Public Library, 451 Delaware Ave., 6 to 8 p.m. p.m. Information, 439-0503.

CHP DELMAR HEALTH CENTER

open house, 250 Delaware Ave., 6 and 8 p.m. Information, 783-1864.

CAREGIVER SUPPORT GROUP

Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-7387.

DELMAR FIRE DEPT. LADIES AUX.

firehouse, Adams Place, 7:30 p.m.

ELSMERE FIRE CO. AUX.

firehouse, Poplar Drive, 7:30 p.m.

BETHLEHEM MEMORIAL VFW

Post 3185, 404 Delaware Ave., 8 p.m. Information, 439-9836.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND
KINDERGARTEN INFO MEETING

Mandatory meeting for parents with children, 5 or older as of Dec. 1, entering kindergarten in the fall; to explain registration and screening program, set for Apr. 4-5. Voorheesville Elementary School, 7:30 p.m. Call to confirm, 765-2382, ext. 514.

POETRY GROUP AT LIBRARY

Every Other Thursday Night Poets; newcomers welcome. Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Information, 765-2791.

NEW SCOTLAND
LEGAL NOTICE

Notice of filing of Articles of Organization of a limited liability company ("LLC") named L. G. Real Estate Management, LLC. Articles filed with NY Sec. of State ("SOS") on 2/14/00. Office location: Albany County. SOS, designated as agent for service of process, shall mail copy of process to: The LLC c/o Keith M. Goldstein, 29 Woodlake Rd., Apt. 8, Albany, NY 12203. Purpose: any lawful business purpose. (March 8, 2000)

LEGAL NOTICE
NOTICE OF FORMATION

of Limited Liability Company. Articles of Organization of Prudent Leasing, LLC ("LLC") were filed with Sec. of State of NY ("SSNY") on 1/11/2000. Office Location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: The LLC, c/o R. M. White, 18 Corporate Woods Blvd., Albany, New York 12211. Purpose: Any lawful business purpose. February 11, 2000 (March 8, 2000)

Fri., 3/10
Q.U.I.L.T.

Meeting open to visitors and members. Challenge Quilt viewing, awards, work session on quilts for Equinox. Social time and business meeting before program. First United Methodist Chgurch, 428 Kenwood Ave., Delmar, 9:15 a.m. Information, 456-0552.

LIBRARY BABIES

Hour long session of storytelling, songs and play for children aged 15-21 mo. and their parents and caregivers. Bethlehem Public Library, 451 Delaware Ave., 10 a.m. Information, 439-9314.

BOOKS IN THE MORNING

Discussion group to focus on "The Assistant" by Bernard Malamud. Bethlehem Town Hall, 445 Delaware Ave., Delmar, 10:15 a.m. - 12:15 p.m. Information, 439-9661.

FRIDAY NIGHT FISH FRY

Sponsored by Selkirk Fire Co. No. 1 Ladies Auxiliary. Menu includes fish fry, french fries, cole slaw, beverage and dessert. Selkirk Fire Co. No. 1, Maple Ave., Selkirk. Servings 4:30 p.m. - 7 p.m. Adults \$6, children under 12 \$3.

AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

NEW SCOTLAND
YOUTH GROUP

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

Sat., 3/11
BETHLEHEM
"SPRING TUNE-UP FOR TOTS"

Exercises, games and stories for children aged 22-35 mo. Call to register. Bethlehem Public Library, 451 Delaware Ave., 10:30 a.m. Free. Information, 439-9314.

BIRD WALK AT FIVE RIVERS

Search for bluebirds, blackbirds and other species returning to their northern habitat on walk accompanied by Center naturalists. 2 p.m. Bring binoculars and birds books, if possible. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar. Information, 475-0291.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

NEW SCOTLAND
MEMORY WRITING AT LIBRARY

Lifestories Memory Writing. Voorheesville Public Library, 51 School Road, Voorheesville, 10 a.m. - noon. Information, 765-2791.

Sun., 3/12

Contact local churches for services.

Mon., 3/13
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, 439-2437 or 439-6952.

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.

TEMPLE CHAPTER 5 RAM

Masonic Temple, 421 Kenwood Ave.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

ELMWOOD PARK FIRE DIST.

Monthly meeting (second Monday), Policy Review Committee, North Bethlehem Fire House, Russell Road. Call for time, 489-6556.

NEW SCOTLAND
FRIENDS OF THE LIBRARY

Monthly meeting, Voorheesville Public Library, 51 School Road, Voorheesville, 7 p.m. Newcomers welcome. Information, 765-2791.

QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.



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**

Open Daily for Lunch & Dinner
(Closed Mondays)

Full Banquet Facility serving from 20-350 guests

257 Washington Avenue Extension, Albany
(518) 456-0292
~ Reservations Recommended ~

COUPON

Italian American Community Center

LE CARAVELLE RISTORANTE

Buy 1 Dinner, Get 2nd at Half Price

Not to be used with any other discounts/coupons • Offer Ends 6/30/2000

LEGAL NOTICE
LEGAL NOTICE

ARTICLES OF ORGANIZATION OF EAST HILLS BUILDERS LLC Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: East Hills Builders LLC.
SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.
THIRD: The latest date on which the limited liability company is to dissolve is December 31, 2050.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: 623 New Loudon Road, Latham, New York 12110.
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 1 or more members.
IN WITNESS WHEREOF, this certificate has been subscribed to this 14th day of February, 2000, by the undersigned who affirms

LEGAL NOTICE

that the statements made herein are true under the penalties of perjury.
S/ E. J. Vandergrift, Attorney in Fact
(March 8, 2000)

LEGAL NOTICE

CONVERSION OF WESTERN AVENUE ASSOC. TO WESTERN AVENUE LLC
1. The name of the partnership was Western Avenue Assocs.
2. The name of the limited liability company is to be located is Albany.
3. The partnership was in accordance with the provisions of the Limited Liability Company Law duly converted to the limited liability company upon the filing of the Certificate of Conversion of the partnership to a limited liability company on January 4, 2000.
4. The county within the State in which the office of the limited liability company is to be located is: The County of Albany.
5. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served, the post office address within and without the State to which the Secretary of State shall mail a copy of process against the limited liability company served upon him or her is Western Avenue

LEGAL NOTICE

LLC, c/o Burns Management, 1732 Western Avenue, Albany, New York 12203.
6. The limited liability company is to be managed by a manager.
7. The purpose of the Company are to engage in the real estate business, and in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law.
8. The limited liability company shall continue indefinitely. Dated: February 7, 2000
COOPER, ERVING, SAVAGE, NOLAN & HELLER, LLP
Attorneys for Western Avenue LLC
39 North Pearl Street
Albany, New York 12207
(March 8, 2000)

LEGAL NOTICE

Notice is hereby given that a license, number 252 for beer, liquor and wine has been applied for by the undersigned to sell beer, liquor and wine at a restaurant under the Alcoholic Beverage Control Law at 1094 Madison Avenue, Albany, N.Y. for on premises consumption.
(March 8, 2000)

LEGAL NOTICE
LEGAL NOTICE

Notice of filing of Articles of Organization of a limited liability company ("LLC") named L. G. Real Estate Management, LLC. Articles filed with NY Sec. of State ("SOS") on 2/14/00. Office location: Albany County. SOS, designated as agent for service of process, shall mail copy of process to: The LLC c/o Keith M. Goldstein, 29 Woodlake Rd., Apt. 8, Albany, NY 12203. Purpose: any lawful business purpose. (March 8, 2000)

LEGAL NOTICE
NOTICE OF FORMATION

of Limited Liability Company. Articles of Organization of Prudent Leasing, LLC ("LLC") were filed with Sec. of State of NY ("SSNY") on 1/11/2000. Office Location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: The LLC, c/o R. M. White, 18 Corporate Woods Blvd., Albany, New York 12211. Purpose: Any lawful business purpose. February 11, 2000 (March 8, 2000)

LEGAL NOTICE
LEGAL NOTICE

Notice of formation of Verona LLC a NYS limited liability company (LLC). Formation filed with SSNY on 01/20/2000. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: 65-08 Boelsen Crescent, Rego Park, NY 11374. Purpose: All Lawful purposes. (March 8, 2000)

LEGAL NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF A CATERED AFFAIR, LLC

(UNDER SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW OF THE STATE OF NEW YORK)
The undersigned, being a natural person of at least eighteen (18) years of age and acting as the organizer of the limited liability company hereby being formed under Section 203 of the Limited Liability Law of the State of New York (the "LLCL"), certifies that:
FIRST: The name of the company is A Catered Affair, LLC (the "Company").
SECOND: The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be orga-

LEGAL NOTICE

nized under the LLCL.
THIRD: The county within the State of New York in which the office of the Company is to be located is Albany.
FOURTH: 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 within or without the State of New York to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is: A Catered Affair, LLC, 88 Hurst Road, Delmar, New York 12054.
FIFTH: The Company is to be managed by one or more members.
SIXTH: The Company shall have the power or indemnify, to the full extent permitted by the LLCL, as amended from time to time, all persons whom it is permitted to indemnify pursuant thereto.
IN WITNESS WHEREOF, I have subscribed this certificate and do hereby affirm the foregoing as true under penalties of perjury, this 15th day of February, 2000.
s/ Alan M. Jezierski, Organizer
(March 8, 2000)

LEGAL NOTICE

LEGAL NOTICE
SELKIRK FIRE DISTRICT

Notice to Bidders
Selkirk Fire District invites sealed bids for a new 1500 GPM 1000 Gallon Tank Custom Class A Rumper.
All bids must be delivered to Frank A. With, District Secretary, 614 Bridge Street, Selkirk, New York 12158 and marked on the outside "New 1500 GPM 1000 Gallon Tank Custom Class A Rumper", or presented at the bid opening to be held on March 27, 2000 at 7:30 a.m. at the Fire House No. 1, Maple Avenue, Selkirk, New York. Copies of specifications may be obtained from Chief Bill Borger, 767-0049; District Chief Harlen Metz, 436-0534 or Commissioner Joseph G. Keller, 465-3193. Selkirk Fire District reserves the right to reject any and all bids.
By Order of the Board of Commissioners of the Selkirk Fire District (March 8, 2000)

