

RCS wants  
kids to participate

Page 3

The pipes  
are calling

ent section

Who'll be  
next survivor?

Page 4

3043 09-01-00  
M 82P 34S  
BETHLEHEM PUBLIC LIBRARY  
451 DELAWARE AVE  
DELMAR NY 12054-3042

# The Spotlight

Volume XLIV Number 33 Fifty Cents

August 30, 2000

## DOT tackling town road, bridge projects

By JOSEPH A. PHILLIPS

Though repairing and reopening Delaware Avenue has topped the state Department of Transportation's agenda this summer, the agency has also moved forward on an handful of other highly visible road and bridge projects around the town as well — several of which are nearing completion.

With one of Bethlehem's three principal access routes for Albany-bound commuters cut off by May's landslide, DOT temporarily delayed major projects slated for the summer on the other two — repairs and improvements on the Delmar Bypass, and replacement of the two-lane bridge carrying Route 85 in Slingerlands over the Normanskill.

But both projects got under way by midsummer and are proceeding on schedule, according to DOT Region One spokesman Pete Van Keuren.

The \$5.5 million, remilling and resurfacing of the 3-mile-long Delmar Bypass, he said, has proceeded briskly since late June, despite the delays imposed by its use as the primary detour for Delaware Avenue traffic. The project also included improved signals and new turning lanes at most of its key intersections, and regrading and

reseeding the center median.

"Most of the work on the bypass itself has been done," Van Keuren said. "The entire project is nearing completion. I understand some work still needs to be done where Bender Lane ties in to the bypass, but completion is not far off, by the end of next month at the latest."

One key modification to the original plan: a temporary traffic light installed at the entry of Kenwood Avenue to the bypass, to control detour traffic crossing the bypass to the northbound lane, will be made a permanent feature.

On Route 85, DOT crews have been at

work since early July on preparations alongside the existing Normanskill bridge to build a parallel two-lane span. Footings for the new span are currently being dug and structural steel has already arrived at the site. But the new span will be completed and tied in to the highway before the older span is closed for repairs, Van Keuren said.

"The only impact traffic will see right now is heavy machinery going in and out," Van Keuren said. "There are no lane closures right now. Most of that will be coming next year."

When completed, the new span and related signal improvements will help relieve some of the rush hour congestion on 85, particularly by providing a turning lane for northbound traffic turning onto

**Most of the work on the bypass itself has been done. The entire project is nearing completion. Completion is not far off, by the end of next month at the latest.**

Pete Van Keuren

## Taking her licks



Kevin Quinn has his full keeping a lollipop away from his daughter Anne at a Newcomers & Friends family fun carnival at Elm Avenue Park on Sunday. Jim Franco

## Companies team up to lure high-tech branches

By JOSEPH A. PHILLIPS

A Delmar entrepreneur with overseas business connections and a Glenmont distributing company are teaming up in the hopes of luring Israeli high-tech companies to open U.S. branches in Bethlehem.

Malm Realty Co., the holding company that owns and operates Hamilton News, a wholesale newspaper and magazine distributor to retail locations throughout the region, filed an application last week with the Bethlehem Industrial Development Agency seeking \$5.7 million in IDA-backed loans, to be financed through Fleet Bank.

Malm seeks capital to finance the construction of a pair of office and warehouse buildings that could

BRANCHES/page 28

## Delmar teen works on diabetes walk

By ETHAN SCHOOLMAN

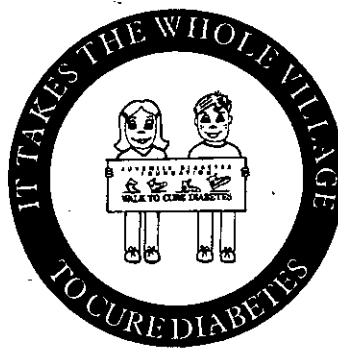
Fourteen-year-old Tim Carey has diabetes, a disease that impairs the body's natural production of insulin. Diabetes is a big problem, but Tim has made himself part of the solution.

In fact, diabetes affects more than 16 million Americans, many of them children. Left untreated, it can cause high blood pressure, nerve damage and blindness.

Fortunately, treatments are available that can make life just about normal for any diabetic. Treatments that exist in no small part thanks to people like Tim.

That's because Tim has worked hard to become an important part of the Capital Region's annual Diabetes Walk in Corporate Woods — a fund-raiser sponsored by the Juvenile Diabetes Foundation (JDF) that helps to generate hundreds of thousands of dollars for diabetes research each year.

The JDF sponsors 170 such events across the country each year. Put together, all of the walks last year raised



Bethlehem cares.

more than \$57 million.

"It just feels good to help people," said, Tim, who has had diabetes since he was 4.

His father Ed Carey said Tim started participating in the Diabetes Walk when he was 8. In fact, the Careys have all

walked in the event together for years. Like other families, they get neighbors and local businesses to sponsor them, and that's where the money comes from.

"The Diabetes Walk is very team-oriented," Ed Carey said. "Lots of families take part, and there are also lots of corporate teams — GE, Aetna, that sort of thing."

Area churches have also gotten into the act. The Church of St. Thomas the Apostle and Bethlehem Unity Church send youth groups to the event each year.

A couple of years ago, walkers from the town of Averill Park decided to try and get people to contribute not just their finances to the event, but their time. The more walkers, Averill Park figured, the more money raised.

It worked better than anyone had hoped. And when the Averill Park Team, called "Andy's Army," marched into Colonie in 1998 more than 100 walkers strong, and with matching T-shirts to boot, Tim and Ed Carey took notice.

Walk/page 14

## Driver fined in incident at landslide barricade

By Joseph A. Phillips

A driver facing criminal charges for defying the police roadblocks posted on Delaware Avenue during the recent landslide-related road closure had his day in court last month.

Kenneth M. Jacobie, 33, of 63 Woodlake Road, Albany, was arrested May 31 for attempting to drive past the barricades set at the intersection of Mason Road despite orders to stop.

He was charged at the time with failure to comply with a police order, obstructing govern-

mental administration and resisting arrest.

Jacobie pleaded guilty on July 18 to a reduced count of failure to obey a traffic device — namely, the road-closing signs — in answer to the failure-to-comply charge.

He was fined \$75 and assessed a \$35 state surcharge on the violation.

The obstruction and resisting-arrest charges were adjourned by Town Justice Theresa Egan for a period of six months, in contemplation of dismissal.

## Town police arrest five for DWI

By Joseph A. Phillips

Five arrests for driving while intoxicated (DWI) were made recently by Bethlehem police — including two resulting from accidents in the town.

The first occurred on Thursday, Aug. 17, shortly before 7 p.m. on Feura Bush Road near Haswell Farms, when Officer Charles Radliff responded after reports of a vehicle running off the road and striking a utility pole.

Finding the vehicle gone, Radliff then traced it to the home of Harry J. Marshall, 56, of 960 Delaware Ave., Delmar.

According to the police report, Marshall admitted to have been driving at the time of the accident.

After submitting to filed sobriety tests, he was charged with DWI, and ordered to appear in Town Court on Sept. 5.

Another accident occurred shortly after 1 a.m. last Thursday, Aug. 24, when Officer Jeffrey Vunck responded to the scene of a vehicle that had run off the road at the intersection of Wemple Road at Feura Bush Road in Glenmont and crashed into several trees.

Vunck initially reported no driver at the scene of the accident, but Ruth Ellen Vandenburg, 35, of 65 Kenwood Ave., Delmar, who had gone to a nearby home for help, returned.

According to the police report, her vehicle had run through the stop sign and crossed Feura Bush Road before veering onto the shoulder.

Vunck administered limited field sobriety tests on Vandenburg, whom he reported to be distraught at the time.

She was charged with DWI and failure to observe a traffic device and ordered to appear in Town Court on Sept. 19.

An Aug. 20 DWI arrest occurred about 12:40 a.m. on River Road in Glenmont, where Officer Christopher Hughes observed a southbound vehicle allegedly clocked at excessive speed.

He stopped the vehicle near Glenmont Auto Sales and ordered the driver, Lenwood Walker, 33, of 3 Regent St., Albany, to undergo sobriety tests.

A license check revealed Walker to have a previous license revocation for DWI.

Arraigned before Town Justice Theresa Egan on charges of DWI and unlicensed operation of a vehicle, Walker was sent to Albany County jail pending a preliminary hearing on Aug. 22, and is due in Town Court on Sept. 19.

On Aug. 21 at about 10:50 p.m., Christopher G. Morgan, 34, of 1755 Eastern Parkway, Schenectady, was charged with DWI after the vehicle he was driving eastbound on Delaware Avenue nearly struck the barricades near the landslide construction site near Mason Road.

Officer Wayne LaChappelle ticketed Morgan for failure to keep right and charged him with DWI after administering field sobriety tests.

Morgan is due in Town Court on Sept. 19.

Delaware Avenue was also the scene of another DWI arrest the following night, when a westbound vehicle with inadequate headlights was stopped by Officer Vunck near Main Square.

According to the police report, The driver, Matthew T. Murray, 19, of 116 North Pine Ave., Albany, submitted to field sobriety tests and was charged with both DWI and driving under the influence of marijuana, and ticketed for an equipment violation.

He was ordered to answer the charges Sept. 19 in Town Court.

Several items of marijuana paraphernalia were reportedly recovered from the vehicle.

Do you want to join competitive swimming?

# DELMAR DOLPHINS

**Come To Tryouts**  
September 9, 12 Noon • BCMS Pool

Be a part of the short course season,  
Sept. - mid March (Mon. - Sat. practice options)

Swimmers ages 6-18 welcome. Must be able to swim 25 yards.

**Coach Doug Gross**  
**Call 664-0801**  
for information

**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 Nicole's Restaurant)  
obrienm@global2000.net

**(518) 462-0213**

# DELAWARE PLAZA

**Over 30 Shoppes and Restaurants**

<b>BANKS</b> Charter One Bank Key Bank	<b>CLOTHING</b> Fashion Bug Robert Daniels Men's Store	<b>SERVICES</b> Delmar Travel Cellular One	<b>SPECIAL</b> Cigarettes Cheaper Delaware Plaza Liquor Friar Tuck Bookshop GNC K-B Toys The Paper Mill Hallmark
<b>FOOD</b> Bruegger's Bagels Checker's Pizza Grand Union Maria's Diner Pizza Baron Yan's Chinese Buffet	<b>MUSIC, VIDEOS, ELECTRONICS</b> Coconuts Radio Shack	<b>SALONS</b> Choices Hair Studio & Day Spa Nails Design Sallys Beauty Supply Scissor Society	<b>TIME TO PLAN YOUR WINTER VACATION!</b> See Us For All Your Travel Needs. <b>Delmar Travel</b> <b>439-2316</b>

For leasing information, call  
Delaware Plaza Associates at 439-9030

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

**180 DELAWARE AVE., DELMAR**

# RCS officials to tackle participation problem

By Ethan Schoolman

Administrators in the Ravena-Coeymans-Selkirk school district have been busy this summer working on one of the most ubiquitous, yet also one of the most overlooked features of high and middle school education — the participation grade. And their findings have been surprising.

Despite the obvious importance of participation to a student's overall success, Director of Instruction Diane Albano told the RCS school board at its Aug. 21 meeting that failing students often simply stop participating alto-

gether, depending on summer school to save their grade. It's just common sense — a student has to attend, to take part.

Surprisingly, New York prohibits schools from placing too much emphasis on attendance. The idea is to protect truant students from being punished twice — once for not doing the work, and once for missing the class.

Because of the state's rules, RCS had to depend mostly on guidance counselors and teachers working one-on-one with students to raise attendance, without officially sanctioning a standardized "attendance grade" as such.

But attendance grades, as part of a larger participation expectation, are already de facto policy in many districts, state rules or no. And once a classroom's doors are closed, teachers are free to make attendance as big or as small a part of their grades as they want.

Albano wants to set a minimum standard for how much participation and attendance can count in any class grade at RCS. Her committee has suggested 10 percent, a figure with which most of the board seems to agree.

"We will be having a participation grade that includes attendance," Albano said. "We need students to know that if they don't achieve some minimum standard during the year ... they'll have to repeat it."

Once the school year starts, Albano plans to expand discussions, with teachers and administrators from all district schools. The goal is to have a participation policy in place by the end of the first semester, so that students will have a clear idea of what is expected of them.

"We won't get 100 percent consistency overnight," Albano said. "This is an ongoing discussion ... to get us where we want to be."

**We need students to know that if they don't achieve some minimum standard during the year ... they'll have to repeat it.**

Diane Albano

gether, depending on summer school to save their grade.

At which point, according to Albano, no one benefits — not the student, and certainly not the class of which he is a part.

That's why Albano and teams of "building leaders" — teachers, administrators and staff members — from RCS middle and high schools have spent a good part of the summer figuring out ways to improve the situation.

"The message we need to send to everybody is that high achievement is the goal," Albano said. "Right now, too many students are just getting by."

Eventually, the school board hopes that summer school, like everything else, will have to be earned, and students who don't want to repeat the year will have to work for a chance to redeem themselves — while their friends are playing basketball.

Class participation, of course,

## Police recover murder weapon

By Joseph A. Phillips

A murder case that began with the discovery of a corpse on the shoulder of a Glenmont road concluded with the arrest of an Albany woman and the recovery of the alleged murder weapon by Bethlehem police detectives.

On Aug. 8 Albany police arrested Vanessa G. Porter, 32, after she admitted to the July 1 murder of her landlord, Albany community activist Cecil Nellen-

back, 47, of North Swan Street. Porter allegedly killed the man about an overdue rent payment, police said.

Nellenback's body was found July 7 by town highway department workers in a culvert along Bask Road.

Following Porter's arrest, Bethlehem detectives returned to Bask Road on Aug. 10 and found the hammer believed to have been the murder weapon.

Porter is in custody at Albany County jail.

In another incident, Michael A. Russo, 22, of Kenwood Avenue, Delmar, in custody at the county jail since his Feb. 21 arrest for attempted murder and assault, pleaded guilty on May 31 to a single count of first degree reckless endangerment.

Russo was sentenced to five years' probation, and time already served. He was also assessed a mandatory state surcharge of \$210.

## Follow the leader



Cass Pickering leads a group of children in a dance at a Newcomers & Friends of Bethlehem (formerly Welcome Wagon) Old-Fashioned Family Fun Carnival at Elm Avenue Town Park.

Jim Franco

## Police continue to build case against sex offender suspect

By Joseph A. Phillips

The case against Jeffrey R. Nickel of Delmar, arrested on Aug. 7 and charged with sexual misconduct involving a boy at an Albany group home, continued to escalate last week.

The 32-year-old Lansing Drive resident was arraigned Wednesday on seven separate charges, including sodomy, sexual abuse and use of a child in a sexual performance — allegedly found on his home computer.

Nickel's attorney William Gray entered not guilty pleas to all seven counts, and County Court Judge Thomas Breslin set bail at \$100,000. Nickel was released from the county jail Monday after posting bail, but he remains under house arrest, 24-hour-a-day surveillance through an electronic tracking device, and under the supervision of the county probation department, pending court action.

Officials of the district attorney's office and Gray are scheduled for a preliminary conference on Sept. 6.

Gray confirmed Monday that "We're conducting our own investigation and our own research into each and every allegation," but otherwise declined to comment.

The charges Nickel faces could lead to sentences in excess of 70 years if he is convicted — and there are more charges yet to come, according to Assistant District Attorney Veronica Dumas, who is overseeing the case.

"Absolutely, there will be additional charges, just by virtue of what investigators have uncovered since his arrest," she said.

Albany County Sheriff's Department investigators continue to interview boys with whom Nickel was associated as a volunteer at various area group homes including St. Catherine's Center for Children and Project Equinox, both in Albany, St. Colman's Home in Latham and Vanderheyden Hall in North Greenbush; as a teaching assistant at Albany School of Humanities; and as a senior counselor at the Time Tunnel Summer Camp at the State Museum.

In addition, more than 2,000 sexually explicit images have been downloaded from a personal computer seized from Nickel's home.

Dumas described them as "hard-core child pornography images," and said, "the investigators are still working on the computer to locate more."

She added that Nickel will "almost certainly" face additional child pornography and sexual abuse charges, depending upon identification of any of the children depicted in the images.

One of the images already downloaded led to the most serious charges Nickel faced last week. A child under 11, shown in a sexual act with Nickel, was recognized by investigators as someone they had interviewed, Dumas said.

As a result of that identification and an interview with the child, Nickel was charged with first-degree sodomy, second-degree aggravated sexual abuse, first-degree sexual abuse, and the use of a child in a sexual performance — all felonies.

According to Dumas, the sodomy count alone carries a potential sentence of up to 25 years.

Nickel was also charged with a misdemeanor count of endangering the welfare of a child, for allegedly engaging in an ongoing course of conduct with that young-

ster over several months.

"It ensures we'll be able to talk about his overall conduct in discussing the other charges, and put those events in context," Dumas said.

Alleged contact with two other youngsters resulted in two more first-degree sexual abuse charges.

Charges involving additional boys "are still pending" and may eventually be brought before a county grand jury, Dumas said.

As for additional child-pornography counts, Dumas said, "We're still very newly in the investigation in that. He hasn't yet been arraigned on possession charges. ... These images have definitely been downloaded, so there's definitely a possession case to be made now."

Stiffer charges could follow if it turns out any of the images have been put online by Nickel.

What is slowing the investigation, Dumas said, "is the amount of material. It's very time consuming. But they've done a great job."

Investigators so far have not turned up any evidence that officials of any of the institutions with which Nickel was employed or served as a volunteer suspected any wrongdoing.

"Absolutely nothing. There were no indications whatsoever," Dumas said. "This is a case of a man who has never been arrested, and has been involved with children for many years. There would have been no outward reason for suspicion."

The investigation of Nickel began on Aug. 3 when an employee of the county jail intercepted incoming mail with Nickel's return address, addressed to a recently convicted child sex abuser containing sexually explicit photos.

## Index

Editorial Pages	6-8, 10
Sports	13
Obituaries	16
Weddings	17
Neighborhood News	
Voorheesville	11
Selkirk/South Bethlehem	15
Family Entertainment	
At Your Service	22
Calendar of Events	19-20
Classified	24
Crossword	19
Legals	21
Real Estate	26

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.



# 'Survivor' show proves, disproves human adages

By Donna J. Bell

I hang my head in shame as I guiltily admit that yes, I watched the finale of "Survivor."