LEGAL NOTICE

The name of the limited liability company is Bluff Point Associates, LLC (the "Company"). The Articles of Organization of the Company were filed with the NY Secretary of State (the "NYSS") on 2/9/2000. The office of the Company is to be located in Albany County. The NYSS is hereby designated as the agent of the Company upon whom process against it may be served and the post office address within NY to which the NYSS shall mail a copy of any process against it served upon him or her is 26 Gardner Terr, Delmar, NY 12054, Attn.: Peter Young. The character or purpose of the business of the Company is to own real property. (March 8, 2000)

LEGAL NOTICE

The New York State Education Department as lead agent has issued a Positive Declaration and accepted as complete for the purposes of commencing public review, a Draft EIS from Voorheesville Central School District in Albany County. The proposed project is to construct additions to the high school. Comments will be accepted in writing by the contact person until midnight of March 17, 2000.
The action involves the construction of a total of 68,450 square feet in two additions to the existing high school. Additional parking for 120 cars will also be provided. Three soccer, one practice and two softball fields will be constructed on the land to be purchased. The project is located on New Salem Road, in the Town of New Scotland in Albany County. CONTACT PERSON: Carl Thurnau, The State Education Department, Office of Facilities Planning, Room 1060 EBA, Albany, NY 12234 (March 8, 2000)

NOTICE OF FILING OF
ARTICLES OF
ORGANIZATION OF C.R.
WASHINGTON ASSOCIATES,
LLC

SECTION 206 OF THE NEW YORK LIMITED LIABILITY COMPANY LAW
1. The name of the Limited Liability Company is C. R. Washington Associates, LLC (the "Company").
2. Articles of Organization were filed with the New York Secretary of State on January 27, 2000.
3. The County within the state in which the office of the Company is to be located is Albany County.
4. The Secretary of State is designated as the agent of the Company upon whom any process against it may be served. The post office address within the state to which the Secretary of State shall mail a copy of any process against the Company served upon him is Peter J. Millock, Esq., Nixon Peabody LLP, One Key Corp Plaza, 9th Floor, Albany, New York 12203.
5. The business purpose for which the Company is formed is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. (March 8, 2000)

NOTICE OF FORMATION OF
RAQUEL MARIA GIL, M.D.,
P.L.L.C.

(PURSUANT TO SECTION 1203 OF THE LIMITED LIABILITY LAW)
NOTICE IS HEREBY GIVEN that the Articles of Organization of

LEGAL NOTICE

RAQUEL MARIA GIL, M.D., PLLC (the "Company") were filed with the Secretary of State of New York on February 9, 2000.
The Company is being formed to engage in the practice of psychiatry; to have and to exercise all powers necessary and convenient to affect any and all purposes for which the Company is formed, together with all powers now or hereafter granted to it by the State of New York; and to engage in 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 2519 Rosendale Road, Niskayuna, New York 12309. (March 8, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY
COMPANY.

NAME: NORTHWOOD REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/11/00. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. (March 8, 2000)

NOTICE OF FORMATION OF A
DOMESTIC LIMITED
LIABILITY COMPANY (LLC).

The name of the LLC is MOMROW ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 7, 2000. 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 592 New Loudon Road, Latham, New York 12110. (March 8, 2000)

NOTICE OF FORMATION OF D
AND H PRODUCTS, LLC

(PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)
NOTICE IS HEREBY GIVEN that the Articles of Organization of D AND H PRODUCTS, LLC (the "Company") were filed with the Secretary of State of the State of New York on February 2, 2000. The Company is being formed to engage in the developing and marketing of hardware and automotive products for consumers to be distributed through wholesalers to retailers, and to engage in 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 Post Office Box 13596, Albany, New York 12212-3596. (March 8, 2000)

NOTICE OF FORMATION OF
LIMITED LIABILITY
PARTNERSHIP

NAME: Knapke & Gabriele, LLP. Certificate of Registration was filed with the Secretary of State of New York (SSNY) on 1/24/00 with an existence date of 1/24/00. 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, 21 Everett Road Ext., Albany, New York 12205. Purpose: For the practice of certified public accounting. (March 8, 2000)

LEGAL NOTICE

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY
("LLC")

Name: Pay Docs Now, com, LLC Articles of Organization filed with Sec. of State of NY ("SOS") on 1/7/2000. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to LLC, c/o David N. Goldin, Esq., c/o McClung, Peters, and Simon, 41 State Street, Albany, New York 12207. Purpose: any lawful business purpose. (March 8, 2000)

NOTICE OF FORMATION OF A
DOMESTIC LIMITED
LIABILITY COMPANY (LLC).

The name of the LLC is ARMART, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 20, 2000. 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 135 Euclid Avenue, Albany, New York 12203. (March 8, 2000)

NOTICE OF ORGANIZATION
OF PEAK PERFORMANCE
CHIROPRACTIC L.L.C.

Peak Performance Chiropractic L.L.C. has been formed as a Limited Liability Company in the State of New York. The Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 18, 2000. The company 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: Peak Performance Chiropractic L.L.C., 340 Northern Boulevard Loudon Plaza Albany, NY 12208. The company has been formed to engage in any lawful business purpose or purposes for which a Limited Liability Company may be formed. (March 8, 2000)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, March 15, 2000, at 8:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Joseph LaJoy/Anthony Hazapis/Hippo's Home Entertainment Center, 241 Schoolhouse Road, Albany, New York 12203 for Use Variance under Article VI, Permitted Uses, Section 128-12, Residential A District of the Code of The Town of Bethlehem for permission to operate a business for installation of car stereos in a residential zone at premises 241 Schoolhouse Road, Albany, New York 12203.
Michael C. Hodom
Chairman
Board of Appeals
(March 8, 2000)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, March 15, 2000, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Robert and Lauren Finkle, 26 Wilshire Drive, Delmar, New York 12054 for Area Variance under Article XVII, Side Yards, Section 128-73, Required Widths A (1) (b) of the Code of the Town of Bethlehem for construction of an attached garage addition which would encroach into the side yard setback requirement at premises 26 Wilshire Drive, Delmar, New York 12054.
Michael C. Hodom
Chairman
Board of Appeals
(March 8, 2000)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, March 15, 2000, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar,

LEGAL NOTICE

New York to take action on application of Daniel and Lisa Plummer, 24 Huntersfield Road, Delmar, New York 12054 for Area Variance under Article XII, Percent of Lot Occupancy, Section 128-50 of the Code of the Town of Bethlehem for construction of a porch, expanded family room and additional storage areas which would exceed allowable percent of lot occupancy at premises 24 Huntersfield Road, Delmar, New York.
Michael C. Hodom
Chairman
Board of Appeals
(March 8, 2000)

NOTICE OF PUBLICATION

KCB PROPERTIES, LLC was filed with SSNY on 2/15/00. 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, 2050 Western Ave., Suite 201, Gunderland, NY 12084. Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF PUBLICATION

GORDON SHRIMP SEAFOOD COMPANY LLC was filed with SSNY on 2/18/00. 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, 46 State Street, Albany, NY 12207. Purpose: any lawful purpose (March 8, 2000)

NOTICE OF PUBLICATION

NORTHWAY CONSULTING LLC was filed with SSNY on 2/8/00. 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, 46 State St., 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF PUBLICATION

Ramsden Enterprises LLC was filed with SSNY 12/13/1999. 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. (March 8, 2000)

NOTICE OF PUBLICATION

HYDROTWO LLC was filed with SSNY on 1/31/00. 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, 46 State St., 3rd Floor, Albany NY 12207. Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF PUBLICATION

ADDEX IT SERVICES LLC was filed with SSNY on 1/25/00. 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, 46 State Street, 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF PUBLICATION

DYNAMIC FISHING MANAGEMENT LLC was filed with SSNY on 1/25/00. 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, 46 State St., 3rd Floor, Albany NY 12207. Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF PUBLICATION

INTERPROGRESS LLC was filed with SSNY on 1/20/00. Office: Albany county. SSNY designated as agent of LLC whom process against may be served. The P.O.

LEGAL NOTICE

address which SSNY shall mail any process against the LLC served upon him: THE LLC, 48 State St., 3rd Floor, Albany, NY 12207.
Purpose: any lawful purpose. (March 8, 2000)