I had managed, with a holier than thou attitude, to avoid watching all the way until the very last show. But oh, how the pious tumble.

Not that I didn't know what was going on with the show — every week as I logged onto AOL, the screen would scream "See who got the boot!"

After a few weeks I started thinking, "I wonder who got kicked off this week?" And I would secretly log on to see. I got my fill, as we all did, of Richard, the show's antihero.

"See Richard parading his naked fat rear end on TV," the paper, TV and Internet all proclaimed.

"See the ex-Navy SEAL Rudy call Richard a (gasp) homosexual." "Watch Richard scheme his way to the top."

And in the end, the guy with the most press won. Al and George W. should have been listening — they would have gotten much more press if they had signed onto the island, rather than wasted their time at political conventions that few of the apathetic public cared to watch.

Just imagine — Al sitting around the fire in his skivvies, scheming to join the alliance, or George W. proving he isn't a pansy

by gulping down a live, squiggly larva. Yeah, that would be "must see" TV.

Now before you condemn my weakness with a hearty "tsk, tsk," believe me when I tell you that "Survivor" proved a few of life's lessons. It seems that our most timeworn clichés were played out during the castaways island stay, and easily show why Richard won.

Cliché No. 1 — There is power in numbers.

Forming of "The Alliance" was the defining factor of the entire game. Four members swore to stand by each other through thick and thin until the bitter end. They had the power to decide who stayed and who went.

In the end, it was the reason that honor-bound to the end Rudy voted for Richard to win. Not because he admired him or liked him, but in his own words, "I made a pact and I'm sticking by it."

It's a close cousin to "you scratch my back, I'll scratch yours" that goes on in businesses and offices every day.

Cliché No. 2 — Nice guys finish last.

Each week Richard — the whiner, the schemer, the guy who didn't care if people didn't want to see his naked backside — kept going, while the sweet old lady with the banjo took a quick exit,

baby doll Colleen, "peaches and cream" Jenna and affable Sean were all gone, gone, gone, gone.

Cliché No. 3 — Hate is the closest emotion to love.

Take Sue's diatribe to Kelly at the end, people wondered what the heck that was all about? "If you were dying on the street corner I'd walk over you?"

It's obvious — you can only truly hate the people you were once closest to. Sue liked Kelly, they bonded. It didn't bother her that Richard (who made friends with no one and who could barely remember the names or occupations of those he evicted from the island) handily voted her off. But when it was clear that ex-pal Kelly had — watch out.

The one cliché that just didn't ring true was that crotchety old curmudgeons are really loveable.

Wrong! That was the one cliché that everyone wanted to believe. Rudy was not lovable. Rudy was a misogynistic, homophobic, stiff grouch old guy.

I don't know what island Richard was on, but until the end he insisted that under it all Rudy loved him. During the "afterglow" show, where they let all the survivors take a bath, shave and (for the girls) put on makeup and revealing clothing, Bryant Gumbel asked Rudy a question.

"You said," Bryant smirked,

"that these people are not and would not be your friends. Have you changed your mind?"

Rudy answered with a swift and decisive "no."

Richard was beside himself wanting to blurt out that Rudy didn't mean it because deep down he felt love in his heart. Wake up Richard! What does Rudy have to do — kick you in the rear? Get over it — your dad doesn't even like you.

The popular question around the water cooler has is — would you do it for a million? Bugs, rats, mud, heat, an all-you-can-eat rice diet for a month and half? Icky, yicky! I could have eaten a larva, but I couldn't have gone all that time without taking a bath with real soap.

Besides the "Survivor in the Outback" sequel coming up, we all know there will be all kinds of rip-offs of this show. The same network has already tried to duplicate the show by creating the yawn fest "Big Brother."

But at this very moment, executives of the other networks are meeting behind closed doors to formulate their "Survivor" versions. Let me be the first to suggest a concept.

How about: Who can survive a month on a luxury cruise ship? Contestants can vie to win contests that pit them against each other like: Who gains the least weight from the 24-7 gourmet buffets? Who gets the best tan? Who wins the most at the casinos? Who embarrasses themselves the least at amateur talent night?

Hey Mr. Producer, you can send my confirmation of acceptance letter care of Spotlight Newspapers.

**\$\$ Open Road to Savings \$\$**

**TTI TANGORA TECHNOLOGIES!**  
Today's Home with Tomorrow's Technology  
Design, Installation, Service

**Grand re-opening and Tent Sale**  
Now thru September 2, 2000

**10 - 50% Savings!\***

<b>bryant</b> Heating and Air Conditioning	<b>BEAM</b> Central Cleaning Systems	<b>Structured Wiring</b> iNet	<b>Home Automation</b>
---	---	----------------------------------	------------------------

**FUJITSU B&K NILES Atlantic Technology DBH STEREOSTONE**  
Audio/Video • Home Theater

Data networks • Satellite • Security  
"Visit our showroom to see and hear the quality!"  
\*Some restrictions apply. Call for details.

50 Delaware Avenue, Delmar  
478-9513 fax 478-0392  
tangora@taconic.net  
www.tangoratechnologies.com

**COUPON**

**Maria's Restaurant Diner**  
• 18 Delaware Plaza, Delmar • 439-4611 •

**OPEN MON.-FRI. 7:30 AM-7:30 PM**  
**SAT 7:30 AM-3:00 PM, SUN. 8:00 AM-2:00 PM**

**Free Entree**  
Buy One, Get One Free  
(Equal or lesser value — offer ends 9-30-00)  
Max value for lunch \$3.00. Max value for dinner \$7.00. *with this coupon*

**pearl grant richmans**

**CHINA PROMOTION**

**Buy 7 five-piece place settings & receive one free**  
**OR**  
**Buy 10 five-piece place settings & receive two free**

**PLUS RECEIVE UP TO 30% OFF!**  
OFFER GOOD ON ALL LENOX, NORITAKE, WEDGWOOD, WATERFORD\* & ROYAL DOULTON CHINA

Orders must be on one sales ticket with a 50% deposit required at time of order.  
\*Additional percent off does not apply to Waterford china.

**Stuyvesant Plaza • Albany, NY**  
**438-8409**

**Delmar Carpet Care**

**QUALITY CARPET CLEANING**

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

*Tim Barrett*

The committee organizing the St. Thomas Church Parish Picnic wishes to express its gratitude to all those local businesses who have generously donated raffle prizes given away at the 30 past picnics.

Recognizing that many local businesses are experiencing the economic hardship caused by the closing of Delaware Avenue, the committee will not solicit donations this year but will, instead, purchase gift certificates from some of the hardest-hit businesses and give the gift certificates as raffle prizes at the picnic.

Any local businesses who, in spite of any hardship, wish to donate towards the gift certificates or wish to donate prizes can call Candice or Pat Stellato at 439-7767 or Diane or Dan Colacino at 439-5213.

**THE DANCE EXPERIENCE**  
has moved to:  
**319 McCarty Ave., Albany**

**Classes for all ages and ability levels**

- Ballet • Pointe • Tap • Acrobatics
- Creative Dance • Jazz • Hip Hop

**Classes Begin Sept. 16th**

Call 463-1195 for more information  
All new students receive 2 free classes with this ad

**Travel Along**  
with **Jaye Sprinkle**

**Sensational Sedona**

A trip to Sedona, Arizona is about breathtaking scenery and natural beauty. Red rock formations, for which the southwest is known, include the incredible Cathedral Rock and the Snoopy Rock, which looks strikingly like the cartoon beagle. Day trips to the Grand Canyon and the Meteor Crater — the country's largest — are feasible when staying in Sedona. Because the town sits on the mile-high Mogollon Rim of the Colorado plateau, the air is about 20° cooler than in Phoenix or Tucson. Sedona's jeep tours have become very popular, but you can also choose to ride in a hot-air balloon, helicopter, or bi-plane to see the sights. For more active participation, there are mountain biking, horseback riding, hiking, and rock climbing.

Considering travel to the great state of Arizona? At TRAVELHOST TRAVEL AGENCY, we can provide you with the kind of information that can save you time, money, and aggravation while planning an itinerary that includes much of the unbelievable beauty and exciting adventure this southwestern part of our country has to offer. Find the peace of mind thousands have discovered on their vacations and business travel — put your travel plans in our hands. We're conveniently located in Main Square, with plenty of free parking.

**TRAVELHOST Travel Agency**  
Main Square, 318 Delaware Ave. • Delmar, NY 12054

**P.S. The Coconino National Forest surrounds Sedona, enhancing its rich beauty.**

# Driver in fatal accident pleads to traffic infractions

By Joseph A. Phillips

The Delmar driver involved in a fatal accident that took the life of a town resident has been fined for two traffic infractions in connection with the case, according to records recently obtained from Bethlehem Town Court.

Three individuals charged in two separate hit-and-run accidents last month also faced recent dates in court — and another car-bicycle accident left a Voorheesville teen-ager injured last week.

Ellen S. Marohn, 52, of 24 Borthwick Ave., was ticketed for failure to stay in the proper lane and to exhibit due care when the vehicle she was driving struck Sandra Crowley of 84 Adams Place while Crowley was walking along the shoulder of Fernbank Avenue on the afternoon of May 23.

On July 25, Marohn pleaded guilty to two counts of failure to obey traffic devices in satisfaction of the earlier charges, and was fined \$75 and a \$35 surcharge on each. No criminal charges have been lodged.

Two teen-agers charged in connection with a hit-and-run accident in Selkirk on the afternoon of July 4 made separate appearances in Town Court last week.

Joshua Jaruk, 18, of 1734 Route 9W, Selkirk, had been behind the wheel when Bethlehem police pursued and stopped a vehicle in Glenmont that was reported to have been involved in a two-car accident on Route 9W at Maple Avenue. Jaruk's companion, 18-year-old Alexandra Marsett of 133 Harvard St., Cohoes, allegedly admitted to being the driver at the time of the accident, involving a vehicle driven by a Ravena man.

Marsett was charged with leaving the scene of an accident and Jaruk arrested for felony unauthorized operation of a vehicle after a license check revealed multiple suspensions. Last Tuesday, he pleaded guilty in Bethlehem Town Court to a reduced count of unlicensed operation, and was fined \$50 and a \$35 mandatory state surcharge for the infraction.

Marsett, in court a day earlier, was granted youthful offender status, and the future record in the case was ordered sealed.

In another incident, Colleen S. Kriss, 48, of 256 Elm Ave., Selkirk, ticketed for leaving the scene of an accident and two other traffic violations, also appeared in Town Court on Aug. 22. On July 26, the minivan she was driving allegedly

struck a 14-year-old riding a bicycle near Elm Avenue Park.

The case was ordered transferred to Albany County Court for reassignment, owing to a possible conflict of interest in Bethlehem Court. The youngster injured in the accident is the son of a Bethlehem policeman.

Meanwhile, Albany County sheriff's deputies reported on Aug. 19 a 15-year-old bicyclist struck by a vehicle driven by a Voorheesville man, who was not charged in the incident.

A witness told deputies that

Brian A. McClure of 17 Circle Drive, biking westbound on Route 85A near Voorheesville Avenue, swerved abruptly in front of the oncoming vehicle, apparently operating within the posted speed limit, as it attempted to pass him.

According to the accident report, McClure, who was not wearing a helmet, was thrown from his bicycle. Voorheesville Ambulance EMS personnel responded at the scene and transported him to Albany Medical Center Hospital, where he was treated for head and wrist injuries and released.

## Electronic Repair

TV • VCR • CD  
DVD • Phono  
PC Monitor

13 Years Experience  
• 90 Day Warranty •  
• Major Credit Cards Accepted •

John's Electronic  
Repair

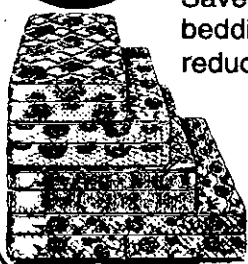
9W & Feura Bush Road  
Tue-Fri 10-6, Sat 10-2

465-1874

Serta

## BEST MATTRESS BUYS!

Save now on our full selection of quality Serta bedding. All sizes and comforts have been reduced in price for this Savings Event!



Pattersonville  
FURNITURE STORE

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

Serta  
Perfect Sleeper  
\$399 Queen Set

Plus FREE  
• In-home delivery  
• Set up of new bedding  
• Removal of old bedding

STORY'S NURSERY

Greenhouses • Nursery  
Landscaping

(518) 634-7754  
Co. Rt. 67  
Freehold, NY

OPEN ALL YEAR  
Mon. - Sat. 8-5  
Sunday 9 - 4

## Labor Day Sale

Sept. 1-8, 2000



Cash & Carry ONLY  
50% Off  
Perennial Quarts ONLY  
Perennial Qt. Herbs  
4 1/2" Specialty Annuals

30% Off

B&B Hemlocks  
Plus More

## Fall Container Gardens All Sizes

Flowering Kale & Cabbage  
8" Pan - \$3.49  
Mums - \$4.99  
5 or more \$4.49  
10 or more \$4.00

Wine 1/2 Barrels NOW \$36.00, REG. \$44.00  
30% OFF All Foliage Plants.

Fall Bulbs are in, plant now for Spring color!

## September Free Repotting Time\*

During the month of September we will gladly repot your houseplant(s) at no charge. You may bring in your own pot or purchase one from our extensive stock. We carry clay pots in many shapes and designs, plastic, terracotta colored and oriental ceramic pots. This is an excellent way to receive professional, personal advice on houseplant care. No appointment is necessary.

\*There will be a charge for the cost of soil for a plant in a pot of 12" diameter or more.



Virginia Plaisted, D.D.S.

## Views on Dental Health®

### 4 Steps to Better Brushing

The best way to avoid spending time in the dental chair is to brush and floss regularly and effectively.

Here is a 4-step approach to better brushing:

- 1) Place your tooth brush at a 45 degree angle towards the gum line when brushing.
- 2) Brush the inner and outer surfaces of your teeth. Use short, angled brush strokes.
- 3) Clean the chewing surfaces of your teeth by using a gentle brushing motion with short back and forth strokes.
- 4) Hold your toothbrush vertically. Work the top of your brush around the inside surfaces of your front top and bottom teeth. Use up and down strokes.

Spend at least two to three minutes each time you brush your teeth. And finally, do not forget to floss, eat right and keep your dental appointments.

Virginia Plaisted, D.D.S.

74 Delaware Avenue • Delmar, NY 12054  
(518) 439-3299

## The Auction Gallery

Auctions • Appraisals • Estate Sales  
426-1353

WANTED: Antique Furniture, Old Photographs, Costume and Estate Jewelry, Glass & China, Pre 1960 Toys & Dolls, Prints & paintings, Old Clocks, Oriental Rugs.



1 Item or Entire Estate • Call Joan Bohl or Jon Lee

Visit our Web Site [www.auctiongallery2.com](http://www.auctiongallery2.com)

BOTTOM OF CORNING HILL, GLENMONT  
SAME LOCATION SINCE 1988

# Free Groceries!

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

### LOCATIONS:

Albany ..... 445-6000 • Cohoes ..... 233-6566  
Cohoes 1-787 ..... 237-2370 • Clifton Park ..... 371-3360  
Delmar ..... 478-0544 • Guilderland ..... 862-1100  
Halfmoon ..... 348-1111 • Lansingburgh ..... 235-4600  
Latham ..... 785-4596 • Loudonville ..... 435-1500  
Schaghticoke ..... 753-7777

### Inside PRICE CHOPPER:

Catskill ..... 943-0398 • Brunswick ..... 270-7800  
Bethlehem ..... 439-5000 • Colonie ..... 869-2265  
Glenville ..... 384-2265 • Queensbury ..... 743-1111  
Rotterdam ..... 356-7467 • Westgate ..... 435-0711

### Inside GRAND UNION:

Malta ..... 899-3030 • Niskayuna ..... 382-1000

Click at [www.cohoesb.com](http://www.cohoesb.com)  
to bank online!

Limited time offer!

TELEBANK CENTER  
233-6651

## \$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.



# Matters of Opinion

## Happy Labor Day

Labor Day weekend is traditionally the last summer getaway before the kids go back to school. Thousands of Americans will take to the roadways to head to their favorite spot to enjoy the last vestiges of summer.

To make your trip more pleasant, try to avoid huge traffic snarls by heading out early. (9 a.m. is not early for weekend travelers). Make sure your vehicle is in good working order; nothing can put a damper on a trip faster than a breakdown in an unfamiliar city.

And to keep your sanity, make sure the kids have something to keep them occupied during the trip. 'Are we there yet?' for the thousandth time is worse than scraping fingernails across a chalkboard.

Before you set out, check to see that everyone is buckled up and there are plenty of snacks to help avoid unnecessary stops.

Maintain the speed limit and keep your cool. Arriving at your destination in a stressed out state is no way to begin a getaway weekend.

Have a safe and happy Labor Day holiday.

## Drive with care

In just a week, area schools will reopen for the September term. School buses will again be picking up and dropping off their charges, which means drivers must take extra care.

When a bus's red lights are flashing, it means drivers behind the bus and drivers on the other side of the road facing the bus must come to a complete stop.

It's the law, and there are no exceptions.

If there are teen-age drivers in your home, it's a good time to review the school bus rules with them. They will be on the road on their way to and from school at the same time the buses are, and teens should be reminded what the law is and the consequences of disobeying it.

Many children, the smallest entering kindergarten, will be riding the bus for the first time. They are often frightened and not at all familiar with the routine. The little ones and all kids riding buses deserve the undivided attention of all drivers.

Drivers should also note the 20 mph speed limit in school zones. Groups of kids who walk or bike to school can be easily distracted. You as a driver, cannot afford to be.

Let's make every effort to ensure an accident-free school year. Our kids and our community deserve nothing less.

## Editorials

## Being a senior brings big changes

By Mark Shawhan

*The writer is entering his senior year at Bethlehem Central High School.*

It all feels so strange. For as long as I can remember, there has always been someone older than me in school, someone in a higher grade. I've always heard about teachers before I've had them, heard how they teach, how well they teach, all the gossip and the sometimes unpleasant rumors about this teacher or that one.

Any big event or process I've gone through has always been accompanied by the knowledge of what it was like for everybody else, whether it was using one locker for four years, having a certain teacher, or taking the SATs. And now I'm the one who is telling other people what things

## Point of View

ferent, but I still feel the same. I look at myself, and I wonder: When did I change? When did I go from looking at other people and thinking they were so old and mature to being the one looked at? It's an odd feeling, knowing that now, I will be in the oldest grade, I will get the special color picture in the yearbook, I'm the one who's going to the senior prom. It's not somebody else, it's me! That's a really unsettling feeling.