NOTICE OF SPECIAL
DISTRICT MEETING

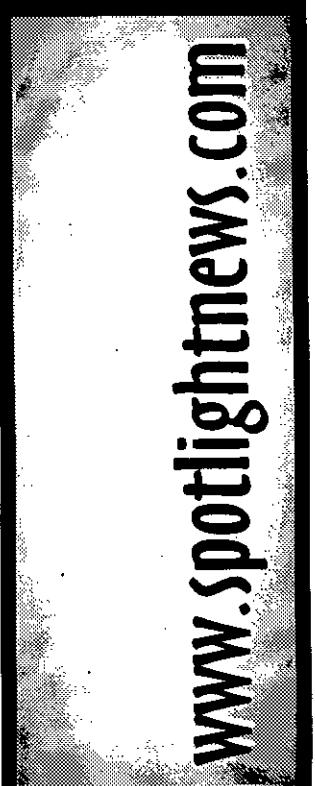
Voorheesville Central School District, Albany County, New York
The Board of Education of Voorheesville Central School District, Albany County, New York, HEREBY GIVES NOTICE that a special district meeting of the qualified voters of said School District will be held in the Foyer at the High School Building, in Voorheesville, New York, in said School District, on the 28th day of March, 2000, at 2:00 o'clock P.M., Prevailing Time, for the purpose of voting by voting machine upon the propositions hereinafter set forth: Polls for the purpose of voting will be kept open between the hours of 2:00 o'clock P.M. and 9:30 o'clock P.M., Prevailing Time.
PROPOSITION NO. 1
Shall the following resolution be adopted, to-wit:
RESOLVED, that the Board of Education of Voorheesville Central School District, Albany County, New York, is hereby authorized:
a) To construct additions to and reconstruct School District buildings, including site improvement, original furnishings, equipment, machinery, apparatus and other improvements and costs incidental thereto, at a maximum estimated cost of \$15,734,000;
b) To purchase a parcel of real property for School District purposes, at a maximum estimated cost of \$250,000, including certain incidental costs;
c) To transfer to the Capital Reserve Fund of said School District from year to year up to \$200,000 legally available current funds of said School District for the aforesaid additions and reconstruction; and
d) To expend for the aforesaid additions and reconstruction up to \$608,000, plus accrued interest, from the Capital Reserve Fund of said School District; and that the sum of \$15,984,000, being the aggregate of the costs set forth in items a and b above, or so much thereof as may be necessary after deducting the expenditure of Capital Reserve Fund monies, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law; and, in anticipation of such tax, obligations of said School District shall be issued.
PROPOSITION NO. 2
IN THE EVENT THAT PROPOSITION NO. 1 SUBMITTED HEREWITH IS APPROVED, Shall the following resolution be adopted, to-wit:
RESOLVED, that the Board of Education of Voorheesville Central School District, Albany County, New York, is hereby authorized to construct a swimming pool facility at the Junior-Senior High School, including site improvement, original furnishings, equipment, machinery, apparatus and other improvements and costs incidental thereto, at a maximum estimated cost of \$1,368,000; and that such sum, or so much thereof as may be necessary, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law; and, in anticipation of such tax, obligations of said School District shall be issued.
NOTICE IS HEREBY FURTHER GIVEN that the aforesaid propositions will appear on the ballot labels of the voting machines used at such special district meeting in the following abbreviated forms:
PROPOSITION NO. 1
Shall Proposition No. 1 set forth in the notice of this meeting authorizing the construction of additions to and reconstruction and equipment of School District buildings, including site improvement, at a maximum cost of \$15,734,000; the purchase of real property at a maximum cost of \$250,000; the transfer from year to year of up to \$200,000 to the Capital Reserve Fund for the additions and reconstruction; the expenditure of up to \$608,000, plus accrued interest, from the Capital Reserve Fund for the additions and reconstruction; and providing that the sum of \$15,984,000, to be reduced to the extent of expenditures from the Capital Reserve Fund, shall be

LEGAL NOTICE

raised by the levy of a tax to be collected annually, with District obligations to be issued in anticipation thereof, be approved?
PROPOSITION NO.2
In the event that Proposition No. 1 submitted herewith is approved, shall Proposition No. 2 set forth in the notice of this meeting authorizing the construction and equipment of a swimming pool facility at the Junior-Senior High School, including site improvement, at a maximum cost of \$1,368,000; and providing that such sum shall be raised by the levy of a tax to be collected annually, with District obligations to be issued in anticipation thereof, be approved?
NOTICE IS ALSO HEREBY GIVEN that applications for absentee ballots may be applied for at the office of the School District Clerk. Any such application must be received by the District Clerk at least seven days before the date of the aforesaid special district meeting if the ballot is to be mailed to the voter, or the day before such special district meeting, if the ballot is to be delivered personally to the voter. A list of all persons to whom absentee voter's ballots shall have been issued shall be available for public inspection in the office of the School District Clerk not less than five days prior to the date of the special district meeting (excluding Saturdays and Sundays) during regular office hours until the date of the aforesaid special district meeting. In addition, such list shall also be posted conspicuously at the place of voting during the hours of such special district meeting.
Dated: February 7, 2000
Voorheesville, New York
BY ORDER OF THE BOARD OF EDUCATION OF
VOORHEESVILLE CENTRAL SCHOOL DISTRICT, ALBANY COUNTY, NEW YORK
By Dorothea Pfeleiderer
School District Clerk
(March 8, 2000)

PUBLIC NOTICE OF
ORGANIZATION OF LIMITED
LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is ALIZARIN CRIMSON, L.L.C. (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on February 17, 2000.
THIRD: The county within New York in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is:
57 Fuller Road
Albany, NY 12205
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 own, manage and operate real property for commercial and engage in any lawful acts or activities for which limited liability companies may be formed under the Law. (March 8, 2000)



At Your SERVICE

a guide to services for your home

APPLIANCE REPAIR Joseph T. Hogan Appliance & Electric Service 756-9670	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	HOME IMPROVEMENT Stephen E. Colfels Carpentry Remodeling Kitchens & Bathrooms Painting Masonry Ceramic Tile No Job Too Small 478-0284 Fully Insured	PAINTING GIL FLANSBURG Custom Painting & Paperhanging Plastering 28 Years - Reliable Service 439-4449	LAWN CARE STEVE'S LAWN CARE Many Lawn Care Services Available Residential • Commercial Seasonal or Per Job Contracts FREE ESTIMATES • 862-0795	THRIFT SHOP Just A Second Consignments 301 Mohawk Avenue, Scotia Winter Clearance Many items \$3.00 • Earn Money Bring in Spring & Household Items Open Tuesday - Saturday 10-5 Thursday 10-7
BATHROOMS TILE REGROUTING & REPAIR Call about our \$99 special • Complete Bathroom Remodeling SPARKLIN' JOHN • 591-0059 • Colonie	 HOME REPAIR & MAINTENANCE, LTD. • Minor Repairs • Painting • Wall Repairs • Masonry • Carpentry • Plumbing & Electrical No Job Too Small 439-6863 FREE ESTIMATES • FULLY 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	W. H. ROTHER Painting & Decorating Custom Staining & Refinishing -Free Estimates -References -Insured Phone: 381-6618 Cell: 364-2007	Business Directory Ads Work For You! 439-4940	TILEWORK HERITAGE MASONRY & TILE • Ceramic Tilework • Bathroom Remodeling • All Masonry Work (including restorations) Tom Dootz 768-8018 Fully Insured
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	AT YOUR SERVICE: A guide to services for your home in the Spotlight Newspapers. START or RESTART your Service Directory ad in MARCH, pay in advance, and you will receive "double exposure" for the length of time you have paid ahead. Call Susan 439-4940	• 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	Trees • Shrubs Seeding • Mowing Pruning Edging • Mulching Spring Cleanup Picture Perfect Landscaping David Slaver (518) 768-4636	TREE SERVICES Fully Insured Free Estimates Snow Plowing 7 Days A Week 24 Hours ALL CUT TREE SERVICE One Call Cuts It All Serving The Capital Region Over 20 Years Experience 797-3130
(518) 767-0625 Chuck WILKE CONSTRUCTION Decks, Siding, Replacement Windows, Renovation and Additions "No Job Too Small Or Big" • Fully Insured	FREE Estimates 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.	INTERIOR DESIGN Slipcovers • Upholstery Draperies • Window Coverings Cushions/Pillows Hardware Johan Interiors Joan Schaller (518) 785-1576	VOGEL Painting Contractor Free Estimates • RESIDENTIAL SPECIALIST • WALLPAPER APPLIED Interior — Exterior INSURED 439-7922	Nature Care Full Service Lawn Care Residential & Commercial Mowing & Trimming Shrub Care & Mulching General Landscaping All Major Credit Cards Accepted email: naturcare@aol.com Call for complete list of our services 462-9060	TIMBERLAND TREE SERVICE Complete Removals Deadwood Removal Stump Removal • Pruning Cabling • Land Clearing • Reasonable Rates • Free Estimates • Fully Insured Scott Norton Owner 767-2595
ELECTRICAL GINSBURG ELECTRIC All Residential Work Large or Small FREE ESTIMATES Fully Insured • Guaranteed 459-4702	Robert B. Miller & Sons General Contractors, Inc. For the best workmanship in bathrooms, kitchens, porches, additions, painting, decks, ceramic tile work or papering at reasonable prices call R. B. Miller & Sons 25 Years Experience 439-2990	LAND SERVICES UPSTATE TREE & MULCH Trees Trimmed & Removed Bed Preparation Mulch Delivered & Installed Firewood Delivered Stumps Removed Fully Insured 356-0255 • 765-4372	PAINTER'S PLUS Interior/Exterior Drywall Repair Pressure Washing Window Restoration and Glazing Fully Insured 372-8333 Free Estimates	PLUMBING WMD Plumbing Plumbing Repair Services Michael Dempf 475-0475	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
Business Directory Ads Work For You!	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...	LANDSCAPING HORTICULTURE UNLIMITED LANDSCAPING Expert, Professional, Unique Landscape Design & Installation • WATER GARDENS • COMPUTER IMAGE DESIGN • MAINTENANCE • CONSTRUCTION You Deserve The BEST! "WE DO THINGS RIGHT" 767-2004 www.hortunlimited.com OUR 23 RD YEAR	A.T.'S CUSTOM CONTRACTING Residential & Commercial Painting & Remodeling • Free Estimates • Fully Insured • Specializing in exterior repaint SPRING SPECIALS Senior Citizen Discount Adam Taber. 767-0424	ROOFING GRADY ROOFING For All Your Roofing Needs 439-1515 Kevin Grady Free Estimates Fully Insured	HASLAM TREE SERVICE Complete Tree Removal Call Now for Winter Rates FREE Estimates Jim Haslam Fully Insured Owner 439-9702
FIREWOOD 426-WOOD (9 6 6 3) • DRY-SEASONED • CUT SPLIT UNSPLIT • STACKING SPRING DISCOUNTS FREE DELIVERY	No Job Too Small Senior Citizens Receive 5% Discount	LANDSCAPING Delmar Lawn Care • Spring Clean-Ups • Lawn Dethatching • Fertilizing • Lawn Mowing • Mulching Call Now and Receive a FREE Estimate within 24 Hours 475-1419 Keith Patterson	Business Directory Ads Work For You!	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	Pandy's Tree Service Since 1977 459-4702 FREE ESTIMATES FULLY INSURED
HANDYMAN BEST BET Home Repair & Maintenance Senior Discounts Call Danny, It's Your Best Bet 434-5612			LAWN CARE	SPORTS If you always wanted to try your hand at FENCING Now you can! CALL: 966-5833 So. Westerlo, NY CRISTMILL FENCING	TUTORING SPANISH Tutoring and Translation • NYS Certified Teacher • • ALL LEVELS • Regents and Proficiency Prep 452-1101

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 means love and fulfilling your dreams of a wonderful life for your baby. Let us help each other. Expenses paid. Toll-free 1-877-340-4381. Debbie & Phil.