Many things have suddenly gone from things which happened to other people, to things which are happening to me. One of those things, probably the most impor-

tant of those things, is applying to college. It doesn't feel quite as strange as the rest of being a senior. Maybe that's true because the process starts in junior year, so there isn't that sudden jump from what things are like as a junior to what they're like as a senior. I don't know

why; all I know is how it feels.

What is different about applying to college is how nerve-wracking it is, how much pressure it causes. All of a sudden, every grade matters. That wasn't true in middle school, where the only problems low grades caused were with my parents, or even early high school, where the grades mattered, but not as much as now. Now, every grade counts. A bad grade on a unit test isn't bad because I can do better than that or because my parents will be angry with the grade; now it's bad because that might drag down my whole average and hurt my application with colleges.

The worst part about it is that I never know. I can't see into the head of a college admissions officer, and whether that grade will really hurt or help me, or whether it's not going to make any difference to my application. And since I don't know, I have to treat everything like it does matter, just in case. And that creates a ton of pressure, because now any one grade, be it an English essay, a Spanish oral presentation, or a AP chemistry unit test, could affect where I get into college, and thus affect my life for the next four years and maybe beyond. And you know what? That probably isn't true. In fact, I'm darn near sure it isn't. But it still feels like it is, so all the stress and pressure of that feeling are still on me.

The other thing that really bothers me about applying is how important the application has become to my everyday life. It's gotten so I look at almost everything in terms of what colleges will think of it on my app. Should I have

gone to this summer camp, or have been a counselor at another camp? Should I work at *The Spotlight*, or get a different job with more regular hours? Should I do this club, or that activity outside of school? Which should I value more: sleep or another activity to put down on the app?

Because applying to college is so competitive and so stressful, it starts to dominate everything. I look at activities or a job a lot differently than I did two years ago, because now they all matter for my applications, which had barely crossed my mind going into my sophomore year. I hate that. I want to do an activity because I like it, not because the No. 3 college on my list goes for that sort of thing. But there's nothing I can really do about it, because I just don't know what matters to colleges, so I have to guess, and make many of my decisions based on what might be important to colleges, and have that green or blue or yellow or white application booklet constantly in my mind.

The other thing which is strange, not to mention scary, about college and senior year of high school for me is the whole leaving-home thing. It's unsettling to think that in just over a year, I won't be at home: I'll be living pretty much on my own in some college dorm room. My parents won't be there to stand over me, make sure I'm doing everything the right way. I'll have to do that myself.

My parents have done so much for me during the past 16 years and 11 months and now I'll have to do most or all of it for myself. The really creepy thought is that my parents will never be in my current situation with me again, because once I leave college, I'll be on my own, in world, or in the "working world," as everybody calls it. My life as I have known it is rapidly coming to an end. That is an eerie feeling.

I've lived 15 years of my life in one house, but after this year, I'll probably never live here again. I've spent 10 years of my life as a student in the Bethlehem school system, but after this year, I'll never set foot in any of its buildings as a Bethlehem student again. I've spent all of my life up till now dependent on my parents, but after this year, I'll never be truly dependent upon them again. I guess going through changes like these is what being a senior is all about; but it's just odd, and a bit scary, to go through all of them all at once.

## Letters policy

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

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

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

## The Spotlight

Copy Editor — Elizabeth Conniff-Dineen

Editorial Staff — Donna Bell, Linda Marshall, Katherine McCarthy, Kristin McElroy, Jane Norris, Joseph Phillips, Ethan Schoolman, Mark Shawhan, Adam Shpeen

Special Sections Editor — Elizabeth Byrns

Sports Editor — Noah Feit

Photography — Jim Franco

Advertising Manager — Louise Havens

Advertising Representatives — Corinne

Publisher — Stewart Hancock

Vice President — Richard K. Keene

General Manager — John A. McIntyre Jr.

Executive Editor — Susan Graves

Managing Editor — Dev Tobin

Blackman, Ray Emerick, Dan O'Toole, John Salvione, Mark Tripoli

Production Manager — John Brent

Assistant Production Manager — David Abbott

Production Staff — Marcus Anderson, Jeremy Schoonmaker

Circulation — Gail Harvey

Classifieds — Susan Downey

Accounting — Christine Brendon

Legal Advertisements — Liz Bradt

125 Adams St., Delmar 12054

E-mail —

NEWS: spotnews@nycap.rr.com

ADVERTISING & CLASSIFIED:

spotads@nycap.rr.com

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

OFFICE HOURS:

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

# Your Opinion Matters

## Dog owners should be considerate

Editor, The Spotlight:

I am glad to see discussion under way regarding a potential noise ordinance, especially as it relates to doggies. I believe that courtesy and awareness on the part of dog owners should suffice, but so far this does seem woefully lacking.

When neighbors complain about dogs barking, it would help if dog owners took their complaints to heart.

As a dog owner, I know it can take some effort to keep doggies from loudly communicating at all hours. But there are a few simple things we can do.

I think it would help to figure out what situations cause lots of

barking. Then try to deal with those situations. For example, some people leave their dogs alone, often tied up, outside and allow them to bark and bark. I suspect this is a major source of the noise neighbors complain about.

A simple solution is not to leave the dog outside alone or bring him in when he starts to bark. It is true some dogs will bark in the house.

My dog Charlie goes insane when the neighbor's cat sits placidly by the back door, within inches of his nose or when the chipmunks run close by and he can't get at them. And sometimes he gives up and barks.

When we are home, at least he is inside when this happens. People might also consider when they are looking to own a dog whether the dog they have in mind is a big barker or not. Some dogs don't bark so much.

I would support an enforceable ordinance, because we can't depend on doggies to regulate their own barking, and some of us have failed to be responsive to concerns about the noise.

I promise to keep working with Charlie to reduce barking, and I hope fellow pet owners will do the same with their dogs.

Wendy Lefkovich  
Delmar

## Girls swim team members are grateful for support

Editor, The Spotlight:

Over the past month, the Bethlehem Girls Varsity Swimming and Diving team has held two car washes at First United Methodist Church on Kenwood Avenue.

We have raised more than \$700 that will be put toward suits and swimwear for the team.

We would like to thank the

friendly Methodist church administration for allowing us to hold the car washes there, and those who supported our cause, especially the Delmar Fire Department.

Your donations are greatly appreciated. Thanks again.

Clare Morgan and the Girls Varsity Swimming and Diving Team

## 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**

**THERMO PRIDE™ RESERVE NOTE**

**\$100**

**FREE FUEL OIL\***

Buy an oil furnace between August 1, 2000 and September 30, 2000 and receive \$100 towards your next fuel oil fill up.

**Thermo Pride**

Savings brought to you by Thermo Pride™ and Buhrmaster Energy Group

**ONE HUNDRED DOLLARS**

**CALL BUHRMASTER**

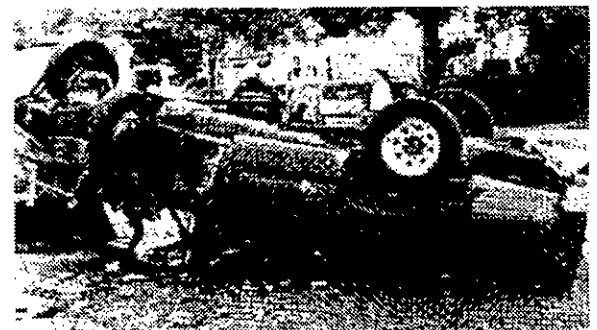
**ENERGY GROUP**

**382-0260**

\*Coupon may be redeemed by homeowner/consumer only. May not be redeemed by installing contractor.

**\$100**

**Labor Day is  
September 4th...  
Enjoy it!**



FAMOUS LAST WORDS:

**"Don't Worry, I'm a good driver!"**

**DON'T DRINK  
AND DRIVE!**

**FRIENDS DON'T LET FRIENDS DRIVE DRUNK**

Good driving requires more than keeping alert and driving defensively. What you do before you get into that car is even more important. If you drink alcohol and then get behind the wheel — no matter how good a driver you are — you become a danger to yourself, your passengers, pedestrians and other motorists.



Sponsored by:

**Spotlight Newspapers, Albany Traffic Safety Board  
and the Bethlehem Traffic Safety Unit**

Albany County STOP DWI Program — Sheriff James L. Campbell, Coordinator  
Richard LaChappelle, Bethlehem Police Chief • Denis P. Foley, Administrator



# Matters of Opinion

## Library trustee addresses project concerns

Editor, the Spotlight:

The juxtaposition of letters concerning the library in the Aug. 16 *Spotlight* was illuminating. Two writers expressed concern about library costs, while another writer praised local librarians for providing exemplary service. The two issues are connected: exemplary service costs money. As treasurer of the library board, the board has asked me to address the cost concerns which were raised.

Bethlehem Public Library is open more hours per week than any other Capital District library. Our per capita circulation and patron visits per year (almost 400,000) are at the highest levels in the region. Our staff answers more reference questions than the staff of any other local library (and, as Mr. Bender's letter indicates, does so magnificently) and assists patrons with more interlibrary loan requests than any of the other libraries. Although our library provides services to a comparatively smaller community, because our community uses its library so extensively (70 percent of all those eligible are cardholders), the library's collection is the fifth largest in the region, after Schenectady County Public Library, Troy Public Library, Albany Public Library and Crandall Public Library in Glens Falls. Because of the remarkable support of this community, our local facility has long been re-

garded as a flagship library for the entire Capital Region.

To meet the anticipated library needs of the community well into the 21st century, the board of Bethlehem Public Library and a local Citizens Advisory Committee have spent the past 36 months developing a plan for comprehensive renovations. The elements of that plan have been described elsewhere, and I won't go into its details in this letter except to address the specific questions which were raised.

It is apples and oranges to compare the cost of library renovation with the state's efforts to buttress Delaware Avenue, as one letter writer does. Note that the \$9.3 million figure cited for the state's award of a contract to repair the Normanskill reflects just a single aspect of that project and not its overall costs, which are much higher. Moreover, with all due respect to the engineering efforts which the road project requires, that effort does not reasonably compare with the complexities of relocating and continuing to provide library services while finishing the existing facility's second floor and refurbishing the remainder of the building.

Concerning the writer's expressed regret that capital improvements were not undertaken in the past, we agree: this project is overdue. But remember also that this library was built before

the advent of the Americans with Disabilities Act, under which existing facilities like the library are required only to make modifications for the disabled that are "readily achievable," which the library has done. The legal standard changes once any significant refurbishing is done, at which time a facility must incur the costs of coming into full compliance with the entirety of the ADA's accessibility guidelines. (Doing so requires substantial modifications, to the bookshelves and aisles, to the circulation desk, and more). Making Bethlehem Public Library fully accessible to the disabled is considered by the library board and its advisory committee to be a worthwhile goal, long overdue, and an endeavor which we are confident this community will support.

Rendering this 1960s-era library fully computer-capable and more student- and study-friendly also makes sense. A number of local communities (Saratoga, East Greenbush, Burnt Hills) have recently added such functionality by building new libraries from scratch. We are proposing instead to enhance the existing facility. The completion of its second floor was anticipated when the building was planned in the 1960s, and the building was deliberately constructed in a manner which would allow it. In the 30 years since the library was built, the size of the collection and the circulation of those materials have more than doubled. That the library has been able to hold off this long on completing the building as it was originally designed is a testament to conservative financial management (and much tolerance by our severely cramped but dedicated staff).

Among the many improvements which will be offered by the renovated library will be at least 63 public access computers, which represent an increase of 44 workstations for our patrons. Currently we can afford the computers from the existing budget, but we are unable to install any more public workstations due to the limitations of the 30-year-old wiring system.

In the past several years, discounting salary and benefit costs required under its contract with CSEA (the employees' union), the

library budget has been kept essentially flat to minimize costs to our patrons. Because we provide extensive library services in a small town the cost per capita appears high, but the use per capita is even higher. Costs cannot be compared with other local libraries without taking into account how unprecedented Bethlehem Public Library is in the Capital Region, a library in a small town with a small taxpayer base which is as vibrant and heavily used as a big city library.

The library board is very cost-conscious and is cognizant of the financial impact of the proposed renovation. In planning the project, to achieve faster completion and lower costs, the board and its advisory committee are proposing to relocate the library during construction, the most cost effective alternative. Nor has the NiMo steam plant sale been forgotten. Its impact, if any (which is still in negotiation) has been extensively discussed in our board meetings. But whatever its outcome, the library's needs must be addressed eventually, and waiting longer does not make sense. The library renovation proposal is meant to address the community's needs for at least the next 20 years and is expected to cost per \$100,000 house assessment approximately \$46 dollars per year. This is quite a reasonable price tag for extending the gift of this library's magnificent legacy to the next generation.

Further questions which have not already been addressed in the library's Footnotes mailing may be brought directly to the library board or its director, or may be posed at the open public forums scheduled at the library's community room on Sept. 20, Oct. 26 and Nov. 21. Look also for the future posting of a set of frequently asked questions on the library's Web site at [www.uhls.org/bethlehem](http://www.uhls.org/bethlehem). There are numerous details which cannot all be expressed in the letters section of the *Spotlight*, whom the library board thanks for indulging us to this extent. Thank you also to our patrons, to all of the letter writers and to all of you in this community who support and use this library.

John Cody

Bethlehem Public Library trustee

## Add sneaker to shopping list for cause

Editor, The Spotlight:

The next time you are out shopping for just about anything, consider buying a sneaker, even if it's not on your shopping list.

Ten local merchants are selling paper sneakers for \$1 each to benefit diabetes research. This great sneaker sale is part of the effort of our townwide team, "Bethlehem Cares," that will participate in the Juvenile Diabetes Foundations' Walk to Cure Diabetes on Sept. 24 at Corporate Woods in Albany.

"Bethlehem Cares" would like to thank these businesses for supporting our quest to cure diabetes by selling paper sneakers: Capital Cities Imported Cars, The Doorway, Helderhaus Pet Supplies, McDonald's of Delmar, Mr. Subb, Normanside Hair Design, Roberta's Gift Shop and VanAllen Farms, SuperValu Foods and Pagliacci Ristorante.

If you would like information on participating in the Walk to Cure Diabetes, call "Bethlehem Cares" at 4396894.

Tim Carey  
Delmar

## School grateful for help with bottle drive

Editor, The Spotlight:

Slingerlands Nursery School would like to thank Hannaford Supermarket on Route 4 in East Greenbush and their customers for their very generous contribution to our annual bottle drive.

Cathy Lee  
Slingerlands Nursery School

## Thank you for great picnic

Editor, The Spotlight:

On Thursday, Aug. 17, Bethlehem Lions Club held its annual Cliff Van Dyke Memorial Picnic for senior citizens of the town of Bethlehem. More than 150 seniors citizens from all parts of town enjoyed a delicious lunch.

We extend our special thanks to members of the Lions Club who worked so hard to make this an enjoyable outing and to the many Bethlehem senior volunteers who helped out.

Karen Pelletier  
Bethlehem Senior Services director

## Letters policy

The *Spotlight* welcomes letters from readers. Letters are subject to editing for fairness, accuracy, style and length.

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

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

Stroke is the  
number three  
cause of death  
among Americans.

**STROKE**  
**BRAIN**  
**ATTACK**  
**ALERT!**

## Have You Suffered A Stroke?

St. Peter's Hospital Stroke Team  
is interested in meeting with individuals  
who have suffered a brain attack —  
commonly known as a stroke.

The Stroke Team at St. Peter's  
is seeking patients to participate  
in a study to examine post-stroke issues  
including physical function  
and depression.

All study-related evaluations,  
exams, and medical care are  
provided at no cost.

For more information, please call  
Pat Kilcullen, RN at (518) 525-1223  
or Gaye McCafferty, RN  
at (518) 525-6884.