BUILDINGS FOR SALE

ARCH STEEL BUILDINGS-Huge savings 4 undelivered buildings - 25x26, 30x44, 30x60, 40x50. Must sell immediately! Perfect for workshops/garages. Financing available. 1-800-341-7007 www.steelmasterusa.com

STEEL BUILDINGS Sale: 5,000+ sizes. 40x60x14, \$8,840; 50x75x14, \$12,039; 50x100x16, \$15,998; 60x100x16, \$17,612. Mini-storage buildings, 40x160, 32 units, \$16,845. Free brochures. www.sentinelbuildings.com. SentinelBuildings, 800-327-0790 ext 79.

BUILDING SUPPLIES

ACR METAL ROOFING AND SIDING. Agricultural, commercial, residential. 25 year warranty. All accessories, trusses, metal building packages. Low cost! Fast delivery! Free Literature 1-800-325-1247, ext. 1.

BUSINESS OPPORTUNITIES

AIR PURIFICATION: Seeking business partner for market expansion. For additional recorded information call 1-888-439-3720.

EARN EXTRA INCOME: Stuffing envelopes. Send self addressed stamped envelope to Brentco, PO Box 205, Poesten Kill, NY 12140.

EXPLOSIVE Internet based company. Work from home or office. Call 339-0542.

AN ENTREPRENEUR? \$3-\$5K "NET" PROFIT PER WEEK. Qualified leads call you. Fast track program. Travel industry. Investment \$995. Serious inquiries call: 800-801-1181. 24hr message.

DO YOU EARN \$800 IN A DAY? Your own local candy route. Includes 30 machines and free candy. All for \$9.95. Call 1-800-998-VEND.

OWN YOUR OWN BUSINESS. If you are in sales now you can add this to your line... Lynn Zurawski. Investment \$249. 1-800-347-4396 code03 Prepaid Legal.

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.nationaltoner.com.

CANOPY RENTAL/SERVICE

PARTY TENT RENTALS: Serving since 1989. Specializing in Weddings, Graduations. We offer tents in all sizes & colors. Tables, chairs, sides, lights, dance floors. Catering available, delivery FREE in most areas. Most Credit Cards Accepted. Call us Today! 384-0520.

CHILD CARE NEEDED

CHILD CARE NEEDED: For 2 soon to be 3 boys, in our Glenmont home. Child development/ childhood education background preferred. Good driving record and references a must. Good salary. Call 478-9355.

DELMAR: Babysit for 2-3 children in our new home, week days 8:00 a.m. - 5:30 p.m. Possible benefits. 478-2260.

HOUSEKEEPER/ CHILD CARE: Need responsible, mature, non-smoker, 2-3 days/ week for laundry, dinner preparation and clean-up. Light housekeeping and some child care in Slingerlands home, 439-9039.

NANNY/ CHILD CARE: Needed in my South Colonie/ Loudonville home. Full time, Monday-Friday, 9:00 a.m. - 5:00 p.m. References required, car necessary. Call 453-1611.

CHILDCARE SERVICES

COMPLETE CLEANING: High Quality, Residential & Commercial, Free Estimates. Call 797-5261 or Page 342-7848.

IN MY GLENMONT HOME: 6 weeks & up. Full or part-time, 465-6419.

CLEANING SERVICES

CLEANING- residential/ small business/industrial. Free estimates. References. Call Rose 439-0350.

C & C CLEANING: Residential homes. Honest & dependable. Call 427-1590.

CLEANERS (EVENINGS): Environmental Service Systems, Inc. Has immediate openings for part-time/full time Commercial Cleaning Positions in the following areas: Albany, Latham, Malta, Menands, Saratoga, Schenectady, Other areas as needed. Reliable transportation needed at some locations! Please call (518)449-8240 or stop by our office at 85 Watervliet Avenue, Albany, NY.

CLEANING: RELIABLE with references, Niskayuna only. Marcy, 373-0717; Pam, 356-0279.

HOUSECLEANING: Reliable, affordable rates. Years of experience. References available, 439-0878.

M & E CLEANING SERVICES: Residential, small commercial. Many references, 465-3099.

RESIDENTIAL CLEANING: Low rates, free estimates, quality work. Call 869-4340.

VICTORIA CLEANERS: Professional, Dependable teams. Let us do the "Dirty Work" so you may enjoy Life's Pleasures! Call 283-8959.

COMPUTER TRAINING

B: >compatible, LLC -Computer training - Assistance - Web site design. For businesses & individuals, call B:>compatible, LLC and ask how you or your company can B:>compatible with computers and software. 384-1531. Http://pages.prodigy.net/dschoch.

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. 1-800-578-1363.

FINANCIAL

FEDERAL LAW ALLOWS YOU TO CORRECT your credit report for free and prohibits credit-repair clinics from requesting or receiving payment until six months after they perform their services. For more information about credit repair, write: Public Reference, Federal Trade Commission, Washington, D.C. 20580.

FEDERAL PROGRAMS Private agencies /Grants - Homeowners assistance - Catch up back taxes; bills; mortgages. Consolidate; Remodel; Refinance; Business start-ups. (Credit, Income, Bankruptcy problems? Help Available!) 1-800-844-7454.

HOMEOWNERS -NEED MONEY? Refinancing -Debt consolidation. No income /bad credit. FHA Approved. Multi Family - Mixed Use. Licensed Mortgage Broker NY. Dana Funding, Inc. 1-800-994-3262. Loans through 3rd party providers.

HOMEOWNERS W/CREDIT WORRIES may now quickly qualify for loans. Stonecastle's a direct lender that can tell you over the phone without obligation! 1-800-700-1242 ext 370.

MONEY\$ -Holding a Note? -Top \$ paid now for Trust Deeds, Mortgage Notes, Business Notes, Inheritance Probates, Insurance settlements and Other periodic payouts. Call Wendy at J G Wentworth 1-800-454-9368.

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.

FIREWOOD

MIXED HARDWOODS: Semi-seasoned. Full cords, \$125; face cords, \$55. Jim Haslam, 439-9702.

SEASONED FIREWOOD: Mixed hardwood, \$75 face cord, delivered; stacking extra. Call 756-8942.

DRY-SEASONED HARDWOOD: \$65 face cord, 4'x8'x16". Call 426-WOOD (426-9663) for same day service, Free Delivery.

FOUND

EARRING: Found in the Delmar Post Office parking lot on Friday, February 18th. Call Susan at Spotlight Newspapers, 439-4949, ext. 12.

FIND SOMETHING? Advertise it free. Call 439-4940.

FURNITURE REPAIR/REFINISHING

FURNITURE REPAIR/ REFINISHING. Touch-up. 25 years experience. Free estimates, free pickup and delivery. Kingsley Greene, 756-3764, evenings, weekends.

GARAGE SALES

DELMAR: ESTATE SALE 146 Hudson Avenue, Saturday, March 11, 8:00 a.m. - 2:00 p.m. Dolls, collectibles, etc., at reduced prices.

GUILDERLAND: 316 Presidential Way. Off Rt. 155, next to Farnsworth School. Friday & Saturday, March 10 & 11, 9:00 a.m. - 5:00 p.m. Empire sofa, blanket chests, chairs, rockers, book cases, piano, roll top & pine desks. Antique glass and china, lamps, linens, books, buttons, postcards, kitchen items, quantities of tools. Much more... years of accumulation.

SLINGERLANDS, MOVING/ ESTATE SALE: 31 North Helderberg Parkway, Friday & Saturday, March 10 & 11, 9:00 a.m. - 4:00 p.m. Antiques, furniture, collectibles, housewares, tools. EVERYTHING MUST GO! Cash or certified check.

HANDYMAN

BEST BET Home Repair & Maintenance. Senior discounts. Call Danny. It's your BEST BET in the Bethlehem area. 434-5612.

HEALTH & FITNESS

METABOLIFE 356: (\$42 per month) Other Herbal Weight Loss & Energy Products- FREE samples of all and mail order available. Call (315)474-1175.

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-A-SAVE 1-800-538-9849 ext.18U.

HELPING HAND

ADULT MALE: Lives in Loudonville area, will work in Loudonville, Colonie, Latham, helping senior citizens with shopping, some cooking, household chores, transportation to & from doctors, etc., \$8/ hour. Call 489-1892.

HOME HEALTH SERVICE

HOME HEALTH AIDE Available: 24 hour nursing aide duty work wanted 2 or 3 days per week. Car/ errands run, 25 years experience; References. Hoyer lift and G-tube knowledge, \$145 per day. Call (518)756-1595.

HOME IMPROVEMENT

STEPHEN E COLFELS: Carpentry, Remodeling, Kitchens & Bathrooms, Painting, Masonry, Ceramic Tile, No Job Too Small, 478-0284, Fully Insured.

Weather and emergency repairs of barns, houses, garages. Call Woodford Bros., Inc. for straightening, leveling, foundation repairs. Free estimates 1-800-653-2276 www.dreamscape.com/woodford.

HORSEBACK RIDING

MARCH ON: In to WALDEN FARM's Spring sign-up specials, going on now for Spring Horseback Riding Lesson Series and Ultimate Summer Equine Experience. (518)439-8472.

LANDSCAPING

HORTICULTURE UNLIMITED LANDSCAPING: Expert, Professional, Unique Landscape Design & Installation. Water Gardens, Computer Image Design, Maintenance, Construction. Call 767-2004. www.hortunlimited.com

LAWN CARE

STEVE'S LAWN CARE: Many Lawn Care Services Available. Residential & Commercial, Seasonal or Per Job Contracts. Free Estimates. Call 862-0795.

NATURE CARE: Full Service Lawn Care - Residential & Commercial. Mowing & Trimming, Shrub Care & Mulching, General Landscaping. Call for a complete list of our services. ALL major Credit Cards Accepted. Telephone 462-9060, Email: naturcare@aol.com.