**St. Peter's Hospital**  
SPONSORED BY MERCY CARE



Bethlehem Auto Service

**AUTO FACTS**

by John Quirk

## Locksteps

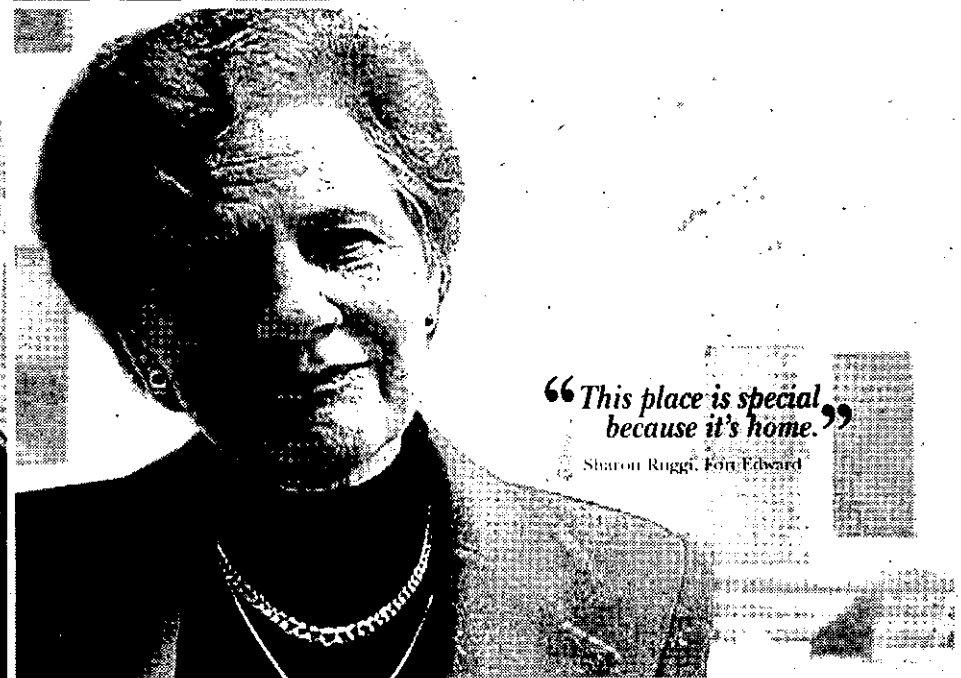
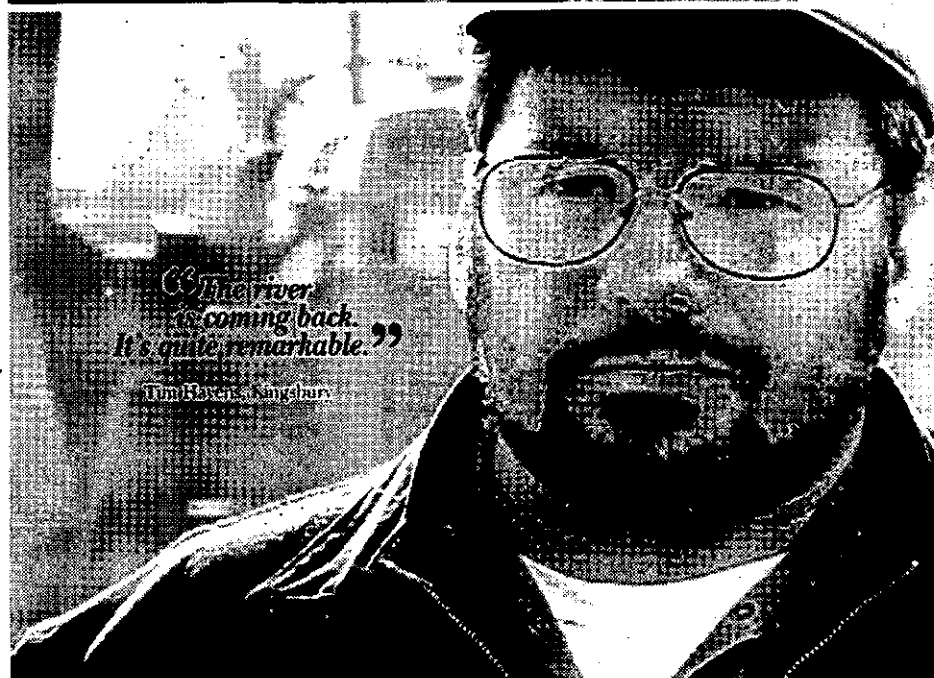
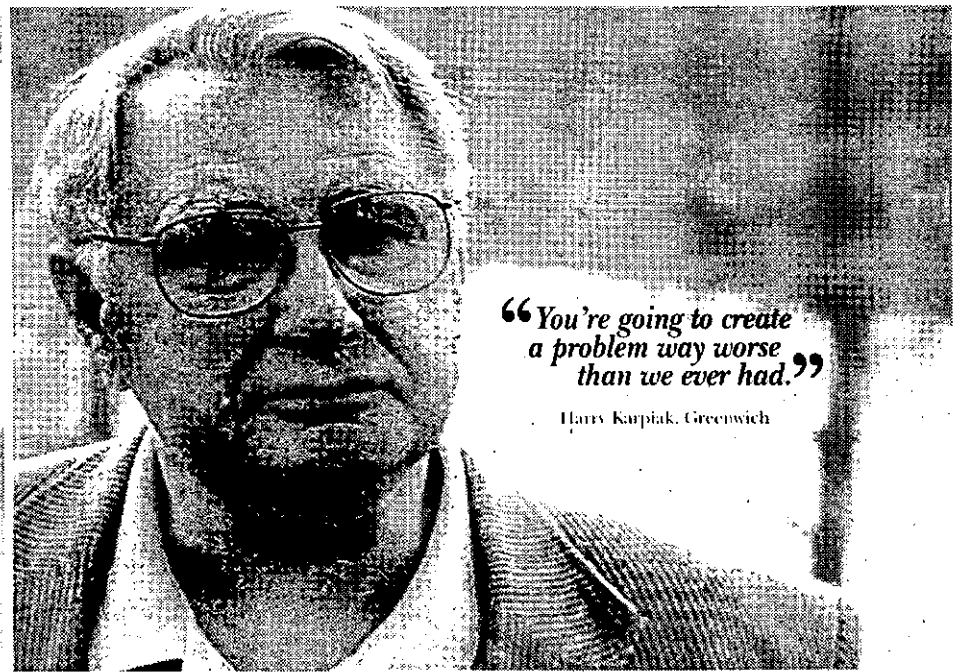
The antilock braking system (ABS) found in most cars today features a central control unit that monitors electronic impulses from sensors positioned at each wheel. If the control unit senses wheel lockup, it signals a valve to limit hydraulic pressure to the corresponding brake, thereby allowing the wheel to rotate. At the same time, the other brakes remain engaged. The ABS is designed to work with the foot firmly applied to the brake pedal. Any attempt to pulse the brake pedal with the foot will only defeat the system. The chattering that drivers sense while ABS is working is normal. Drivers shouldn't use ABS as an excuse

to drive recklessly. It will not entirely eliminate the possibility of skidding.

If your vehicle has antilock brakes, you need to firmly apply your foot to the brake pedal rather than pump it in order to avoid skidding. BETHLEHEM AUTO SERVICE reminds readers that they can avoid breakdowns and accidents by following a routine maintenance schedule on their vehicles. Our maintenance checks include inspection of the tires, brakes, battery, and all fluids. Call us at 426-8414 to schedule a convenient appointment, or visit us at 62 Hannay Lane, Glenmont. Business hours are Mon. - Fri., 7 - 6.

HINT: Vehicles with only rear-wheel ABS can still have their front wheels lock up, thereby inhibiting the ability to steer.





## Maybe the real experts on dredging are the people who live along the Hudson.

Some activists are urging  
the EPA to order  
dredging in the Hudson.  
But over 50 Hudson River  
communities think it's a  
bad idea. And their elected  
leaders have voted against it.

If you're concerned about the Hudson, visit our Web site at [www.hudsonwatch.com](http://www.hudsonwatch.com) for more information.

A message from GE.

# Matters of Opinion

## Lawsuits trigger resident's wrath

Editor, The Spotlight:

If the suit fits — wear it. No, I'm not speaking of clothing, but about the spate of claims being filed against the town as a result of the Normanskill landslide.

I can visualize the "legal vultures" swooping into the area enticing the neighbors with visions of cash settlements. In my opinion, these "proposed suits" do not fit!

I believe the town of Bethlehem did an exceptional job in accommodating both business and residential needs during this difficult period.

Now these same two factions are at odds with one another over allowing or not allowing traffic

through their neighborhood.

Regarding Taste Freez, I saw no dearth of business during my visits there.

In fact, due to the thousands of dollars worth of free publicity via TV and radio broadcasts as well as the flashing billboards courtesy of the state Department of Transportation, business appeared to increase.

If a loss were suffered, perhaps it was more attributable to prices and portions rather than a mudslide.

And Delaware Plaza alleging negligence "in supervision, maintenance and control" — really. Talk about the pot calling the kettle black.

Then there are the residents of the immediate neighborhood, some of them who had no extra traffic whatsoever pass their homes, whining about "deprivation of normal pursuits."

Come on! Had they lived on Elsmere Avenue or lower Kenwood (where I reside), they would have experienced 5,000 plus extra cars and trucks speeding past their homes day and night.

The only surprise so far is that the Almighty has not been named as codefendant for allowing the hills, valleys and streams to be where they are.

Richard Harte  
Delmar

## Teen suspect arrested twice in same day

By Joseph A. Phillips

The Bethlehem teen-ager suspected of a string of summertime thefts from unlocked cars throughout the town of Bethlehem is allegedly back at it again — recently arrested twice in the same day in new incidents in the same Slingerlands neighborhood.

Foluke J. Griffin, 18, of 356 Kenwood Ave., who already faces charges in connection with several larceny incidents earlier this summer and is the prime suspect in 47 separate previous incidents, was arrested again by Bethlehem police on Aug. 18.

The arrest resulted from an investigation of a complaint filed by a resident of Trumpeter Place, alleging the theft of an item from a car parked unlocked in a residential driveway the night of Aug. 12.

According to the police report, Griffin was charged with possession of stolen property when the missing item was allegedly recovered, along with several other items being held for possible identification in other larcenies. Arraigned before Town Justice

Theresa Egan, Griffin was sent to Albany County jail and later released on \$1,000 bond.

The same night, police received another complaint from a Caldwell Boulevard resident that a cell phone had been stolen from another unlocked parked car.

Police began a search of the vicinity and spotted Griffin approaching another car parked on Helderberg Parkway North. Griffin fled when approached by police, but was caught and arrested, charged with petty larceny, criminal possession of stolen property and resisting arrest.

A companion, 16-year-old Reynold C. Cato of 479 Jersey St., New Brighton, was also arrested on stolen property and larceny charges. Both were arraigned before Egan and sent to Albany County jail in lieu of \$1,000 bail apiece.

Griffin and Cato are due in Town Court on Sept. 19 to face the new charges, along with previous charges of criminal possession of stolen property and petty larceny lodged against Griffin.

## V'ville Legion to serve breakfast

Voorheesville American Legion Post 1493 will serve an all-you-can-eat breakfast on Sunday, Sept. 17, from 8 a.m. to noon.

The cost is \$4.50 for adults and \$3 for children ages 5 to 12.

## NYS Theatre Arts School

The best for your kids. Confidence, discipline, creativity.

Since 1978, the region's original and best. Held Saturdays; classes for ages 3-18. Plan now for Fall semester, starting in mid-September.

518-274-3295

Open House Saturday, September 9. Please call for details.

**NYS Theatre Institute**  
Professional theatre for family audiences

www.nysti.org

Got news?  
Call 439-4949

SHOP BETHLEHEM!  
www.bethlehemfirst.com

## Cyber Haus

Computer Learning Centers

### SEPTEMBER CLASSES

Beginners Intro to PC, \$69	Thu-Fri 3 Tues	Sep 7-8, 12, 19, 26	9am-12pm
Beginners Intro to Internet, \$69	Thu-Fri 3 Weds	Sep 14-15, 20, 27	9am-12pm
Beginners Word Processing, \$69	3 Thurs	Sep 7, 14, 21	7-9pm
Using Windows 95 / 98, \$89	Thurs	Sep 21	9am-3pm
Home Finances / Quicken, \$89	Weds	Sep 27	9am-3pm
Business Finance / Quickbooks, \$89	Thurs	Sep 28	9am-3pm
Creating a Presence on the Web, \$89	Wed	Sep 6	9am-3pm
Desk Top Publishing / Publisher, \$89	Tues	Sep 26	9am-3pm
Word Processing / Word, \$89	Tues	Sep 12	9am-3pm
Presentations / Power Point, \$89	Weds	Sep 13	9am-3pm
Using Spreadsheets / Excel, \$89	Thurs	Sep 19	9am-3pm
Databases / Access, \$89	Weds	Sep 20	9am-3pm

**Your Neighborhood Computer Learning Center**

Across from Delaware Plaza at 159 Delaware Ave. 478-9798 Home of www.cyhaus.com and www.bethlehemfirst.com

**BETHLEHEM G.O.P. OUTING**

featuring

**Roast Beef by Geurtze**  
Bethlehem Town Park  
Elm Avenue  
End of Delmar By-Pass

**\$25.00**  
Friday  
September 8, 2000

Hot Dogs & Chowder from 1 - 3 p.m.  
Roast Beef served from 3 - 7 p.m.

Door Prizes • Games • Refreshments  
all afternoon

Call 439-1817  
or 439-5907 for tickets

**Guess The Color and Get up to \$499 Off a GT225**

**LT133 Lawn Tractor**  
• 13 hp • 38 inch mower deck  
• 5-speed shift-on-the-go transmission  
Just \$1,899

**JS60 Walk-Behind Mower**  
• 6 hp • 21-inch steel deck  
Now \$279\* \$50 OFF

**GT225 Lawn and Garden Tractor**  
• 15 hp • 42-inch convertible mower deck • Automatic transmission  
Now \$3,650\* SAVE \$449

Now during Deere Season 2000, we're offering fantastic savings on a variety of John Deere tractors and mowers. So visit our dealership, and oh yeah, the answer is green, just like the dollars you'll save.

LT, LX, & GT models, no interest and no payments until 1-1-01 with no money down or 7.9% interest for 12 mos. (requires 12 equal monthly payments) with no money down or 11.9% for 24, 36, or 48 mos. with no money down. Offers ends 10-27-00. See your dealer for complete details.

**NOTHING RUNS LIKE A DEERE**

**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. Tax, freight, setup, and delivery not included. Savings and prices may vary by dealer. Savings advertised are off list price.

**Gem Talk**

with Mary Vail

FEELING BLUE?

While sapphire (the birthstone for September) is available in essentially every color, the blue variety is the most popular and best known. Probably the finest examples of blue sapphire come from Burma and Kashmir, both of which are the closest to a pure spectral blue. Fine Burmese sapphires are a brilliant, deep blue, and their Kashmir counterparts possess a fine velvety tone. In order for these gemstones to display the maximum amount of color, some weight must be sacrificed so that the cut is not too deep. Sri Lankan sapphires are not quite so deep blue, tending more towards pastel. Australian sapphires are often dark blue with a slightly green undertone.

The gift of a sapphire from JOYELLES JEWELERS will chase anyone's blues away. They say that ancient priests and sorcerers honored September's birthstones above all gems because this stone enabled them to interpret oracles and foretell the future. We don't need this beautiful gemstone to predict that you'll love feasting your eyes and dreaming your dreams about our selection of sapphires at 318 Delaware Avenue, in the Main Square Shoppes.

Phone • 439-9993

**P.S.** Both Australian and Thai blue sapphires, which have a similar appearance, are affordable alternatives to those from Burma, Kashmir, and Sri Lanka.

## Indian Ladder tour set at Thacher

Thacher Park will offer a tour of Indian Ladder Trail on Monday, Sept. 4, at 10 a.m.

The tour will introduce hikers to the geological and culture history of the trail.

Hikers will meet at the Indian Ladder picnic area. There is a \$5 parking fee.

### School to start

Schools in the district will begin the academic year on Wednesday, Sept. 6.

First period at the high school is 7:40 a.m. with a warning bell at 7:35 a.m. Classes end at 2:25 p.m.

Elementary school classes run from 8:50 a.m. to 3 p.m.

Kindergartners and one parent will ride the orientation bus.

Physicals are required for children entering kindergarten, second and seventh grade. Seventh-graders must have the Hepatitis B series of immunizations prior to starting the school year.

For information, contact the elementary or high school nurse.

### Girl Scout leaders schedule meeting

The Girl Scout leaders next regular meeting is on Wednesday, Sept. 6, at 7 p.m. at Wyman Osterhout Community Center in New Salem.

Organizers ask that a representative from each troop attend the meeting.

Calendars and schedules will be handed out and the fall camping trip will be discussed.

### High school students to enjoy barbecue

The high school will hold its annual back to school barbecue on Wednesday, Sept. 8, during lunch periods.

The regular lunch price will apply.

### Dollars for Scholars slates garage sale

Dollars for Scholars will hold its annual garage sale and free car wash on Saturday, Sept. 23, from 9 a.m. to 1 p.m. at SuperValu Foods on Maple Avenue.

Donations are being solicited for the sale. For information or to make arrangements for the donations, call Patti Duncan at 765-2551 or Debbie Baron at 765-9371.

### NEWS NOTES

#### Voorheesville

Jane Norris  
439-8532



Dollars for Scholars is an organization that raises money for college-bound students. Last year, the group awarded 12 scholarships to high school seniors.

### Garden club

#### resumes meetings

Helderview Garden Club will meet on Thursday, Sept. 7, at 7 p.m. at the public library on School Road.

Guest speaker Al Casagrandi, a master gardener, will talk about preparing new beds.

New members are welcome. For information, call Lauren Meacham at 765-2981.

### Village ordering personalized bricks

The village of Voorheesville will send an additional order for personalized bricks which will be placed on the grounds of Hotaling

Evergreen Park on the corner of Maple and Voorheesville avenues.

Bricks can be engraved with up to three lines of 14 characters per line.

The cost is \$40 per brick, which is tax-deductible.

Order forms can be picked up at the village office.

### Red Cross sets blood drives

The Red Cross urges local residents to help bolster the blood supply for fall by donating at one of the following locations:

• Friday, Sept. 8, from 10 a.m. to 3 p.m. at Cornell Cooperative Extension on Martin Road in Voorheesville. Call Gale Kohler at 765-3579.

• Saturday, Sept. 9, from 8 a.m. to 1 p.m. at the Masonic Lodge on Kenwood Avenue in Delmar. Contact Cliff Thompson at 463-1319.

Any healthy person who is at least 17 years old and weighs at least 110 pounds is eligible to donate blood.

## Selkirk man honored

Hillside House of Coeymans recently honored Francis Femminella of Selkirk by naming its new three-person individualized residential alternative "The Femminella House."

Hillside House is a voluntary nonprofit agency serving the needs of the developmentally disabled.

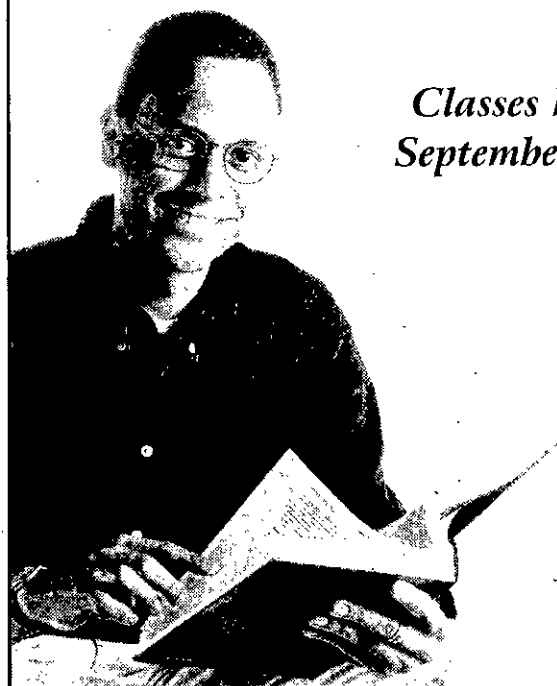
Femminella has been one of the driving forces on the Hillside House of Coeymans board of di-

rectors for more than 20 years. He was instrumental in fostering Hillside's growth from a two-person site in 1975 to the multi-site, multi-program organization that it is today.

Femminella earned his doctorate in 1968 from New York University. He is a recently retired professor from the University at Albany and has published many articles and books on ethnicity in America.

## TURN A NEW PAGE AT SAGE

Your past is your preface. Everything you've done, thought and experienced has made you a very different person than you were just a few years ago. At Sage Evening College, you can build on that foundation your way—even take classes one night a week, or on weekends. Start your next chapter...at Sage.



Classes begin  
September 5th.

**SAGE Evening College**

Serving the Capital Region since 1949.

Call us at 1-888-VERY SAGE

for information and registration [www.sage.edu](http://www.sage.edu)

## ELEANOR'S SCHOOL of DANCE



Congratulations to (Triplets) Lois Ting, Meghan Degraff and Michelle Gaffney. 1st place overall high score duo/trio winners at Starquest "2000" held in Atlantic City, N.J.

TAP • BALLET  
JAZZ  
KINDERDANCE

Enroll NOW  
for  
Fall Classes

•NO REGISTRATION FEE•

**ELEANOR'S SCHOOL OF DANCE**  
COLONIE • DELMAR • CLIFTON PARK • EAST GREENBUSH  
**456-3222**

## Bethlehem Basketball Club

### REGISTRATION

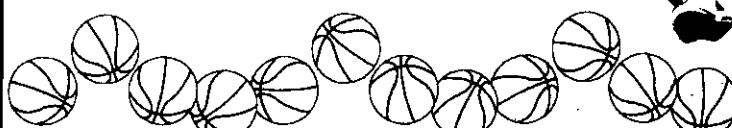
Boys and girls grades 5-8  
Sunday Sept 10 6-8 PM  
Town Park Office  
Space Limited  
Fees Due At Registration

### QUESTIONS?

[www.datacoll.com/bbc](http://www.datacoll.com/bbc)

Or Call: Tom Venter 439-0586

Michael Levine 475-1407



**NORTH EASTERN SERVICES**  
**\$100.00 OFF**  
HOUSE PAINTING

**\$25.00 OFF**  
HOUSE WASHING

**15% OFF**  
Deck Cleaning  
Restoration

Pressure cleaning • Painting • Driveway Sealing

**NORTH EASTERN SERVICES**  
SARATOGA COUNTY  
**371-5855**

ALBANY/SCHENECTADY CO.  
**439-5763**

Your quality home care co.



## Good Samaritan Senior Living

by Lee Bormann  
President / C.E.O.



### SOMETHING TO REMEMBER

Until a decade ago, brain researchers thought age-related memory loss and brain cell death went hand in hand. Now, improved imaging techniques have shown that aging itself does not cause a significant loss of neurons in the hippocampus, the part of the brain involved in storing and retrieving memories. Moreover, new research has shown that new neurons may be added to the hippocampus in adulthood, which means adults can indeed grow new brain cells. These findings bolster the notion that memory loss may not be inevitable, and that it is worth being physically and mentally active as a means of preserving brain power. It also pays to control stress, which produces the hormone called cortisol that damages the hippocampus.

Respecting yourself and your needs is hard, because that requires finding a balance in one's life as one makes choices between activity and solitude. However, developing the skills to know what you need to thrive helps support one's health throughout one's life, even into one's later years. At GOOD SAMARITAN LUTHERAN HEALTH CARE CENTER, 125 Rockefeller Road, we know that staying active and involved, you can help maintain your health and well-being. Our staff extends themselves offering connection and support or privacy as needed. Call us at 439-8116.

**P.S.** Several studies have shown an association between hypertension and memory loss.



# Fall story times slated

Bethlehem Central School District residents can register for fall story times on Monday, Sept. 11, beginning in person at 9 a.m. or by phone at 1 p.m.

Register by phone or in person on Tuesday, Sept. 12, beginning at 9 a.m. No voice-mail registrations will be accepted.



Story times begin Monday, Sept. 18, and run through Wednesday, Nov. 22. On days when Bethlehem schools are closed or have a delayed opening, story times are canceled. Sessions can be made up at family story times.

Story times are geared for various ages and developmental levels as follows:

- Toddler — for age 22- to 35-months with accompanying adult — Tuesdays at 9:30 a.m., Wednesdays at 10:15 a.m. or 11 a.m. and Thursdays at 10:15 a.m. or 11 a.m.
- Preschool — age 3 to 4, no adult — Mondays and Wednesdays at 9:30 a.m. or 1:30 p.m.
- Advanced — age 4 and a half

to 6, no adult — Tuesdays at 10:15 a.m. and Thursdays at 1:30 p.m.

• Family — age 3 to 6 with family — Tuesdays at 1:30 p.m.

## Afternoon book discussions

Join librarian Sherry Haluska for dessert and discussion every third Monday of the month at 1:30 p.m.

On Sept. 18 the subject is *Quite a Year for Plums* by Bailey White — loosely connected tales about the love life of a plant pathologist as seen through the eyes of his elderly, rather eccentric women friends.

Copies of *Quite a Year for Plums* are available at the reference desk. Register by calling 439-9314.

Reference librarians are ready and willing to recommend books according to your preferences. There are also several recommended readers' advisories for adults and youth on the Internet. Go to our homepage at [www.uhls.org/bethlehem](http://www.uhls.org/bethlehem) and click on "Readers Services."

A reminder that the library will be closed Saturday, Sept. 2, through Monday, Sept. 4, for the Labor Day holiday. Sunday hours resume Sept. 10.

Louise Grieco

# Plum Fest to feature pumpkin contest

The New Scotland Historical Association has announced that there will be a pumpkin decorating contest as part of its New Salem Plum Fest.

The contest is open to all school-age children who live in New Scotland. Prizes will be awarded for the prettiest, the funniest and a judges choice pumpkin.

Plum Fest is a community wide gathering sponsored by the historical association in conjunction with the featured exhibit at the historical museum.

This year the exhibit features the hamlet of New Salem, originally called "Punkintown."

The Plum Fest will be held on Saturday, Sept. 16, from 9 a.m. to 3 p.m. in New Salem and will feature community wide garage sales, a drive-around tour, cemetery tours, museum displays and historic slides of New Salem.

The New Salem Volunteer Fire Department will be serve breakfast from 7 to 10 a.m. and lunch from noon to 2 p.m. at the old firehouse.

Pumpkins for judging should be brought to the historical museum located in the Wyman Osterhout Community Center between 9 and 10 a.m. with judging scheduled for 11 a.m.

For information about the contest, contact Peg Dorgan at 768 2852.

# Inside moves designed to provide better service

You may have noticed that we've done some rearranging — such as moving the circulation desk. Our efficiency "experts" are experimenting with the flow of library traffic and hope that the

All of the groups welcome newcomers. Details are in the fall "Bookworm" which will be in the mail next week. Call the library for information at 765-2791.

The Summer Reading Club 2000 Grand Prize winners have been announced. They are: Colin Prendergast and Cassidy Smith, grade one; Robert Feeney, Jacob Wood and Colleen Bates, grade two; Alexis Moore, grade three; Isaiah Wood, Luke Berte and Amanda O'Brien, grade four; Zach Welton, grade seven; and Rachel Moore, grade 10.

All of the winners received books, of which many were signed copies.

Total hours of reading recorded at the club this year were 2,218, and 259 young people signed up to participate and read a total of 1,440 books.

Meeting highlights included costume parties, visits from percussionist Brian Mellick of the McKrells, cartoonist Jeff Scherer and rousing games of "Who Wants to be a Millionaire," library style.

Stock up on CDs, videos and DVDs, as well as reading material for the Labor Day weekend.

The library will be closed Saturday through Monday for Labor Day, reopening Tuesday, Sept. 5, at 10 a.m.

Barbara Vink

CURRY ROAD  
ROTTERDAM

ADAMS

Family Owned  
and Operated  
Since 1968

HEATING & COOLING CO. INC.

"Our Business is Your Comfort"

[www.adams-heating.com](http://www.adams-heating.com)

DUCT CLEANING

• Sanitizing • Deodorizing

The area's premier duct cleaning machine:

CALL THE PROFESSIONALS  
FREE DUCT CONSULTATION

Albany 465-0100 Schenectady 356-4730 Clifton Park 383-1881

This program is always free to the public

New Salem Saab vs. Missing Children

John Walsh, America's #1 Crime Fighter

"I personally invite parents to bring their children to this valuable program. Having a DNA sample available for law enforcement can be the #1 aide in an investigation."

New Salem Saab is proud to be offering this service to our local communities.

September 8th 11am to 7pm

September 9th 10 am to 4 pm

SATURDAY WILL INCLUDE LIVE MUSIC BY 'BAND OF GOLD' OF DELMAR

FREE ICE CREAM AND FUN FOR THE WHOLE FAMILY

The fingerprint of the new millenium

Completely non-invasive DNA sampling. Your childs DNA sample will be preserved for more than 80 years

"Let's work together for a safer community"

New Salem Saab

1891 New Scotland Ave.

Slingerlands, N.Y. 12159

For more info contact Katy Carl

(518)-478-7222

e-mail: [kcarr@newsalemsaab.com](mailto:kcarr@newsalemsaab.com)

DNA

LIFEPRINT

Safe, Easy & Painless Solution to DNA Sampling

Proud Sponsor of

Youth Educational Systems

George W. Frueh

Fuel Oil • Kerosene • Diesel Fuel

Call for today's prices

Cash Only Prayer Line 462-1335

Mobil 436-1050

Cash Only Prayer Line 462-5351

Mickey Mantle team schedules tryouts

The Bethlehem Mickey Mantle Team will hold tryouts for the 2001 season on Sundays, Sept. 10 and 24, from noon to 4 p.m. at Bethlehem Central High School.

Tryouts are open to residents of the Bethlehem and Ravena-Coeymans-Selkirk school districts who were born on or after Aug. 1, 1984.

For information, call Coach Jesse Braverman at 439-0895.

Find out what residents are saying about independent living at an Eddy retirement community.

Join us for a "Resident Roundtable Luncheon"

Tuesday, September 12 • 11am to 2pm

Beverwyck Retirement Community

40 Autumn Drive, Slingerlands, NY

The program, hosted by The Eddy Housing Division, will feature a panel of residents who will talk about why they enjoy this retirement lifestyle, the benefits and pricing.

Call Dineen at (518) 393-4333 (or 1-877-748-3339 toll-free) by Monday, September 11, to reserve your seat or return the coupon.

Eddy Retirement Living Communities

Northeast Health

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

Please complete and return to reserve your seat.

I/we will be attending the roundtable luncheon.

Number attending: \_\_\_\_\_

Lunch Choices:

☐ Grilled Chicken Salad

☐ Smoked Turkey Croissant

I/we cannot attend, but would like to learn about retirement living at:

☐ Beechwood — Troy

☐ Beverwyck — Slingerlands

☐ Glen Eddy — Niskayuna

☐ The Glen — Queensbury

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Mail to: Glen Eddy

480 Balltown Road, Suite 5

Niskayuna, NY 12304

# Sports

## Area baseball team completes impressive inaugural season

By Noah Feit

The Latham Reds, a new travel baseball team comprised of players 14-years-old or younger just completed an impressive first year of play. Although the Reds season came to an abrupt end on Tuesday, Aug. 1, it will be a campaign that the players will never forget.

While the team had an unforgettable and memorable season on the field, it also had a difficult one off the field. For all of the Reds achievements on the diamond, this season will always be remembered for something that occurred away from baseball.

On July 3, teammate **Russell Ellers** was tragically killed in a car accident. Ellers was a standout pitcher for the Reds.

"He was a kid, with great team spirit, who was very competitive on the field and had a great sense of humor off the field," team president **Jim Moran** said.

Ellers will be missed and never forgotten. The team dedicated its season in Ellers' memory.

On the field, the team played 49 games in three very competitive leagues: Eastern New York Sandy Koufax (14U), Bob Feller (15U) and East Coast Travel Baseball (14U). The overall team record was 35 wins and 14 losses with 29 of the wins against Sandy Koufax competition throughout the state and region.

The highlights of the season for the Reds were: winning the Upstate New York Sandy Koufax State Tournament with a perfect 6-0 record in Valley Falls; finishing as the runner-up in the North Atlantic Sandy Koufax Regional Tournament in Waterbury, Conn. with a 5-2 record and just missed reaching the Koufax World Series.

In the Regional Tournament, the Reds defeated the other two New York state representatives (the Brooklyn Bonnies and the New York Giants) and rightfully

lay claim to being the No. 1 Sandy Koufax team in the state.

In the North Atlantic Sandy Koufax Regional Tournament, the Reds got off to a great start. The Reds edged Hoboken, N.J., 4-3 in the first game of the tourney. **Joe Breininger** recorded 12 strikeouts and **Rick Rodgers** had a pair of doubles and three RBI.

Latham followed that initial win with a 4-2 triumph over Watertown, Conn., in the second game. **Mike Scales** led the Reds with a home run, a double and three RBI.

After the 2-0 start, the Reds suffered their first setback to a team from Swansea, Mass. Swansea defeated the Reds 10-6, despite **Zach Bashford's** two-run homer and **Seamus Moran's** two hits. The Reds rebounded in their next contest with a 6-2 victory over the New York Giants. With their backs to the wall and their season on the line, the Reds stayed alive behind the outstanding play of **Chad Brady**, who recorded 10 strikeouts as a pitcher and blasted a two-run dinger at the plate. **Mike Barrett** contributed with a double and a single.

The Latham boys exploded for seven runs in the second inning of their July 31, rematch with Swansea, to earn a 7-2 victory. This win came on the same day that the Reds kept their season alive with a 3-1 win over the Brooklyn Bonnies. In that contest, Bashford was masterful on the mound, going the distance for a 13-strikeout, one-hitter.

The Reds faced a familiar foe in the championship game, the very same Swansea squad which the Latham boys had thwarted one round earlier. However, this time around, in the decisive rubber match, it was Swansea which made the most of a second inning offensive explosion, scoring six in the top half of the second, sparking a title clinching 12-3 win over the Reds.

Brady had two singles and two RBI for Latham, which also got two singles from Moran.

The Reds finished the tournament with an 11-2 record, while Swansea advanced to play in the Sandy Koufax World Series played in Jersey City, N.J.

The Reds had advanced to play in the North Atlantic Sandy Koufax Regional Tournament by triumphing in the Upper New York State Sandy Koufax Tournament. In the finals of that preliminary tourney, the Reds gave away a 3-0 lead, only to triumph in the title contest 5-3, over the South Troy Dodgers.

With the game knotted up at 3-3, the Reds scored the go ahead game-winning runs in an unusual turn of events.

After **Jason Downey** led off with a single and stole second base, Moran drew a walk, putting men on first and second. Breininger, the Reds starting pitcher was supposed to lay down a sacrifice, moving both runners in to scoring position.

However, after failing on his first two attempts, Breininger was given the sign to swing away, and he did, producing a two-RBI double that blistered the left field line.

After helping his own cause, Breininger returned to the mound where the Shaker High School student shut the Dodgers out for the final two innings of play, re-

cording the complete game victory.

The members of the team composed of players from Colonie and Bethlehem included, **Sam Aronowitz**, Barrett, Brady, Breininger, **Michael Dax**, Ellers, **Keith Halabuda**, **Jesse Kean**, **Shaun Kippens**, **Mike McDonald**, Moran, Rodgers, Scales and **Sean Strizzi**. During the Koufax Tournaments, the team was assisted by **Nick Barbera**, **Bashford**, **Downey** and **Josh Duell**.

The team was managed by **Jim Brady** and coaches included Moran (team president), **Mark**

**Aronowitz** (team treasurer) and **Tom McDonald** (fund-raising chairperson). **Cathy Strizzi** organized and ran the team concession.

The key to the teams success was each players commitment and dedication to the team and their individual contributions throughout the year, not to mention solid pitching, hitting and defense.

In spite of the Ellers tragedy, the team is excited about its incredible first year and is looking forward to next season with a goal toward making the Bob Feller World Series.

## Arianas trio goes to national finals

The New York Arianas Synchronized Swim Team sent five routines to the Baquacil National Age Group Championships in Oakland, Ca. this summer.

The top trio of **Ruth Ashburn** (Delmar), **Jessica Campito** (Loudonville) and **Kathrine Rice** (Glenmont) took eighth place in the 18 to 19 Trio event.

In order to qualify for the National Championships routines must finish in the top four from their Regional Championships. After semi-finals only the top eight qualify to compete in finals.

It was the first trip to finals for Campito and Rice who have been swimming for over seven years. It was an exciting accomplishment

to join Ashburn in that category.

Ashburn, a national champion in 1999 and a senior, plans to continue her synchro career next year at Canisius College. Her partners have two and three years left to compete for the Arianas.

Other routines that qualified for nationals included the 12 to 13 age group solo of **Michelle Kohlberg** (Latham), the 12 to 13 Duet of Kohlberg and **Kathryn McFadden** (West Sand Lake), the 16 to 17 Duet of Campito and Rice, and the 18 to 19 Team of **Melissa McFadden** (West Sand Lake), **Kohlberg**, **Leslie Jackson** (Delmar), **Dania Zalen** (Delmar), **Adrienne Bush** (Altamont), Rice, Campito and Ashburn.

**www.vinyldeck.com**

Dream decks and railings — a lifetime of leisure

Maintenance free living

377-0374

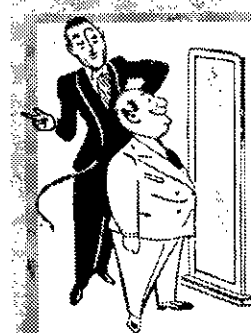


## Albany Dance Institute

- Classical Ballet
- Pointe
- Jazz
- Open Classes
- Private Classes

Artistic Director: David Otto  
Former N.Y.C.B. Soloist

For information:  
170 Myrtle Ave.  
Albany, NY 12202  
518 432-5213



(518) 869-3516  
**All Spend,  
No Save?**

**www.common sense money.com**

## Empire Monument Co.

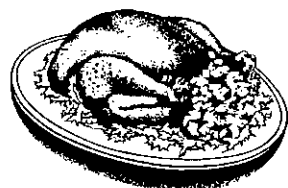
**"The Old Reliable"**

Large Display of Finished Monuments & Markers  
Cemetery Lettering, Bronze, Repairs

Located at the entrance of Albany Rural  
and St. Agnes Cemeteries

CEMETERY AVE., MENANDS

**463-3323**



## Turkey Dinner

St. John's Lutheran Church  
Rte. 443, East Berne

**Saturday, Sept. 9**

Seatings at 4:30 • 5:30 • 6:30

Dinner includes Roast Turkey and Fixings

Adults \$7  
Children 5-12 \$4  
Children Under 5 FREE

Call for Reservations  
872-1399  
Walk-ins Welcome

Take-out Available 9:00 • 5:00 • 6:00 or walk-in



**IROQUOIS INDIAN MUSEUM**

## IROQUOIS FESTIVAL

Labor Day Weekend ♦ Sept. 2 - 4 ♦ 10 to 6 ♦ Rain or Shine

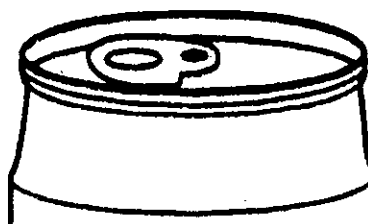
- ♦ Iroquois artists show and sell their work
- ♦ The Sky Dancers ♦ Children's Activities
- ♦ Native Food ♦ Nature Park Walks

Iroquois Indian Museum P.O. Box 7 Caverns Rd.  
Howes Cave, NY 12092 (518) 296-8949  
**www.iroquoismuseum.org**



This event made possible with public funds from the  
NYS Council on the Arts, a state agency.