LOST

FIND SOMETHING? Advertise it free. Call 439-4940.

MAUSOLEUM

MAUSOLEUM: In Memory Gardens. Briarwood Fernwood, Row 135, level B, 370-4967.

MISCELLANEOUS FOR SALE

AIWA HOME THEATER: Surround sound with Powered Subwoofer System. Feel like you're "in the movie!" Top quality Aiwa. New, still boxed, \$965. Call 785-0950.

BASEBALL CARDS: Topps complete sets. Thousands of singles, commons, semi-stars and stars. Call for prices, 355-1854.

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.

DINING ROOM SET: Maple. Table, 4 chairs and buffet/hutch, \$50. LOVE SEAT: Blue velvet, good condition, \$25. Call 355-0145.

DINING ROOM: Table, leaves, pad, 6 chairs, Hutch, buffet/server. Mediterranean style, pecan, \$2400, 346-9941.

DISHES: 100 piece Sebring, trimmed with 22 karat gold. Very nice, \$50. Call 355-5993.

ETHAN ALLEN: Coffee table, \$100. Also, KITCHEN PANTRY: Locks, lots of shelves, \$50. Call 478-0070.

FOUR WHEELED WALKER: Adjustable handlebars, handgrips, seat, 8" tires, folding steel frame. Excellent condition, \$85, 785-7712.

FUR COAT: Brown Sable, ladies long size 12, \$100. FUR CAPE: Brown, ladies size 12, \$50, 785-5041.

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.) SELLING: Washer, dryer, refrigerator, microwave, \$75 each. Coffee & end table, \$200. 439-6438

TABLE SAW: Skil, Excellent condition, includes 10" carbide blade, fence, miter. \$170, new \$85, firm. 374-3659.

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.

DIRT CHEAP CIGARETTES! FROM \$11.49/CT www.dirtcheapcig.com 1-888-808-CIGS(2447).

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.

MUSIC

STRING INSTRUMENT REPAIR: Bowrehairing, instruments bought and sold, 439-6757.

NOVENAS

PRAYER TO THE BLESSED VIRGIN: (Never known to fail) Oh, most beautiful flower on Mt. Carmel, fruitful vine, splendor of Heaven. Blessed Mother of the Son of god, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my Mother. Oh Mary, conceived without sin, pray for us who have recourse to thee (3x). Holy Mother, I place this cause in your hands (3x). Holy Spirit, you who have solved all problems, light all roads, so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy towards me and mine.

The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. LTA

"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). ewr

PRAYER OF Application to the Holy Ghost: You who solve all problems, who light all roads, so that I may obtain my goals; You who give me the divine gift to forgive all evil against me and in all instances of my life, you are with me. I want, in this short prayer, to thank you for all things and to confirm once again that I never want to be separated from you even in, and in spite of, all material illusions. I wish to be with You in eternal glory. Thank you for your mercy toward me and mine. (The person must say this prayer for 3 consecutive days. After 3 days, the favor requested will be granted, even if it may appear difficult. This prayer must be published immediately after the favor is granted, without mentioning the favor. Only your initials should appear at the bottom.) rfr

PAINTING

A.T.'S CUSTOM CONTRACTING: Residential & Commercial, Painting & Remodeling. Free Estimates, Fully Insured, Specializing in exterior repaint. Adam Taber, 767-0424.

GIL FLANSBURG: Custom Painting & Paperhanging. 28 years - Reliable Service. 439-2348.

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.

PAINTING & PAPERING

CURIT & SON'S Quality wallpapering, painting, & pressure washing houses and decks. Interior/ Exterior. 449-8753.

PAVING

McCLIMANS ASPHALT PAVING: Serving the Capital Region & the Northeast. Residential, Commercial. Fully Insured, Free Estimates, Guaranteed. Resurface, Repairs, New Construction. Visa & Mastercard accepted. Call 664-2409.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

POLITICAL

VETERANS UNITED for JOHN MCCAIN.

RESORT SALES

GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE? We'll take it! America's largest resale clearing house. Call Resorts Sales International. 1-800-423-5967.

SERVICE DIRECTORY

At Your SERVICE: A guide to services for your home in The Spotlight Newspapers. START or RESTART your Service Directory ad in MARCH, pay in advance, and you will receive "double exposure" for the length of time you have paid ahead. Call Susan, 439-4949, for details.

SPECIAL SERVICES

CAN'T COLLECT Judgement holders. Tired of waiting for settlement of your Judgment???? Let the Pros collect it. No charge if we are not successful. CALL (518) 573-3325.

SPORTS

Always wanted to try your hand at FENCING?? Now you can! Call 966-5833, GRISTMILL FENCING, So. Westerlo, NY.

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.

TAX SERVICES

TAX PREPARATION: 30 years experience, my Colonie home office or your home. Fully computerized, competitive rates. Free estimate. Allen Appel, 869-3248.

THRIFT SHOP

JUST A SECOND CONSIGNMENTS: 301 Mohawk Avenue, Scotia. WINTER CLEARANCE - Many items \$3. Earn Money - Bring in Spring and Household items. Open Tuesday thru Saturday, 10-5, Thursday 10-7. Call 370-5015.

TILEWORK

HERITAGE Masonry & Tile: Ceramic Tilework, Bathroom Remodeling, All Masonry Work (including restorations). Tom Dootz, 768-8018, Fully Insured.

TUTORING

SPANISH TUTORING and TRANSLATION: NYS Certified Teacher. All Levels, Regents and Proficiency Prep. Call 452-1101.

WANTED

ABSOLUTE BEST prices for old costume jewelry and real jewelry, antiques of all types and contents of estates. Call ROSE, 233-1195.

ANTIQUE FURNITURE: Desks, bookcases, etc. 1950's Heywood Wakefield furniture. Lighting fixtures, old gas fixtures, lamps, shades and parts. Leather bound books, world globes, ink wells, cast iron door stops, etc., etc. Tom Jardas, 356-0292.

CASH for ROCK, JAZZ, CLASSICAL: CD, cassette, LP and DVD collections. Any quantity accepted. Mr. Bill's CD's, 881 New Loudon Road (Rt 9), Latham, 783-8067.

DEAD OR ALIVE! Snowblower, riding mower, rototiller, snowmobile, chain saw. 399-6174.

FOR MY COLLECTION, old fishing lures. Cash paid. Mike 370-8796.

NO DEALERS PLEASE! I am a private collector, looking for our nation's history. I collect anything military from the revolutionary war to WWII. Also any antique or modern sporting guns. Please call Ron, 465-9592.

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 TO BUY: Advertising signs, clocks, thermometers; railroad items, fishing lures, reels, bait pails, etc. Baseballs, bats, gloves, masks; Halloween items, horse racing glasses, gas pump salt & pepper shakers, Pez, old fountain pens. Tins: spice, peanut butter, cocoa, baking powder, tobacco, medicine, etc. Old golf clubs & balls, furniture, bottles, jars, mixing bowls, beaters, shakers, canisters, churns, Postcards. Call 439-8302.

WANTED: Collector buys 1950's/ 1960's era Hi-Fi/ Stereo equipment. Call today, 436-1873.

WWII U.S. ARMY AIR CORPS: Insignia, Wings, Watches, etc. By collector, 370-0183.

BUYING: All old costume and better jewelry. Call 439-6129.

WILDLIFE CONTROL

C & C WILDLIFE MANAGEMENT: Joseph Cea - Owner, NYSDEC Licensed, NYS Trappers Association, Insured. Removal of nuisance wildlife: rabies carriers; repair of wildlife damage. In the Delmar area, call 439-0541.

WINDOWS

BEST WINDOWS & DOORS: Vinyl Replacement Windows, Vinyl Basement Windows, Vinyl Siding. Showroom located at 1675 Broadway, Schenectady. Call 381-1890, Free Estimates, Insured.

Spotlight on EMPLOYMENT

HELP WANTED

A+ EARNINGS OPPORTUNITY with AVON. Call 370-0528 and get started today! Free products at time of interview.

ADMINISTRATIVE ASSISTANT: Flexible full time/ part-time. Take charge person, organized; MS Word, data entry, PC skills; customer service oriented, self motivated. Growth opportunity. Resume to GENERGY, f a x 446-0810 or e-mail at: shams0750@aol.com

ATTENTION! Local company filling openings throughout the Capital District area. \$12 base appointment. Flexible hours. Conditions apply. No telemarketing. Ideal for students, 2nd income, homemakers. 782-2776.

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.

CARPENTERS/ LABORERS: Experienced, truck and tools necessary. Will train the right person. Good pay, Rotterdam area. Call Brian, 355-4080.

CHEF: Talented, experienced, 5 evenings. Apply in person at 333 Delaware Avenue, Delmar.

CHILDCARE POSITIONS: Fulltime, part-time, temporary. Experience and car required. A NEW ENGLAND NANNY, 437-9198.

CHILDREN'S CAMP OFFICE MANAGER: Nassau, June - August. Fast paced office, computer skills needed. Call (800)851-1164.

CHRISTIAN DAY CARE: seeks teacher in 3 year old classroom for small Albany Center, 463-0649.

CLERK: Part-time, Monday- Friday 12:00 Noon- 4:00 p.m. Prior office experience. Good benefits. Resume to: School's Out Inc., 239 Delaware Avenue, Delmar, NY 12054.

COOK: Soups, Salads, Sandwiches, Daily Specials. Emphasis on freshness. Job includes all buying for bakery and cafe, plus supervision of waitstaff and dishwashers. Indian Ladder Farms, 765-2956, ask for Laura TenEyck.

DATA ENTRY: Part-time/ flexible. Must possess light bookkeeping, typing and computer skills, with preference to Excel. Call 785-4381 or fax resume to 785-4454, Attention J. Willie.

DELI WORKER: Varied duties, experience preferred, but will train, 25-30 hours/ week. Contact Bridget at Shaker Shed, 869-3662.