There is a fee to attend the Festival.



KEGS • LOTTO • ICE  
CIGARETTES • CIGARS  
RETAIL • WHOLESALE

## GLENMONT BEVERAGE

**HEINEKEN  
& AMSTEL**  
**\$10.99**  
12 PK  
+TAX +DEP

**GENNY BEER**  
**ALE-LIGHT-ICE**  
**\$9.49**  
30 PK  
+TAX +DEP

**GUINNESS**  
**\$10.99**  
8 PACK CANS  
+TAX +DEP

**SAM ADAMS**  
**BEER-ALE-OKTOBERFEST**  
**\$9.99**  
12 PK  
+TAX +DEP

**BUD &  
BUD LIGHT**  
**\$13.99**  
30 PK  
+TAX +DEP

**MILLER HIGH LIFE**  
**RED DOG & ICE HOUSE**  
**\$9.99**  
30 PK  
+TAX +DEP

365 Feura Bush Road & 9W  
Glenmont, New York

**462-9602**

Summer Hours:  
Mon. - Sat. 9am-9pm  
Sun. Noon-5pm

Prices effective  
8/30/00 to 9/5/00

## Walk

(From Page 1)

They knew a good idea when they saw one.

"We decided to put together our own team," Ed said. "Get relatives, family, friends, everybody involved."

Apparently, if Averill Park could do it, Bethlehem could, too.

The Careys decided to call their team "Bethlehem Cares." And now Tim was pounding the pavement not just once a year, at the walk itself, but several days a week, to sign up as many people for his team as he could.

"It wasn't that hard," Tim said. "I'd already been going door to

door a lot, getting my feet wet — this wasn't that different."

Last September, Bethlehem Cares debuted with 131 walkers, and altogether they raised more than \$13,000.

"There were lots of people with diabetes," Tim said, "but also lots of friends and family members, too."

This year, the Careys have set a goal of 200 walkers, which would put them over the \$20,000 mark. And even more than that, they've inspired other towns to organize their own teams.

In Colonie, Heidi Martel, whose 5-year-old son Cody was diagnosed with diabetes just last year, is putting together a team called "Colonie Cares." Right now she has a commitment to walk from almost 50 of her neighbors and friends, with 50 more considering.

Martel said she has been participating in the Diabetes Walk for years — long before Cody was

born, let alone diagnosed.

"I would always just think to myself — thank God it's not my son (with diabetes)," Martel said about the other mothers she would see at the walk with pictures of their children emblazoned on homemade T-shirts.

But when Cody was diagnosed, that all changed. "I always did the walk, but I never realized how much I'd need it," Martel said.

She decided that just walking by herself wasn't enough. Colonie needed a team of walkers, just like Bethlehem. This year, Martel and her son have been up and down Wolf Road with their clipboards, talking to store managers and trying to get corporate sponsors. The results were disappointing at first, with only three out of 100 businesses responding.

"We spent hours and hours, day after day," Martel said, "but no one wanted to get involved."

The Careys' example inspired Martel to keep going. "Ed (Carey) said that when he started out, it was tough going, too," Martel said.

Eventually, the Deli Warehouse, her hairdresser, and several other businesses agreed to sponsor Martel's team.

Now Bethlehem Cares, Colonie Cares, Andy's Army and thousands of families from across the region will meet on Sept. 24. Anyone who wants to join them can access the JDF's Web site and register on-line at jdf.org.

## DOT

(From Page 1)

Blessing Road.

Bethlehem public works crews have piggybacked on the road construction project to lay some new water mains reaching into North Bethlehem.

That project was approved by the town board following a public hearing in June.

Still to come is DOT's detailed plan for a proposed Slingerlands bypass linking the existing highway more directly with Cherry Avenue in the vicinity of Price Chopper Plaza, and a major overhaul of Route 85 from the Albany City line south.

Several versions of the bypass plan were presented in March at a public meeting at Bethlehem town hall, but no follow-up meeting or hearing on the next iteration of the plan has yet been scheduled.

Two other local bridge replacement projects are also in progress. A bridge carrying River Road, Route 144, over the Vlomankill in Glenmont is on schedule to be completed by the end of this week, Van Keuren said.

As of the beginning of the week, Lyons Road remained closed between 144 and Cedar Drive, and temporary traffic signals at either end of the work zone still controlled alternating one-way traffic

across the bridge.

In Clarksville, a replacement for the small two-lane bridge crossing Onesquethaw Creek on the Delaware Turnpike, and related reconfiguration of nearby intersections, is also under construction.

But like the Slingerlands span, work has so far proceeded parallel to the existing roadway, with only a lane shift affecting traffic there.

"Traffic right now is still basically maintaining its old alignment," Van Keuren said, "but by the end of September, traffic will be using the new alignment."

Ancillary work on both the Vlomankill and Onesquethaw bridges, including reseeding the shoulders of the roadway and removing construction trailers and debris, will continue through December.

With plans for the long-awaited Selkirk bypass project still on hold, the main road through the center of Selkirk, Maple Avenue, came in for remilling and resurfacing in a two-week project completed last week.

And on state roads throughout Bethlehem and New Scotland — Route 9W in Glenmont, routes 85 and 85A in New Scotland, and both Route 144 and Feura Bush Road — crews were at work last week repainting hazard and warning markings on the roadways.

**25% off**

**Yankee Candle of the Month "MacIntosh"**

Watch for our

**GRAND RE-OPENING**

at our new bigger location!  
Next door mid Sept.  
Free Drawings • Free Gifts  
Special Coupon & More

**Roberta's**  
GIFT SHOP

Glenmont Centre Square, Glenmont • 427-1077  
Hours: Mon.-Fri 10-7, Sat 10-5, Sun. 12-5

**Capital Compost**

*The Organic Advantage!*

**AUGUST SPECIAL**

**TOPSOIL**

Purchase 4 yards  
Receive 1 FREE  
(a \$20 value)

**434-2713**

**BRIAN GRADY ROOFING**

THE ORIGINAL GRADY ROOFING

LARGE AND SMALL JOBS WELCOME

VISA 439-2205 MasterCard

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

**Mayone's**

Wines & Liquors 463-2546  
Town Square Plaza, Glenmont, N.Y. 12077

WE ACCEPT CREDIT CARDS  
MASTERCARD VISA  
SALE ENDS 9/12/00

NEW YORK LOTTO NUMBERS  
WIN 4  
PICK 10 TAKE 5  
QUICK DRAW  
SOLD HERE

**15% DISCOUNT ON ALL CASES OF WINE: MIX OR MATCH:**  
Most Sale Items Included - No Club to Join - No Card Needed - YOUR CHOICE

<b>MONDAVI WOODBRIDGE</b> Chardonnay, Merlot Cabernet Sauvignon \$10.99	<b>FETZER</b> Sundial Chardonnay \$14.99	<b>PETER VELLA 5L BOX</b> Chablis, Blush, Delicious Red, White Grenache, Rhine Garten, Burgundy \$8.99
<b>SAUVIGNON BLANC, Red Zinfandel</b> \$9.99	<b>Eagle Peak</b> Merlot \$17.99	<b>White Zinfandel</b> \$12.99
<b>DUCKWALK</b> Merlot "Reserve" \$7.99	<b>Valley Oaks</b> Cabernet Sauvignon \$17.99	<b>GOSSAMER BAY</b> Pinot Grigio Chardonnay Cabernet Sauvignon \$5.99
<b>GALLO OF SONOMA</b> Chardonnay, Merlot Cabernet Sauvignon \$10.99	<b>L'ORVAL</b> Merlot, Chardonnay, Cabernet Sauvignon \$9.99	<b>RODNEY STRONG</b> Sonoma Cabernet Sauvignon \$14.99
<b>WILD VINES</b> Strawberry White Zinfandel Peach Chardonnay Blackberry Merlot \$3.99	<b>GLEN ELLEN</b> Chardonnay, Merlot, Cabernet Sauvignon \$10.99	<b>Chardonnay</b> \$10.99
<b>RABBIT RIDGE</b> Sonoma Cabernet Sauvignon \$9.99	<b>CARLO ROSSI</b> All Types - \$31.99 case price \$8.99	<b>ERNEST &amp; JULIO GALLO</b> Merlot Cabernet Chardonnay \$7.99
<b>BLACK VELVET</b> \$16.99	<b>KENDALL-JACKSON</b> CHARDONNAY in Reserve \$10.99	<b>DUCKWALK</b> Windmill Red \$7.99
<b>WHITESIDE</b> Scotch \$17.99	<b>IMPERIAL</b> \$12.99	<b>SKYY VODKA</b> \$22.99
<b>RIKALOFF</b> 80° Vodka \$10.99	<b>SPEYBURN 10 YEAR</b> Single Malt Scotch \$15.99	<b>CANADIAN CLUB</b> \$19.99
<b>CLAN MACGREGOR</b> SCOTCH \$16.99	<b>JACK DANIEL'S</b> Single Barrel 94° \$29.99	<b>SABROSO</b> Coffee Liqueur \$15.99
<b>JOHN BARR 80°</b> Gold Label Scotch \$22.99	<b>WILD TURKEY 101°</b> Single Barrel 94° \$29.99	<b>GILBEY'S</b> 80° Gin \$14.99
	<b>BALLANTINE'S</b> Scotch \$26.99	

**COME TO OUR OPEN HOUSE**

**STAY FOR SHABBAT**

**Friday, September 8**

7:00 PM - Open House  
8:00 PM - Shabbat Service

Come learn about the many programs and advantages that we offer, then welcome Shabbat with us in a friendly, intimate service.

**B'NAI SHOLOM REFORM CONGREGATION**  
420 Whitehall Road, Albany, NY, 12208

For information and directions:  
Phone: (518) 482-5283 E-mail: [bnaish@crisny.org](mailto:bnaish@crisny.org)  
Internet: [www.crisny.org/not-for-profit/bnaish](http://www.crisny.org/not-for-profit/bnaish)

**HIGHPOINTE AT MALTA**  
SENIOR APARTMENTS  
ROUTE 9 & CRAMER RD.

**BRAND NEW! NOW OPEN!**  
Middle-Income Senior Community  
While living at HighPointe at Malta, you will enjoy:

**Spacious 1 or 2 Bedroom Apartments**  
**Full Kitchen Amenities**  
**24-hour emergency response system**  
**Built-in Air-conditioning**  
**Community Rooms**  
**Gas Heat & Hot Water included in Rent**  
**Individual Thermostats**

Open House every Tuesday, Wednesday, or Sunday  
from 1-3  
Managed by Mercer management Inc. 518.583.7977

**NOW PICKING**

*Our Own* **SWEET CORN**  
and **TOMATOES**

*Delicious Local* **PEACHES, MELONS**  
and other quality homegrown Fruits & Vegetables

**HEARTY MUMS**

Beautiful hanging baskets & planters  
Order your canning tomatoes now!

**ROCK HILL BAKEHOUSE** Bread, Scones & Cookies (Tues. & Fri.)  
**OSCAR S SMOKEHOUSE** Meats & Cheeses

*Meadowbrook Farms Milk & Cream*  
*Our Own Mushrooms*

**Our Family's Harvest**  
at New Scotland Farm

Hours Mon-Sat 10-6 Closed Sun - Closed Labor Day  
2045 New Scotland Road (Rte. 85)  
Slingerlands, 478-0416

## HILL announces fall schedule

Bethlehem Humanities Institute for Lifelong Learning (HILL) starts its 15th semester on Sept. 25 with a five-course, eight-week series of two-hour classes taught by professors from local colleges.

• Mondays at 10 a.m. at Elm Avenue Park: "What Lessons Should we Learn from 20th Century History?" taught by Donald Birn of the University at Albany.

• Tuesdays at 9 a.m. at Delmar Reformed Church: "Politics in American Films," taught by Fred Silva of the University at Albany.

• Wednesdays at 10 a.m. at Delmar Reformed Church: "The Voice of the Wilderness: The Book of Job, Then and Now" taught by Rudy Nelson of the University at Albany.

• Wednesdays at 1:30 p.m. at Bethlehem town hall: "Other Chamber Music Combos," taught by Ann-Marie Barker-Schwartz of Siena College and Emma Willard School.

• Thursdays at 10 a.m. at Elm Avenue Park: "French History from the Renaissance to the Revolution," taught by Warren Roberts of the University at Albany.

Each course cost \$35 for school district residents and \$45 for non-residents.

For information, call 463-0514.

## Five Rivers offer program on hawks

Five Rivers Environmental Education Center on Game Farm Road in Delmar will host a free program on hawk migration on Saturday, Sept. 9, at 2 p.m.

Geared to the beginning hawk watcher, this indoor workshop will give an overview of New York's hawks as well as tips on identification of hawks passing overhead.

For information, call Five Rivers at 475-0291.

In Clarksville The Spotlight is sold at Clarksville Mini Mall and Stewart's



Spotlight *Newspapers*

# Health



***Putting the spotlight  
on spinal health***

— page 2

AUGUST 30, 2000

# Chiropractic care may lead to better overall health

By Tim Talmage

Did you know that about 27 million Americans visit a chiropractor every year? Why do they go? There are many reasons. For some, chiropractic care is a drug-free way to ease back problems or relieve headaches. For others, chiropractic care is used for health maintenance, to keep acute or chronic painful conditions from recurring. Chiropractic care is also used by world class athletes and celebrities such as Evander Holyfield and Arnold Schwarzenegger to enhance health, wellness and athletic performance.

Although it may seem odd to someone not familiar with the practice, chiropractors do not necessarily seek to treat any condition or disease directly. Instead, chiropractors work to improve body function, allowing the body's natural healing ability to work more effectively. Their method is the correction of spinal distortion: restoring proper function to the spine, and the associated nerves and muscles. The result? Increased ability to recover from injury, maintain wellness and perform the activities of daily living.

You may wonder what the relationship is between spinal dysfunction, bodily conditions and disease. Spinal dysfunction, which chiropractors call vertebral subluxation complex, or VSC, can lead to a number of problems, including alteration of spinal biomechanics, nerve



Tim Talmage is a chiropractor at the Delmar Chiropractic Office. Delmar Chiropractic has been serving Bethlehem and the surrounding areas since 1984.

function, muscle function and soft tissue integrity. These problems can influence the body's overall ability to maintain health.

When spinal dysfunction alters the biomechanics of your spine, your back may feel stiff or painful, and your ability to move may be restricted.

Another result of spinal dysfunction is that acutely or chronically stressed spinal joints may send excessive nerve signals not only initiating pain, but also triggering harmful spinal reflexes, such as over-activity of the sympathetic nervous system — the instinctive "fight or flight" stress response. Or if other nerves are involved, your balance and coordination can be affected.

Tight, spastic, or knotted muscles are also a result of spinal dysfunction. What's the

connection? Muscles react reflexively to stress on spinal joints, which creates excess muscle tension. When your spine is misaligned, your body has an inefficient relationship with gravity. So, you expend more energy resulting in fatigue, increased wear-and-tear on joints as well as tense and painful muscles.

Spinal dysfunction can also lead to inflammation and swelling in the soft tissue in and around the spine. This can cause long-term degeneration as well as lead to scar tissue formation at the joints, around the nerves and in the muscles. Ultimately, the chronic stress of spinal dysfunction can disrupt the body's equilibrium which can contribute not only to chronic pain, but also to decreased health potential.

Often the cause of spinal

dysfunction is major trauma such as a car accident, a lifting injury or even falls during childhood. Other times, it is the stress of repetitive motions. It can even arise from hormonal changes such as occur with pregnancy or the aging process. Sometimes, it is due to years of bad posture, or such habits as hunching over a computer or lifting packages the wrong way.

People of all ages choose and benefit from chiropractic care. While we don't have enough space for details, here are a few examples of what credible scientific studies have shown.

Chiropractic is not just for grownups. For infantile colic, researchers found that chiropractic produced significantly better results than the most common anti-gas medication. And, other studies point to the effectiveness of chiropractic for some children with ear infections and even attention deficit disorders.

Studies also highlight the effectiveness of chiropractic care for older adults. In one study, individuals over 75 who received chiropractic care reported better overall quality of life, were less likely to be hospitalized and took fewer prescription drugs.

Athletes may benefit greatly from chiropractic care. In one study, baseball players who received 14 weeks of chiropractic care showed significant

improvements in muscle strength and long jump distance compared with a group that received no care. The blood pressure of the chiropractic group dropped as well. Tiger Woods, Barry Bonds, Scottie Pippen and Emmitt Smith are examples of professional athletes who use chiropractic to stay at the top of their game.

There are numerous studies regarding chiropractic's success with back pain, neck pain and headaches. In fact, the Journal of Orthopedic Medicine reports that chiropractic care is the "only effective treatment for chronic whiplash." And, scientific literature points to the effectiveness of chiropractic for headaches of several origins, including tension and migraine pain.

Other studies and reports abound in chiropractic and medical literature which reveal success with conditions as diverse as bed wetting, allergies, carpal tunnel syndrome, low back pain, musculo-skeletal pain, sciatica, asthma, headaches, chronic pain, menstrual problems, digestive disorders, and improved immune function.

It is important to remember that chiropractors don't necessarily treat or purport to treat any of these conditions. Instead they look to improve overall body function by restoring spinal integrity. It should also be mentioned that chiropractic care is not the answer for every condition. Chiropractors assess the need for and provide referrals to other health care providers when necessary.

Today, chiropractic care is readily accessible and nearly all insurance plans offer coverage for acute situations. It has a solid scientific basis and, since it relies on natural techniques that don't involve drugs or surgery, chiropractic is remarkably safe. Chiropractors are highly trained: They complete four years of post-graduate work at a chiropractic college and must pass numerous national board examinations. Additionally, professional cooperation with the medical community is at an all time high. Medical doctors refer patients to chiropractors, and chiropractors do likewise.

Roger Sperry, who won a Nobel Prize for brain research, offers insight into the rationale for chiropractic care. He said, "The more mechanically distorted a person is, the less energy available for thinking, healing and metabolism." Thus, to create energy for healing and to maximize health, it makes sense to use a treatment that restores spinal function and allows the body's natural abilities to work more efficiently."

JEFFREY A. MARFURT, D.D.S.

## FAMILY DENTISTRY

Preventive & Cosmetic Dentistry

New Patients Welcome  
785 Delaware Avenue, Delmar, New York 12054  
(518) 439-4114  
Office Hours by Appointment

Ellen A. Weinstein  
Certified Instructor



518.435.1064

344 FULLER ROAD • ALBANY • NY 12203

## CAPITAL DISTRICT ORAL & MAXILLOFACIAL SURGEONS

DR. VINCENT SELLITTI  
DR. STEPHEN DEMARCO  
DR. GERALD BECK

- Dental Implants • Wisdom Teeth Extractions
- Facial Trauma • Jaw Reconstruction Surgery
- TMJ Treatment • Oral Biopsies

We offer various types of anesthesia for patient comfort, nitrous oxide, intravenous sedation or general anesthesia. Complete oral cancer screenings available.

317 SOUTH MANNING BLVD.  
Suite 220

Albany, N.Y. 12208  
Phone: (518) 489-2505  
Fax: (518) 489-0048

11 CENTURY HILL DRIVE  
Suite 200

Latham, N.Y. 12110  
Phone: (518) 783-1193  
Fax: (518) 785-4382

ADIRONDACK ORAL  
& MAXILLOFACIAL  
SURGERY

NOW AT TWO  
LOCATIONS

648 Plank Road  
(Suite 201)  
Clifton Park  
N.Y. 12065  
348-0634

Albany Memorial  
Professional Bldg.  
63 Shaker Rd.  
(Suite 203)  
Albany, N.Y. 12204  
426-3020

CARING FOR YOU  
& YOUR FAMILY  
is Our Top Priority.

With 20 years of experience,  
Dr. Gary Wadhwa,  
Dr. Ajay Patel,  
and Dr. Amritpal Johar offer:

- Dental surgery (wisdom tooth extraction)
- Dental implants
- Orthognathic surgery (jaw surgery)
- Reconstructive surgery after trauma or cancer
- Treatment for TMJ and other chronic facial pain conditions
- Treatment of pathologic conditions of the head and neck

All procedures are done with  
IV sedation or general anesthesia

Most Major Insurance  
Carriers Welcome

## Treat sports injuries with sports medicine

By Leigh G. Kirtley

Being sidelined because of an injury is frustrating to any athlete, professional or amateur. To remedy that problem, seek out a doctor who specializes in sports medicine to help you get back in action.

"I bring a certain attitude, an understanding of the athlete in terms of their expectations for recovery," said Dr. J. David Abraham, an orthopedic surgeon specializing in sports medicine with Northeast Orthopedics.

If your insurance is through an HMO, it is likely that you will see your primary care physician first, not a sports medicine specialist.

Abraham recommended that if you don't see any improvement after 10 to 14 days of rest and anti-inflammatory medications like ibuprofen, it's time to get a referral to an orthopedic surgeon.

"If you have a joint that's just not working well, or it's a recurrent injury, find a sports physician," he said.

At Northeast Orthopedics, a full-service orthopedic practice with 11 doctors, Abraham can use a "full armament" of techniques including medications, bracing and physical therapy.

Surgery is generally a last resort, except in extreme cases. "We like to aggressively find a diagnosis so we can use the right approach — no matter what it is — to get that person active again," he said.

Abraham also refers patients for chiropractic care and massage therapy to complement other treatment options and to help with overall recovery.

"Soft tissue injuries and chronic, overuse injuries respond well to deep tissue massage therapy," he said. Jen Hathaway, a licensed massage therapist and certified personal trainer at the Southern Saratoga YMCA, gets many such referrals.

Because she is a trainer and studied sports medicine, she, too, understands people who want to regain their activity level. "I understand an athlete's perspective; I'm an athlete, too," she said.

After Hathaway gets a doctor's referral detailing the patient's injuries and needs, she completes her own evaluation to determine what kind of massage therapy is needed. Hathaway treats the entire area, not just the immediate site of the injury.

Through massage, she improves circulation, oxygenation and range of motion. In addition, the positive flow of circulation also helps to remove metabolic waste products that contribute to soft tissue pain and stiffness.

"There are all kinds of ath-

**If you have a joint that's just not working well, or it's a recurrent injury, find a sports physician.**

J. David Abraham

letes, even computer athletes, and massage therapy can be very powerful," she said.

For those "computer athletes" who sit at terminals all day, Hathaway can offer relief from carpal tunnel syndrome, leg pain, and back, neck and shoulder pain.

Massage incorporates a great deal of stretching, something we can all do to prevent trips to the doctor's office.

"Stretching should never be painful. Simple, gently stretching 10 minutes a day can undo everything we do at work," Hathaway said. "If stretching is painful, your technique is wrong."

She suggested asking a trainer how to stretch or taking a class on stretching. With the proper techniques, you gain a full range of movement, helping to prevent injuries. With the best intentions, though, we all find ourselves limping or reaching for an ice pack at one time or another. "We're more prone to injury as we get older," Abraham said. "I hear 'I used to do that' the most."

When your favorite sport or activity is interrupted by injury, finding a specialist with an interest in sports medicine can get you moving again.

For information, you can visit Northeast Orthopedics' Web site at [www.northeastortho.com](http://www.northeastortho.com) or call them at 453-9088.

If you would like to learn about stretching and massage therapy, Hathaway can be reached at 371-2139.

## Protect your vision for the future

In the United States, two out of three people need vision correction.

They could need a new prescription, an updated prescription or may have an undiagnosed eye disease.

That's why August has been declared National Eye Exam Month.

According to the American Academy of Ophthalmology many facts about eye disease are vastly unknown.

Almost 80,000 Americans are blind from glaucoma, and another million are at risk for vision loss because they don't know they have it and it can be prevented if treated early.

People between the ages of 52 and 64 have a 50 percent chance of having a cataract, but they probably won't see a change in their vision until age 65.

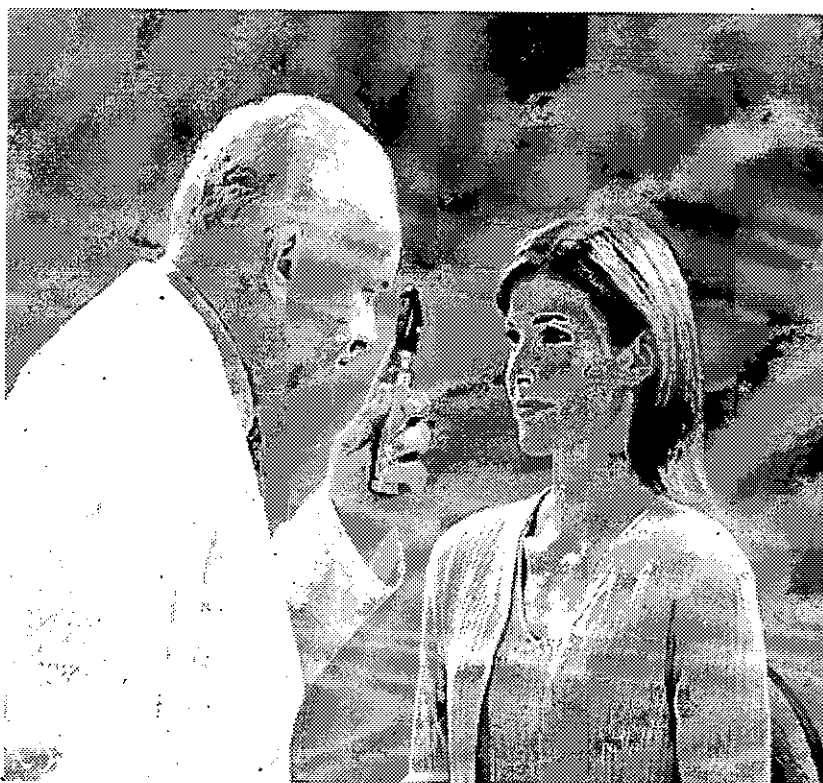
Amblyopia, or "lazy eye," affects 2 or 3 of every 100 people and the best time to correct this problem is in infancy or early childhood.

"It is important to understand that just because you don't detect a change in your vision, you still need to have regular eye exams," said Dr. Michael Lawrence Cohen, vice president, Professional Services, Sears Optical.

"In addition, there are a number of diseases, such as diabetes and high blood pressure, which can be detected through an eye exam."

National Eye Exam Month is a good time to head to your local doctor of optometry and have your eyes examined.

Remember, you may not always notice a change that could permanently affect your vision.



A doctor visit this month could prevent vision problems in the future.

### New Age in Skin Restoration

Yes, you can have smoother more youthful looking skin! Particle Skin Resurfacing is a painless treatment that restores your complexion and vitality.

Sun damage, fine wrinkles and scars can all be treated successfully with microdermabrasion. Unlike chemical or laser peels, microdermabrasion offers the following benefits:

- No Long Recovery Periods • No Pain
- No Acids or Burning Lasers
- Return to Work Immediately
- Minimal Risk • Predictable Results

Now available at:

**Francis J. Cullen, M.D.**  
Plastic and Cosmetic Surgery  
63 Shaker Road, Suite 204  
Albany, NY 12204  
**518-434-3538**

## Celebrating 20 years of practice in Albany & Troy Jacobs, Lee & Burack



Edward J. Jacobs, M.D., F.A.C.O.G.

Sean Lee, M.D., F.A.C.O.G.

Cheryl B. Burack, M.D., F.A.C.O.G.

Kristine Newman, F.N.P.-C.

Annmarie C. Gaetani, R.N.C., F.N.P.-C.

### SPECIALIZING IN

Obstetrics • Gynecology • Infertility • Pelvic Pain • Menopause  
Alternatives to Hysterectomy • Minimally invasive surgery  
Advanced Laparoscopic Surgery, Including Laparoscopic Hysterectomy  
Adolescent Gynecology • In-Office Ultrasound • Preconception Counseling

62 Hackett Blvd. Professional Building,  
Albany, 465-3318

Samaritan Medical Arts Building, 2231 Burdett Ave.,  
Troy, 272-4231

Participating in most major insurance plans.



## Cindy Perlin, C.S.W.

### Stress Management and Wellness Services

Health-Improvement • Pain Relief  
Anxiety Reduction • Peak Performance  
Neurofeedback Treatment for ADD  
Certified in Biofeedback and Hypnosis

P.O. Box 271

(518)439-6431

Delmar, NY 12054

[www.bethlehemfirst.com/perlin.htm](http://www.bethlehemfirst.com/perlin.htm)



## At the races



More than 250 women attended the Beat the Odds day at the Saratoga Race Course Aug. 14 sponsored in part by the organization To Life. The event was made even more special with a presentation by author Olivia Goldsmith, who wrote *The First Wives Club*. Pictured above, President of To Life Mara Ginsberg, Janet Abrahamson of Amgen Pharmaceuticals, WRGB morning show reporter Shawn Killinger and Arthur Sunkin M.D.

## New tools are now available to heal severe emotional trauma

Cindy Perlin, C.S.W.

Have you experienced or witnessed a traumatic event that involved actual or threatened death or serious injury or a threat to the physical integrity of yourself or others?

Do you have recurrent and intrusive distressing recollections of the event or recurrent distressing dreams of the event?

Do you sometimes act or feel as if the traumatic event were recurring, such as having flashbacks of the event?

Do you experience intense psychological distress or physiological reactivity on exposure to things that remind you of the traumatic event?

Do you avoid thoughts, feelings, places, activities or people that remind you of the traumatic event?

Are you unable to recall an important aspect of the trauma?

Do you have feelings of detachment or estrangement from others or have trouble feeling things?

Since the traumatic event, have you had difficulty falling asleep, irritability or outbursts of anger, difficulty concentrating, hypervigilance or an exaggerated startle response?

Many people who have experienced military combat, violent personal assault (sexual assault, physical attack, robbery, mugging), being kidnapped, incarceration as a prisoner of war or in a concentration camp, natural or manmade disasters, severe automobile accidents, being diagnosed with a life threatening illness or witnessed others going through these kinds of experiences continue to

suffer from the symptoms described above for many years after the event.

These individuals are suffering from posttraumatic stress disorder, also known as PTSD.

Many people who are suffering from posttraumatic stress disorder don't realize what is happening to them and never seek help.

Others who turn to traditional therapy and support groups get some relief. But many find little relief of symptoms through therapies that involve only talking about the problem.

Recent research on how the brain stores trauma throws some light on why talk therapy often does not produce effective relief of symptoms.

When someone is confronted by an emotionally overwhelming experience, the brain goes into a dissociative state, where thoughts and feelings are separated and stored in different parts of the brain.

While this dissociation initially protects the person emotionally, it also prevents the person from processing and healing from the experience.

Fortunately, two recently developed techniques, both discovered by accident and then fine-tuned by their discoverers, are proving to be very effective in healing emotional and physical effects of trauma.

These two techniques are EMDR, or Eye Movement Desensitization and Reprocessing, developed by Francine Shapiro, and TFT, or Thought Field Therapy, developed by Roger Callahan.

In EMDR, a psychotherapist

who has been trained in the technique, instructs the trauma victim to focus on thoughts, images, feelings and body sensations associated with the trauma while making a series of eye movements.

In TFT, the psychotherapist instructs the trauma victim to tap on acupuncture points, then make eye movements and vocalizations, while thinking about the trauma.

Though no one knows exactly why these techniques work, both techniques result in a rapid processing of the experience and a reduction in the emotional distress experienced in recalling the trauma.

Often, very significant relief is obtained in one session.

For individuals who have been involved in only one or two traumatic events, treatment results are obtained very rapidly.

For individuals who have experienced multiple traumatic events, such as individuals who have been raised in abusive homes and who have been victims of repeated physical, sexual or emotional abuse, EMDR and TFT can also be very helpful, but treatment takes much longer.

Many social workers and psychologists in the Capital District have been trained in EMDR or TFT or both.

These treatments are also sometimes available at VA Hospitals, which have found these techniques extremely helpful for combat veterans.

If you are suffering from PTSD, you don't need to suffer any longer - effective treatments are readily available.

## Candlewood Gardens

ADULT HOME  
An Assisted Living Residence

*When You Care Enough ...  
to Get The Best of Care*

If your home life and life style are disrupted by continuous attention, worry and care for someone in need of health services, we at CANDLEWOOD GARDENS can set your mind at ease by providing supportive services at an affordable rate.

We place our emphasis on personal preferences and offer individual attention to the particular needs of each resident.

- Spacious Private Accommodations
- Medication Assistance
- Continuous Supervision
- Single Story Building
- 28 Bed Facility
- Respite Care Available
- M.D.'s Available
- Special Diets
- Social Events & Festivities
- Personal Laundry & Housekeeping Services

Call For Further Details & Brochure

(518) 785-7788

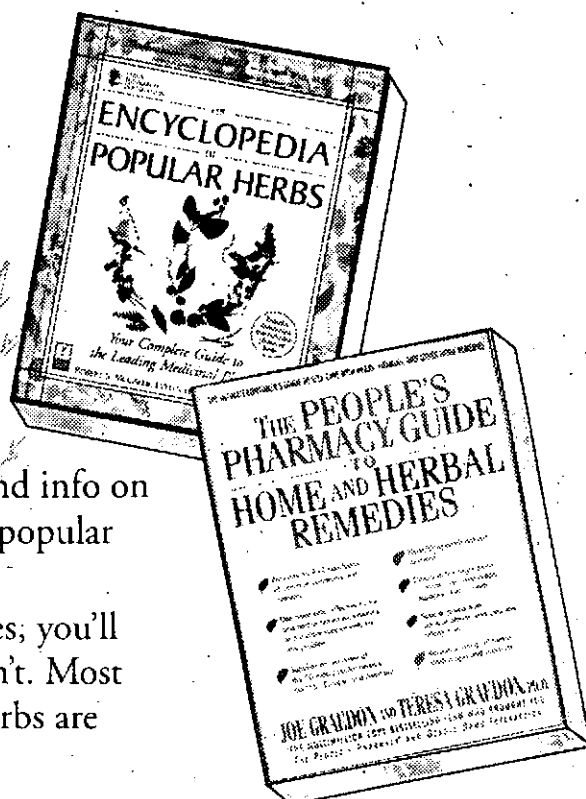
514 Old Loudon Road, Latham, N.Y.

(just off Rt. 9, 1.3 miles north of Century House Restaurant at entrance to Colonie Town Park)

## Live Better Longer!

Find detailed, easy-to-understand info on the healing power of today's most popular herbs.

With these user-friendly guides, you'll learn what works - and what doesn't. Most important, you'll discover what herbs are the best for you!



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

*frank*  
**BOOKSHOP**

WE'RE BOOKS AND MORE!

Delaware Plaza, 439-3742

Gift Certificates Available, Special Orders Welcome

## Capital Cardiology Associates

*Clinical cardiology with comprehensive  
diagnostic, rehabilitation and wellness services.*

Adrian Gruhs, MD, FACC

President

Martin Echt, MD, PhD, FACC

Chief Operating Officer

Hasan Atalay, MD, FACC

Robert Benton, MD, FACC

Jorge Constantino, MD, FACC

Augustin DeLago, MD, FACC, FSCAI

Daniel Esper, MD, FACC

Royal Gay, MD, FACC

R. Scott Morris, MD, FACC

Mark Nelson, MD, MPH, FACC

James O'Brien, MD, FACC

Rafael Papaleo, MD

Louis Papandrea, MD, FACC

David Putnam, MD, FACC, FACP

Sergio Rapisarda, MD, FACC

Parag Shah, MD, FACC

Julio Sosa, MD, FRCPC, FACC, FSCAI

Mark Tallman, MD, FACC



Capital Cardiology Associates

Corporate Office • 7 Southwoods Blvd. • Albany, NY • 292-6000

An affiliate of Community Care Physicians

# Stars shine to help find a cure for Parkinson's disease

Several well-known individuals are stepping up to the plate in support of Parkinson's Disease because of a personal connection to the illness.