DISHWASHER: Wednesday and Saturday afternoons. Indian Ladder Farms, 765-2956. Ask for Laura TenEyck.

GARDEN WORKERS: for installation and maintenance. Full and part-time. Skill or Horticulture experience a plus. Will train, 756-8973.

PROFESSIONAL HAIR STYLIST Needed: Busy salon, competitive commission. Education and money motivated professionals please apply. Hair Studio One, Price Chopper Plaza, 1365 New Scotland Road, Slingerlands.

HAIRSTYLIST & NAIL TECHNICIAN: Booth rentals, \$95 per week, equipment and all utilities included. Large 1400 sq. ft. modern, clean, salon on a busy main street of Delmar. On busline, parking. 439-6066, days; 452-3689, evenings.

HOME BASED BUSINESS: Earn up to \$2000 per week and a new computer. For details call 1-(800)-896-8619 code 114.

NURSES AIDE/ HOME HEALTH AIDE: Every Sunday evening, 4-5 hours, no lifting. Work references required. Delmar. Leave message at 439-2918.

HOME OFFICE SECRETARY: Light computer typing, billing. Pleasant telephone manner. Work in informal atmosphere, hours flexible. Colonie location. Reply to PO Box 12216, Albany, NY 12212.

INDUSTRIAL OPENINGS: Scotia manufacturing is expanding. 15 new jobs available, including fabricators, laborers, machine operators, welders. \$8-\$11 per hour, depending on skill level and position. 1st and 2nd shifts available ASAP. Call 899-5217.

LANDSCAPE: Positions available. Experience determines competitive pay. License and transportation required. Great opportunity and benefits. 489-2341.

MAINTENANCE: Part-time, training at \$10 per hour. Flexible hours and car required. Long term secondary income. Call Tom, 1-(800)-466-0384.

MANAGER: Women's clothing at "Lifestyles", Stuyvesant Plaza's exciting, new clothing boutique for women and children. Will train the right person. Retail clothing experience preferred. Call Kay at 581-9955.

NEED MORE MONEY? DON'T have time for another J.O.B.? Earn up to \$1200 plus THIS Week, And a FREE Computer! 1-888-308-6198 code 02, toll-free.

RELIABLE PAINTER needed: Will train right person, \$9-\$12 per hour, health insurance possible. Call 439-5645, for details.

SUBSTITUTE TEACHERS: Contact Ravena- Coeymans- Selkirk Central School District. 756-5213.

TEACHER AIDE substitutes for all schools at RCS Call 756-5204 for application.

TEACHERS: Certified teachers for Albany and Clifton Park Centers, 2 to 4 late afternoons per week and some Saturday mornings. Extended hours during summer. Comprehensive instructional materials; professional work environment. All disciplines needed. Resume and teaching certificate to Sylvan Learning Center, Pine West Plaza 1A, Albany, 12205.

TELEPHONE SALES REPRESENTATIVES: We are presently adding several new Telephone Sales Representative positions. Available work hours are 9:00 a.m. - 3:00 p.m. and 5:00-10:00 p.m., Monday - Friday and 10:00 a.m. - 3:00 p.m., Saturday.

days. You can make your own schedule during these hours as long as you work a minimum of 15-20 hours per week and one Saturday a month. We offer: An excellent starting rate of \$7.75 per hour and Lucrative performance incentives. Contact Human Resources at 482-1596 x249 or stop in today to complete an application. Colwell & Salmon Communications, Inc., 24 Computer Drive West, Albany, NY 12205. Equal Opportunity Employer.

WAITSTAFF: Farmer Boy Diner, all shifts available. Call 456-2243.

LOOKING FOR SHARP, ambitious person! WORK FROM HOME, make money on the internet. Earn serious income, and a FREE computer. 1 (888) 308-6198 code 04.

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.

AIM HIGH New bonuses available! *Up to \$12,000 Enlistment Bonus for those who qualify, and for a limited time receive \$1,000 if on active duty by 31 May 2000 (mechanical/ electronic career fields) *Tuition Assistance *Medical & Dental Care. If you're a high school grad, between 17-27, call 1-800-423-USA for an information packet or visit www.airforce.com Air Force.

AN EDUCATION THAT WORKS. Right here! Right now! The New York Army National Guard offers up to \$45,000 for a college education that starts right now! Work with us part time in your local community, and get skill training and benefits that will last a lifetime. 1-800-GO-GUARD.

AVON PRODUCTS: Start your own business. Work flexible hours. Enjoy unlimited earnings. Call toll free 888-942-4053.

DRIVER COVENANT TRANSPORT *Coast to Coastruns *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! ASK ABOUT SIGN-ON BONUS! Excellent benefits & pay, assigned equipment, consistent miles, 3wk company sponsored CDLA training. SWIFT TRANSPORTATION 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. Lease program. New/Used! MS Carriers 1-800-231-5209 EOE.

SECURE YOUR FUTURE. UP TO .37 CPM to start /full benefits /new conventional drivers /great home time. Regional or OTR drivers needed. Call Arctic Express #800-927-0431 www.arcticexpress.com

FIREWORKS: People to work professional fireworks displays throughout NYS 2-3 days per year. Send letter to Young Explosives, PO Box 295 Victor NY 14564.

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: _____	

It's Mounds of Fun!

Full/Part-Time Positions

**Cooks, Waitstaff
& Fountain Workers**

**Flexible schedule
Advancement opportunities
Medical/Dental benefits for everyone!**

Friendly's

Apply in person • 270 Delaware Ave • Elmsere
An equal opportunity employer committed to diversity

Real Estate CLASSIFIEDS

REAL ESTATE FOR RENT

ALCOVE: Large Christian home on 250 acres. Room & Board situation open. \$445 per month, bath soaps, linens, laundry, parking, clean rooms and lots of "good food". Call 756-1595.

COTTAGE: For rent on Blaine's Bay (Mohawk River), 3.5 miles from Northway Exit 7. \$800/month+ utilities. Call 229-5077, leave message.

DELMAR DUPLEX: Living room, dining room, kitchen, 3 bedrooms, gas hot water/heat, \$675+. Call 478-9240.

DELMAR: One bedroom, 2nd floor; den, garage, washer/dryer hookup; yard. 78 Hudson, \$610+ utilities. Call 768-8208 or 439-0981.

MENANDS: 2 bedroom 1.5 baths, porches, off street parking. N Colonie schools, no pets. Security, references. \$675+ or buy for \$65,900. 434-2098.

SCHENECTADY: Near golf course, 1 bedroom apartment, heat, hot water, parking, no pets, non-smoker. \$435/month, 393-0945.

REAL ESTATE FOR SALE

CLIFTON PARK: Knox Woods CONDO. 1st floor, 2 bedrooms, 1.5 baths, fireplace, appliances, very efficient electric heat. Deck, pool, tennis courts. — \$59,900. Call 439-8602.

DELMAR: 3 Bedroom, 1.5 Bath, large Family room, Hardwood floors. Fenced yard. Open Sunday, February 27, 1:00-3:00 p.m. \$114,900. Call 439-3944.

DELMAR: Slingerlands Elementary, 4 bedroom Colonial, 2 1/2 baths, family room with fireplace, gas heat, central air, \$184,900, 456-0144.

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.

SCHENECTADY: Excellent starter home, brick, 3 bedrooms, hardwood floors, cedar closets, central air. Immaculate, extras, \$79,000. Call 382-9415.

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 immediately. References. 371-7456.

COMMERCIAL FOR LEASE

DELMAR: 750 sq. ft. space, brick office building. Prime location, only \$600/month plus utilities. Available soon. Yaguda Realty at 439-8237.

COMMERCIAL FOR SALE

APARTMENT COMPLEX: Glens Falls, NY. 22 units approved for 55 units, \$950,000. Dan Simpson, Broker, 463-5500. **APARTMENT BUILDING:** Coeymans, NY. 6 units, \$125,000. Dan Simpson, Broker, 463-5500.

LAND/LOTS

LOUDONVILLE: 26 Huntleigh Drive, approximately 1/2 acre, South Colonie Schools, \$68,000, 459-1997.

LAND FOR SALE

LAND BARGAINS. FREE LIST. 3 to 36 acre parcels in Albany, Montgomery & Herkimer counties. Ideal homesites. Financing. Call Henry Whipple at Helderberg Realty 518-861-6541.

LAND WANTED

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.

LOTS & ACREAGE

COUNTRY PLACE/ HUNTING CAMP: 177 acres of hill top property in Albany County, Town of Rensselaer. Insulated cabin, running water, septic system, electricity and telephone. Garage and pole barn with 3/4 mile of road frontage, \$175,000. MUST SEE! Call (914)962-7128, for information.

STORAGE SPACE

DELMAR/ ALBANY: Secure Self Storage. Varied sizes, also outdoor. Boats, trailers, mobile homes, 461-8963.

VACATION RENTALS

GREAT SACANDAGA LAKE, waterfront, dock, sleeps 6, conveniences nearby. No pets. \$600/week. 458-7465.

MAINE: 3 Bedroom lakefront house, sleeps 6-8. \$550/week. Call 346-0898.

MARTHA'S VINEYARD: Charming cottage in woods, sleeps 5. Call 439-6473, evenings.

CAPE COD - DENNISPORT - WEST DENNIS. 1-4 bedroom homes on /near beach. \$350 - \$4900 per week. Thinking of buying? Call for free guide. Murray Real Estate 1-800-326-2114.

COMPARE OUR RENTAL RATES, our home and our service with what you are used to in your area. Come enjoy our island, Holden Beach, NC. Coastal Vacation Resorts, 1-800-252-7000 for free vacation guide.

MYRTLE BEACH, SC. OCEANFRONT PROPERTY. Spring Special. 2 Bedroom efficiency \$199.5 nights. Arrive Sunday -depart Friday. Call Firebird Motor Inn at 800-852-7032 today.

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Daily and weekly. Call now for Free brochure. Open seven days. Holiday Real Estate. 1-800-638-2102.

REALTY WANTED

I BUY HOUSES: Quick closings ~ Guaranteed offers ~ No obligation. Call 664-7950 or 66-HOUSE.

Spotlight Automotive Classifieds Work For You!



Phone in your classified with MasterCard or Visa
439-4940

Spotlight Classified Ads Work For You!
Call Susan at 439-4940 To Place Your Ad!



Expect Excellence
For all of your Real Estate needs...
Serving the Capital District for over 10 years.

Noreast Real Estate Group
www.noreastrealestate.com

We're really SOLD on our Sales Leaders



Judie Janco
Listing Leader
228-1900



Abbey Farbstein
Sales Leader
228-2222



PRIME PROPERTIES, INC.

214

DELAWARE AVE.
DELMAR • 439-9600



Gloria Herkowitz
Special Achiever
865-3071



Tim Charbonneau
New Construction Leader
865-1195

Phase IV Now Open!

Haswell FARMS IN DELMAR, NY

- Starting in the 180's
- Great Family Community in Delmar
- Top-rated Bethlehem Schools
- Distinctive & Spacious Home Designs
- Superb Craftsmanship
- Over 41 Acres of Natural Green Space
- 1.2 Miles from Elm Avenue Park & Recreation Areas
- 10 Minutes to Downtown Albany
- Great Shopping Nearby

Visit our designer model! Open Daily 12-5 pm. Closed Weds.

From downtown Albany - take 787S to 9W, to Rt. 32 (Delmar Bypass), left on Elsmere Ave., right on Feura Bush Rd., site is on left across from Murray.

TRADITIONAL BUILDERS LTD., INC.

Building Quality Homes & Neighborhoods for Over 36 Years

For more information call 439-5627

VACATION GETAWAYS

REAL ESTATE FOR RENT

COTTAGE: For rent on Blaine's Bay (Mohawk River), 3.5 miles from Northway Exit 7. \$800/month+ utilities. Call 229-5077, leave message.

VACATION RENTALS

MAINE: 3 Bedroom lakefront house, sleeps 6-8. \$550/week. Call 346-0898.

VACATION RENTALS

GREAT SACANDAGA LAKE: Waterfront, dock, sleeps 6. Conveniences nearby, no pets, \$600 per week. Call 458-7465.

VACATION RENTALS

MARTHA'S VINEYARD: Charming cottage in woods, sleeps 5. Call 439-6473, evenings.

LOTS & ACREAGE

COUNTRY PLACE/ HUNTING CAMP: 177 acres of hill top property in Albany County, Town of Rensselaer. Insulated cabin, running water, septic system, electricity and telephone. Garage and pole barn with 3/4 mile of road frontage, \$175,000. MUST SEE! Call (914)962-7128, for information.

Selling or renting Vacation Property?
To advertise call Susan at 439-4940

Home Sellers:

29 Essential Tips That Get Homes Sold Fast (And For Top Dollar)

Rosemarie Mosmen is offering her special report "29 Essential Tips That Get Homes Sold Fast - And For Top Dollar." Vital reading for anyone selling a home now or in the near future.

In this special report Rosemarie shares many of the tips that professionals utilize to help maximize a home's potential and actual worth - and most importantly help you drive up the selling price. You'll learn many important things you need to do, but more important may be the things it tells you not to do - things that could cost you dearly at the negotiating table.



To get your free copy of this report, call 448-5340. There's no obligation.



Rosemarie Mosmen

Spotlight on AUTOMOTIVE

MARSHALL'S

MARCH MADNESS SALE

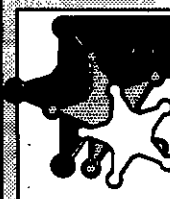
Over 140 Top Quality Used Vehicles Available

STK#	YR/MAKE	MODEL	MILES	WAS	NOW
— CARS/VANS —					
PC2M	98 BUICK	LESABRE 4DR.	34K	\$14,995	\$13,495
S162A	97 CHEVY	LUMINA 4DR.	56K	\$10,995	\$9,495
9S237A	95 CHEVY	MONTE CARLO	69K	\$8,995	\$7,495
9PC134M	96 DODGE	AVENGER	53K	\$9,995	\$8,495
9T156D	98 EAGLE	TALON	8K	\$13,995	\$11,995
9T163A	99 FORD	TAURUS 4DR.	9K	\$14,995	\$13,995
S54A	96 MAZDA	PROTEGE 4DR.	49K	\$9,995	\$7,995
9T247A	92 MERCURY	COUGAR	71K	\$6,995	\$4,995
T60A	96 OLDS	CUTLASS 4DR.	61K	\$10,995	\$8,995
9T202A	97 PLY	BREEZE	29K	\$12,995	\$10,995
9S286A	94 PONTIAC	GRAND AM 2DR.	69K	\$6,995	\$5,995
9PC127M	97 SUBARU	IMPREZA 2DR.	50K	\$11,995	\$10,995
S74A	96 SUBARU	LEGACY SW AWD	74K	\$12,995	\$10,995
9PC119M	98 SUBARU	LEGACY L 4DR. AWD	38K	\$15,995	\$14,995
S14A	96 SUBARU	LEGACY OUTBACK	29K	\$16,995	\$15,995
S122B	96 SUBARU	LEGACY OUTBACK	36K	\$16,995	\$15,495
S33A	98 SUBARU	LEGACY GT 4DR.	41K	\$16,995	\$15,995
S129A	97 SUBARU	LEGACY OUTBACK	55K	\$17,995	\$16,495
9PC147M	98 SUBARU	FORESTER	23K	\$19,995	\$18,495
S65AA	98 SUBARU	LEGACY GT SW	22K	\$19,995	\$18,995
9PC118M	98 SUBARU	LEGACY GT SW	15K	\$20,995	\$18,995
S108A	99 SUBARU	LEGACY OUTBACK	18K	\$21,995	\$19,995

— TRUCKS & SPORT UTILITIES —

9PC90MA	95 CHEVY	BLAZER	72K	\$13,995	\$11,495
9PC107MA	94 CHEVY	SILVERADO 4X4 Z71	93K	\$13,995	\$12,495
9PC104M	98 CHEVY	BLAZER	38K	\$18,995	\$16,995
T6A	93 FORD	RANGER PLOW	49K	\$11,995	\$9,995
9T37A	98 GMC	SONOMA	33K	\$10,995	\$9,795
9PC138MA	94 GMC	JIMMY 4DR. SLE	65K	\$13,995	\$11,495
T23A	97 GMC	SONOMA EXT. CAB	49K	\$14,995	\$13,495
9T194B	97 GMC	SONOMA EXT. CAB SPT	32K	\$15,995	\$13,995
T80A	97 GMC	JIMMY 4DR. SLE	79K	\$17,995	\$13,995
9PC97M	96 GMC	JIMMY 4DR. LEATHER	45K	\$17,495	\$15,995
T30A	95 GMC	SIERRA EXT CAB 4X4	68K	\$17,995	\$16,995
T99A	97 GMC	SIERRA EXT CAB	54K	\$18,995	\$16,995
T71A	97 GMC	JIMMY 4DR. SLE	34K	\$18,995	\$16,995
9PC142M	96 GMC	JIMMY 4DR. SLE	44K	\$18,995	\$16,995
T73A	97 GMC	JIMMY 4DR. SLE	38K	\$18,995	\$17,495
S124A	98 GMC	JIMMY 4DR. SLE	20K	\$22,995	\$20,995
S13A	97 GMC	CONV. VAN	30K	\$24,995	\$20,995
T15A	97 GMC	SIERRA 1 TON 4X4 DSL	35K	\$24,995	\$23,995
9PC135M	97 OLDS	BRAVADA	50K	\$18,995	\$16,995

*Tax, Title & DMV Fees Not Included in Prices



MARSHALL'S








ROUTE 9W • RAVENA • 756-6161

MARSHALLS GMC

Doing one thing. Doing it well

Think **SPRING** Sale Event



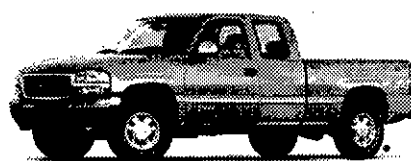
NEW 2000 GMC Jimmy 4x4

Vortec, V-6, Power Locks, Power Windows, Speed Controls, Tilt Wheel, Power Mirrors, rear Window Defogger, Deep Tint Glass, Stk#T134.

MSRP \$23,912
\$1,780
\$22,132

or \$273⁰⁰ per month* Lease

NEW 2000 GMC Sierra 4x4 Extended Cab



Vortec 4800, V-8, Automatic Transmission, 40/20/40, Split Bench Seat, Deep Tint Glass, Heavy Duty Trailer Tow Pkg., Heavy Duty Suspension, Tilt Wheel, AM/FM Cassette, Aluminum Wheels, Stk# T112.

MSRP \$27,758
\$2,905
\$24,853

or \$378²⁸ per month* Lease



NEW 2000 GMC Sonoma Ext. Cab

Vortec 2200, Automatic Transmission, 3rd dr., Cruise Control, Tilt Wheel, AM/FM Stereo, CD Player, Stk#T125.

MSRP \$19,864
\$2,914
\$16,950

or \$199⁰⁰ per month* Lease

* 3 yr. 36,000 mile lease. First payment, security deposit, and tax due at signing. 15¢ per mile over 36,000.

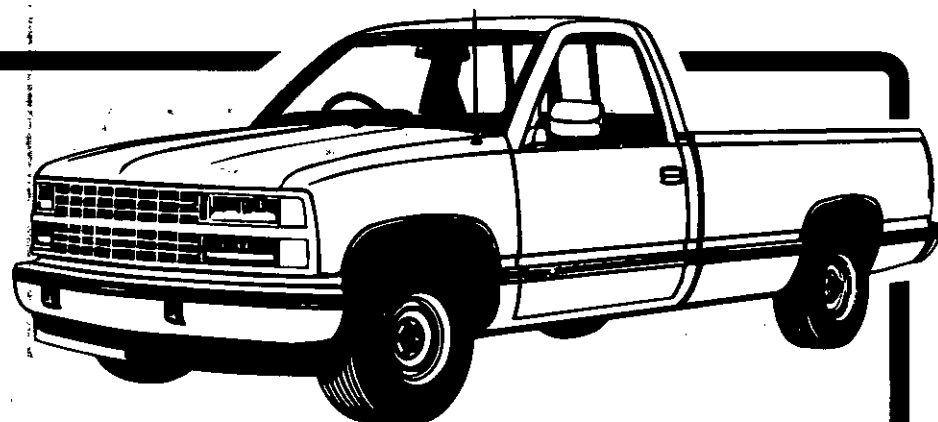
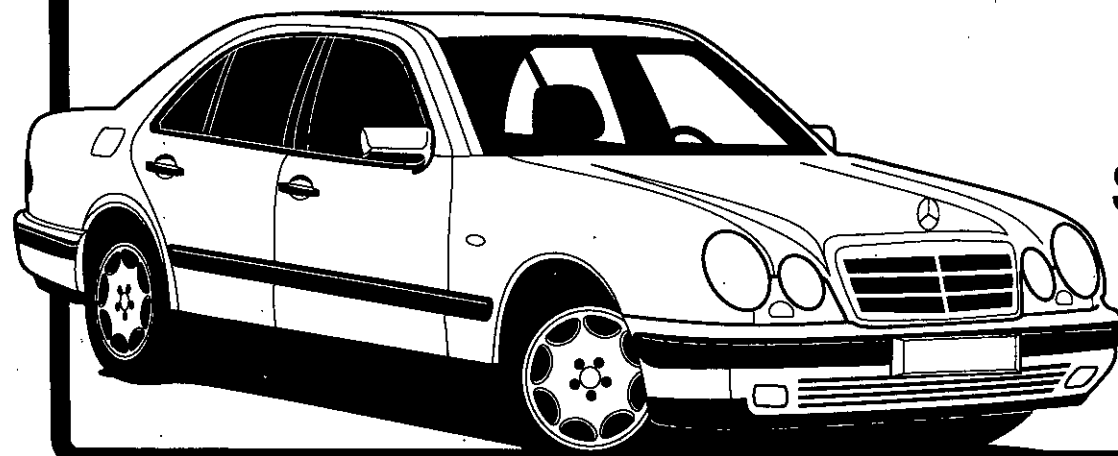


MARSHALL'S

GMC TRUCKS

ROUTE 9W • RAVENA • 756-6161

You bought a new car, but the old one's still in the driveway. Get it into our paper and out of your life



Place your ad in the
Spotlight Classifieds.
Call Susan at
439-4940

Grammy

(From Page 1)

I wanted to take a shot at it."

When the next letter with the Grammy logo came in February, Tobler said she held it for a while, uncertain whether to open it.

"I always thought we were capable of being one of the top 100 schools, but the odds were huge, and the competition was stiff," she said. "A lot of the other winners were arts academies, with a huge emphasis on performance."

Needless to say, Tobler was very happy when she opened the letter.

"I told the rest of the staff first, then Superintendent Alan McCartney and Principal Bill Furdon," she said, adding, "The students were thrilled."

"We have an excellent faculty," Tobler said. "There's also a strong student/community/teacher partnership which supports the program. The school board, the

administration and the parents let us do our job with lots of support and caring."

Tobler also had high praise for the musicians. "We have great kids," she said. "They're dedicated and they work hard. They really deserve this recognition."

Tobler pointed out that 53 percent of high school students participate in band, chorus or both. The high school boasts a symphonic band with 100 musicians concert band with 79, and a stage band. There are also 107 students in the chorus.

Voorheesville students are already familiar with winning awards. Last year, the high school concert band placed first in music festivals in Washington, D.C., and the high school chorus won a gold medal at the New York State School Music Association.

"The arts help children to be problem solvers, creative thinkers and mentally disciplined individuals, which are invaluable skills for future endeavors," McCartney said. "We are proud to be recognized for our program. This recognition would not be possible without the support of our community and the contributions of

our music staff members: Marie Decker, Christopher Jantson, MaryTeresa Morgan, Kimberly Persia, Julie Ploss, Charles Reader and Lydia Tobler."

Tobler said local dignitaries such as County Executive Michael Breslin, state Sen. Neil Breslin and Assemblyman John McEneny plan to attend next Wednesday's Grammy concert.

The winter concert starts at 7:30 p.m. at the high school on Route 85A and Tobler suggested that the audience plan to arrive early to get a seat. Like at a Santana concert, there will probably be a full house.

Foreign students seek host families

Host families are needed for 30 American Field Service foreign exchange students who will be coming to the Capital District for the 2000-01 school year.

The students will attend local high schools and participate in all aspects of family, school and community life.

For information, call Cathie Currin at 581-9199 or Happy Scherer at 439-0016.

Daffodil contest organizers looking for town entries

This year's first-ever front yard planting contest is under way.

Sponsored by the Bethlehem town board, Bethlehem First Community Appearance Committee, Bethlehem Garden Club, Bethlehem Chamber of Commerce and *The Spotlight*, the contest involves spring blooms — the entries must include daffodils — in the community.

Olsen's Nursery and Price-Greenleaf Garden Store are the prize sponsors for the Millennium Plant for 2000.

Entries must be submitted be-

fore March 20, the first day of spring.

Various categories include residential, commercial, public, street and neighborhood. Winners will be announced in *The Spotlight*.

Entry forms are available at Bethlehem town hall on Delaware Avenue in Delmar.

For information, go to the site at www.townofbethlehem.com/daffodils.

Entry forms should be mailed to Joanne Lenden, 223 Westchester Drive, Delmar 12054.

Council to give awards in scholarship contest

April 1 is the deadline for the Young Scholars Contest, an essay scholarship competition for high school students in New York state.

The contest, under the auspices of 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 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 Assemblyman John Faso's office at 455-3751.

Corrections

As noted in a recent article about potential challenges to Bethlehem Town Center, attorney Kathleen Martens was indeed employed at the state Department of Environmental Conservation for more than a decade — but only from 1993 to 1998 as a SEQRA attorney.

The assessed valuation of the Bethlehem Energy Center property, currently owned by Niagara Mohawk, is \$257 million, not \$357 million.

Electronic Repair

TV • VCR • CD
PC Monitor

12 Years of Honest
Expert Service

• 90 Day Warranty •
• Major Credit Cards Accepted •

John's Electronic
Repair

9W & Feura Bush Road
Open: Tue-Sat 10-6

465-1874



Open one and get TWO New York
Lottery instant game tickets



Get the
Luck of the Irish
at **Mohawk
Community BANK**

6.45% APY
24 month CD

Available beginning February 10th

Amsterdam: Division Street 842-7226 · Church Street 842-5700 · Route 30, Maple Ave. 842-1486 · Riverfront Center 842-1530 · Sanford Farms 843-5006 · Gloversville Route 30A 773-7502 · Ballston Spa 885-2535
Clifton Park 383-5386 · Cobleskill 234-3878 · Guilderland 452-1165 · Latham 782-0497 · Norwich 336-5899
Oneonta 436-9180 · Palatine Bridge 993-2212 · Saratoga 583-4262 · Schenectady 370-1553 · Wilton 587-9330
FDIC
Supermarket Banking Offices, open 7 days a week including most holidays.
1-888-281-2333 www.mohawkcommunitybank.com

Account term: 24 months. Minimum deposit required to qualify for two free New York Lottery "Luck of the Irish" instant game tickets is \$2000, new money (from another financial institution). Two game tickets per qualifying account, maximum 6 tickets per customer. Ticket value: \$1.00 each. One drawing entry per qualifying account. Drawings will be held after the close of business Friday, March 17th. Winners will be notified by phone Monday, March 20th and need not be present to win. Minimum required to open account: \$500. Annual percentage yield (APY) is 6.45% effective February 10, 2000 and is subject to change. A penalty may be imposed for early withdrawal. Please call for current rates and terms. "Luck of the Irish" is a New York Lottery game. All New York Lottery rules and regulations apply. Must be age 18 or older to participate in this promotion.

Get this great rate,
and with a minimum
deposit of \$2000
(new money) you
get TWO FREE
New York
Lottery "Luck of
the Irish"
instant game
tickets.
You'll also be
entered in a
drawing to win 10
more tickets on St.
Patrick's Day! One
winner in each of
our 17 offices.

Box Office: 473-1845 • TDD: 473-4168

**Michel
Lauziere**

**MARCH 12
1PM & 4PM**

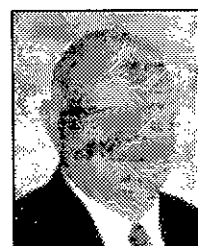
Corporate Sponsor:
GE Power Systems

Media Sponsors:
895.5 & The Times Union

Dazzling with an avalanche of amazing,
ingenious and eye-opening numbers, this
juggler/inventor/acrobat/comedian/musician
is deemed "Master of the Unusual" and
surprises his audiences with his imaginative
and hilarious ideas.



**The
Egg**



**Good Samaritan
Senior Living**

by Lee Bormann
President/C.E.O.

RULES TO LIVE BY

If you want to increase the odds that you will live six to ten years longer, simply shun smoking, lower your cholesterol level below the current American Average, and maintain your blood pressure within healthy limits. This prescription for a longer life comes from a recent analysis that included 360,330 men and 6,229 women. It provides the best evidence yet that, on average, it is possible to extend one's life span by paying attention to just these three risk factors. The benefits of not smoking and having lower cholesterol and blood pressure extends to African-Americans, whites, and people of all levels of socioeconomic status. The study provides further proof of a link between healthy habits and longer life.

It's never too late to begin taking care of yourself, and that starts with believing that you can have an impact on your health by the choices you make. At GOOD SAMARITAN LUTHERAN HEALTH CARE CENTER, 125 Rockefeller Road, our goal is to promote the individual, collective, spiritual and physical welfare of Lutheran and non-Lutheran men and women through the ministry of Christian love. Give us a call at 439-8116.

P.S. Unlike earlier studies, the study mentioned above found no evidence that lower than recommended cholesterol levels are linked with higher cancer risk.