From Holly Robinson Peete's HollyRod Foundation (her father has Parkinson's) to Michael J. Fox's Congressional testimony and new foundation, celebrities are using their "star power" to help the one million Americans and four million people worldwide who are suffering from Parkinson's Disease.

## Parkinson's Disease

Parkinson's disease is a chronic, progressive disorder of the central nervous system. It can affect people at any age, but the average patient is over 55 years old at onset.

Physical symptoms include tremors, stiffness and rigidity in the limbs, slowness of movement and difficulty with balance.

In addition, patients may also experience dementia, depression, memory loss, confusion and agitation.

While its cause remains unknown, Parkinson's disease results from a destruction of nerve cells (neurons) in a part of the brain that controls movement. Dopamine is a neurotransmitter, or messenger substance, in some of the pathways made up of nerve cells that are connected with movement.

When the amount of this substance in the brain is decreased, Parkinsonian symptoms occur.

## Treatment Advances Offer Hope

While there is no cure at this time, major advances in Parkinson's disease treatment have occurred in recent years. Today, earlier and more accurate diagnoses and new medications have been shown to help patients

cope with the disease and improve their quality of life.

One of the most recent breakthroughs is the development of a new class of Parkinson's disease medications called the catechol-O-methyltransferase (COMT) inhibitors.

These medications block the COMT enzyme, one of the factors contributing to the breakdown of levodopa/carbidopa, the mainstay Parkinson's Disease treatment, before it can reach the brain.

When used in combination with levodopa/carbidopa, COMT inhibitors may allow greater levels of levodopa into the brain, where they are converted into dopamine.

Comtan is a new COMT inhibitor available for patients with Parkinson's disease. Comtan allows for a greater, more consistent supply of levodopa to enter the brain, thereby enabling pa-

tients to benefit from increased motor function and extended periods of improved daily activities. According to C. Warren Olanow, M.D., professor and chairman, Department of Neurology at Mount Sinai School of Medicine in New York,

"Comtan is a major advance in our ability to treat the symptoms of Parkinson's Disease. It is safe, easy to use, acts quickly and substantially improves the quality of life for people who have this disorder."

The medication does not have

any known toxic effect on the liver and does not require any specific safety monitoring. The most commonly reported side effects in clinical trial patients were nausea, diarrhea, abdominal pain and urine discoloration.

## Looking Toward the Future

The number of people diagnosed with Parkinson's in the U.S. is increasing exponentially. By the year 2040, it is estimated that the number of cases will quadruple. Increased awareness, accurate diagnosis and proper treatment will offer hope for patients.

# Community Care offers choice

Community care physicians P.C. is a medical surgical multi-specialty medical practice with over 170 community based physicians and providers located throughout the Capital District.

The practice began in 1984. Dr. Shirish J. Parikh, then head of the radiology department at Stratton Veterans Administration Medical Center, and a colleague formed East Hudson Radiologists. Over the next decade Dr. Parikh continued to expand the practice.

By 1993 East Hudson Radiologists had grown to encompass 20 board certified radiologists service four hospital and three outpatient imaging centers.

Recognizing the shortage of primary care physicians and the effects of managed care in an unprepared region, Dr. Parikh pioneered the idea of forming the first fully integrated multi-specialty group practice in the Capital District.

To reflect the newly expanded role of the practice, it was renamed Community Care Physicians, P.C..

Today specialists and primary care practitioners meet the health care needs of more than 200,000 people every year throughout a five-county region.

Community Care Physician, P.C. currently has 30 primary care

locations throughout the Capital District as well as five cardiology offices and three free-standing medical imaging facilities.

The providers specialize in adult medicine, cardiology, family practice, occupational medicine, pediatrics, surgery, behavioral health, oncology, ob/gyn and radiology. Combined, our physicians have affiliations with all major hospitals throughout the Capital District and participate with most insurance plans.

Community Care Physicians has offices in Albany, Rennselaer, Saratoga and Schenectady Counties.

Advertisement

## You're Never Too Old To Hear Better.

Chicago, ILL. - A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the smallest Beltone aid of its kind will be given absolutely free to anyone who sends for this free model now. Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed so be sure to write today to Department 075SP Beltone Electronics Corp., 4201 W. Victoria St., Chicago, ILL. 60646.

Proudly celebrating

25 Years of

1975-2000

"Caring In The Family Tradition"

- ◆ KingsWay Arms Nursing Center
- ◆ KingsWay Manor Assisted Living
- ◆ Parkland Garden Apartments
- ◆ KingsWay Home Care
- ◆ KingsDay Adult Day Services
- ◆ KingsWay Kids Center

**KingsWay Community**

323 Kings Road  
Schenectady, NY 12304  
393-8800

## Bethlehem Family Practice



New Patients Welcome

Philip T. Drew, MD\*

Leonard J. Sonne, MD

Michael A. Piplani, MD\*

Barbara M. Smith, FNP\*

Bethlehem Professional Building  
Price Chopper Plaza, 1345 New Scotland Road  
Slingerlands, NY 12159, Telephone: (518)439-8555

\*Evening or Saturday hours available

Participating with:

Medicare, Blue Cross, Blue Shield, CDPHP, Wellcare, MVP, United Healthcare, NYS Empire Plan, GHI (HMO) and other insurance plans

## EXPERIENCE AND TRUST

- Obstetrics • Gynecology
- Infertility • Adolescent Gynecology



Meet our Newest Health Care Professional  
**Dr. Helen Vu.**

Dr. Vu, who speaks Vietnamese as well as fluent English, is now accepting New Patients.

Onsite Services Available:

Ultrasound, Full service laboratory, Minor surgeries including Hysteroscopy and LEEP plus Birthing and breast feeding classes offered in our office.



Gabriels, Wallingford, Stawowy, Osterdahl & Brosnan, M.D., P.C.  
D. Kimble, M.D., Helen Vu, M.D.

489-3296

319 South Manning Blvd. • Suite 201 • Albany, NY 12208

## DAVID F. CRYNS D.O., F.A.C.O.G.



**Obstetrics & Gynecology**

**Accepting Most Insurances  
Accepting New Patients  
Personalized Care**

*Providing Service to Bellevue and  
St. Clare's Hospitals*

(518) 785-6565

694 Troy-Schenectady Road, Latham, NY 12110

EVERYTHING A WOMAN NEEDS FOR TOTAL BODY FITNESS

## FITNESS FOR HER

333 Delaware Ave., Delmar • 518-478-0237

A Fitness Center For Women of All Ages & Fitness Levels

**WORK-OUT  
GET HEALTHY  
GET STRONG  
FEEL GREAT**

Owned and Operated  
by D.J. Taylor

- Bachelor of Science in Sports Medicine
- Nationally Certified Aerobics Instructor
- CPR & First Aid Instructor

### OFFERING:

- A full range of cardio classes daily (all levels), including aero boxing & cardio-kickboxing
- Body Sculpting Classes
- New "Cybex" Circuit
- "Paramount" Crossover system
- Separate free weight room, with glute press, hack squat & more
- Full range cardio network, more elliptical trainers
- Heavy bag & Speed bag
- Spotlessly clean locker room and showers
- Free towel service
- Free coffee bar
- Specializing in individualized fitness programs.

**HOURS:**  
Mon. - Fri.  
4:30 AM - 9:00 PM  
Sat. - Sun.  
9:00 AM - 5:00 PM

Wheelchair  
Accessible



Climate Controlled

**All for \$35/month.**

No contract to sign • No sign up fee • Unlimited use.

Call or stop in for **FREE** one day pass

# Eight strategies help manage chemotherapy side effects

Thousands of Americans with cancer are currently undergoing chemotherapy, and unfortunately, experiencing many of the side effects that go along with it.

These side effects can compromise patients' ability to enjoy activities with friends and family, but by following eight simple strategies, patients don't have to miss out on the fun.

"I want people with cancer to know that there are ways to manage chemotherapy side effects so that they don't have to miss out on their favorite activities," said Denise Reinke, an experienced oncology nurse and member of the Oncology Nursing Society.

"It's important that patients be in close contact with their health care provider so side effects can be addressed and they can get back to their favorite pastimes."

Reinke recommends eight strategies to help cancer patients manage chemotherapy side effects and enjoy their favorite activities.

Talk to your doctor or nurse about anemia.

Anemia is a common complication of chemotherapy in which the body does not have enough red blood cells.

Anemia can make people feel so tired that they can't do routine things like climb a flight of stairs, cook dinner or take a shower.

It may also keep them from enjoying activities, such as taking a walk outdoors or planning a picnic in the park.

Symptoms include fatigue or extreme tiredness, shortness of breath, headaches, difficulty concentrating and loss of appetite and sex drive.

People undergoing chemotherapy who think they might

be suffering from anemia should see their doctor for a simple blood test.

The good news is that anemia is easily diagnosed and is treatable, so patients can regain strength to enjoy activities.

Conserve energy.

Fatigue is one of the most common side effects of chemotherapy. In order to have enough energy

conditioned places or, if outside, in the shade.

If you must be outside, try to avoid being out between 10 a.m. and 3 p.m. when the sun is strongest.

Protect yourself from the sun. Sensitivity to sunlight increases during chemotherapy treatment.

Protect yourself by wearing sunscreen and sunglasses to prevent exposed skin from burning and to avoid damage caused by the harmful UV rays of the sun.

Wear hats.

Hair loss is a common side effect of chemotherapy. To protect your scalp from the sun it is important to cover your head with a hat or scarf.

Avoid alcohol.

Not only will alcohol cause dehydration, it is also a blood thinner.

This can be especially dangerous

for someone undergoing chemotherapy, because chemotherapy can decrease the body's ability to clot blood, putting a patient at greater risk for blood loss due to injury.

Eat well-balanced meals.

It is important when undergoing chemotherapy to maintain a well-balanced diet.

Eating right will help ensure that you have the energy to stay active and provide your body with the vitamins and minerals it needs.

"Chemotherapy-related side effects, such as anemia, do not have to put an end to patients' favorite activities.

By following these simple strategies, people can protect themselves, feel better and get back their energy," said Reinke.

to participate in activities with friends and family, be sure to go at your own pace, ask for help when necessary and conserve energy whenever possible. Ask your doctor about treatment options.

Drink plenty of water.

Staying well-hydrated is important for people undergoing chemotherapy.

Chemotherapy can sometimes cause mouth, throat and gum problems, including reduced saliva production. Drinking plenty of water can help keep these unpleasant side effects to a minimum.

Beat the heat.

If the weather is extremely hot, consider staying in air-



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

## COMMUNITY CARE

PHYSICIANS, P.C.

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

at the DELMAR  
MEDICAL OFFICE

Formerly CHP/Kaiser Health Center  
250 DELAWARE AVENUE  
DELMAR, NEW YORK 12054

**The DOCTORS and STAFF  
REMAIN COMMITTED to  
PROVIDING HIGH  
QUALITY HEALTH CARE**

Now accepting most major insurance CDPHP, Blue Shield NENY, Empire BC, Empire Plan (NYS), GHI-HMO Partners, CDPHP-Medicare Choice, CDPHP Select, MVP and more.

**WE WELCOME NEW PATIENTS**

To schedule an Appointment Call 439-7687.

a Division of Community Care Physicians



Adele Strominger M.D. Internal Medicine,  
David Krischer, M.D. Pediatrics and Internal  
Medicine, Barbara Poetzsch, P.A. Pediatrics  
and Internal Medicine



**BRYAN S. BILFIELD, MD.**

Board Certified

member of

**AFFILIATED ALBANY  
ORTHOPAEDIC SURGEONS**

*Providing a complete range of personalized, quality  
Orthopaedic and x-ray services in a comfortable,  
courteous, and relaxed atmosphere. Same day  
appointments. Round the clock coverage.*

*Free Parking is provided.*

Conveniently located at:

319 So. Manning Blvd.,  
Albany, NY  
438-6226

Pond View Medical Arts Bldg.,  
Schodack, NY  
477-1091

**MOST INSURANCES ACCEPTED  
NEW PATIENTS ARE ALWAYS WELCOME!**



# Procedures and common sense can save your legs

By Leigh G. Kirtley

As many as 50 percent of American women may be affected by varicose and spider veins.

Fortunately, a variety of treatments are available to eliminate the appearance of these abnormalities.

Spider veins, which spread like a spider's web, are flat, red, blue or purple veins on the skin's surface. Varicose veins are larger, distended or raised veins located deeper under the skin.

When one-way valves in the veins fail, blood no longer flows efficiently, causing veins to become enlarged and congested with blood.

Heredity, hormones and daily routines play a role in determining whether or not the valves will fail, leading to abnormal veins.

While both types are cosmetically unappealing, varicose veins can be painful as well. Cramping, burning, itching and swelling are all common symptoms associated with varicose veins.

In rare cases, they can bleed. For severe cases, doctors can remove veins surgically or by using a catheter to deliver radio-frequency energy to collapse the vein.

Both methods require anesthetics and a long recovery.

Dr. Jean C. Buhac, a medical, surgical and cosmetic dermatologist in Saratoga Springs, offers patients a gentler approach to eliminating spider and varicose veins.

"It usually takes two to three sessions. There is no anesthesia and it just stings like a rubber band on your skin," she said.

Depending on the condition of the veins, Buhac uses a combination of sclerotherapy and laser treatments.

For sclerotherapy, a tiny needle is used to inject the skin with a

medication that results in collapsing the veins, which are then reabsorbed. Veins can be treated early, avoiding complications.

***Wear good support hose if you stand all day. Or at least walk around as much as you can.***

Jean Buhac

For more than six years, Buhac has been successfully treating venous conditions with a Candela V-beam laser, specially calibrated for the color red. "The laser cools as it treats the vein and reduces the risk of hyper-pigmentation and bruising. It's even safe enough to use on your face," she said.

The laser is also useful in treating rosacea and deep red birthmarks commonly called "strawberry" or "port wine" marks in children.

Hyper-pigmentation, or skin discoloration, and bruising are normal reactions to sclerotherapy and laser therapy that fade quickly.

Unlike surgical methods, they are office procedures and patients generally return to their normal routines the same day.

Also, patients are not required to wear support stockings following treatments, though Buhac said it was a good idea anyway.

Even after laser or sclerotherapy, Buhac recommended that you should take precautions so they don't reappear.

It is the same advice she would offer to someone who wanted to lessen their risk for developing spider or varicose veins.

"Wear good support hose if you stand all day," she said. "Or at least walk around as much as you can." And if you sit all day, try to move around periodically and exercise your legs.

Exercise and support hose help prevent excess fluid from building up in the legs.

"Varicose veins increase swelling. If your thumb leaves an imprint, your legs are swollen and that can lead to skin rashes and other problems," Buhac said.

Buhac also recommended walking and other forms of exercise that pump the leg muscles. Maintaining good circulation is important.

Most women experience varicose veins during or after pregnancy due to hormonal changes and weight gain. While these veins shrink after a few months, successive pregnancies increase the chance of more permanent damage to the veins.

"Pregnancy is an important time to wear support hose to prevent varicose and spider veins," she said.

If you would like information, on the practices you can visit [www.saratogadermatology.com](http://www.saratogadermatology.com) for details on laser therapy and links to other sites.

Or, you can reach Buhac at 581-2860 for a free consultation.



Dr. Jean C. Buhac of Saratoga Dermatology demonstrates her expertise with the Candela V-beam laser used to remove unwanted veins, birthmarks, and red spots. If the laser were on, she and the patient would be wearing protective eyeglasses.

Leigh G. Kirtley

## Special community. Special people. Special rates. It all adds up to a very special place. *Colonie Manor specializes in people.*

We have everything you could ask for in an assisted living community. Colonie Manor stands out from the rest because we offer affordable rates in a beautiful community.

At Colonie Manor, seniors who need a little help with everyday activities will find just the support they need, when they need it – in a warm, welcoming setting that offers a wide range of services and amenities.

Our residents enjoy spacious, private rooms, lovely common areas and the latest safety features. With less to worry about and more to enjoy, you'll find more time for friends and family.

And, right now, you can take advantage of our special summer savings program. This special program is for a limited time. So, don't delay!

***If you move in between August 16 and September 29, 2000, you will receive the following special discount.***

Move in by August 25, 2000	Receive \$1,000 off your 2nd month's rent
Move in by Sept. 15, 2000	Receive \$500 of your 2nd month's rent
Move in by Sept. 29, 2000	Receive \$250 off your 2nd month's rent



**COLONIE MANOR**

ASSISTED LIVING

**(518) 783-8695**

626 Watervliet-Shaker Rd.

Latham, NY 12110

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

©2000 Emeritus Assisted Living



## This is your spine on two mattresses



### Coil-on-Coil Construction: The Healthiest way to sleep.



Sleeping healthier is much more than getting eight hours of sleep. It's the quality of sleep, as well as quantity that counts. Kingsdown's Coil-on-Coil construction is the healthiest way to sleep. Coil-on-coil means that for every coil in the mattress there is an identical coil in the box spring offering you more comfort and support than any other sleep system. It's like sleeping on two mattresses.

The Kingsdown Coil-on-Coil system provides proper spinal alignment, ideal weight distribution, less tossing and turning, exclusive allergy and odor free Flexatron padding, and a longer comfort life than any other sleep system.

Come in today and sleep healthier tonight so you can feel better tomorrow.

ONSALE NOW!

**KINGSDOWN**

Quality Country, Shaker, Primitive, Furniture, Gifts & Accessories

425 Consaul Road • Colonie, N.Y. 12304

(518) 370-2468

Corner of Consaul & Pearse Rd.

Opposite Town of Colonie Golf Course

FREE LOCAL DELIVERY Wed., Fri. & Sat. 10-5; Tues. & Thurs. 10-9



# Some promise for Huntington's disease sufferers

In 1967, when legendary folk singer Woody Guthrie died of Huntington's Disease, there was no hope of finding an effective treatment or cure.

Today, 33 years later, there is still no cure, but there is hope.

Scientists have made significant advances since identifying the gene that causes HD in 1993, and are close to developing effective therapies including a way to delay the onset of this devastating disease.

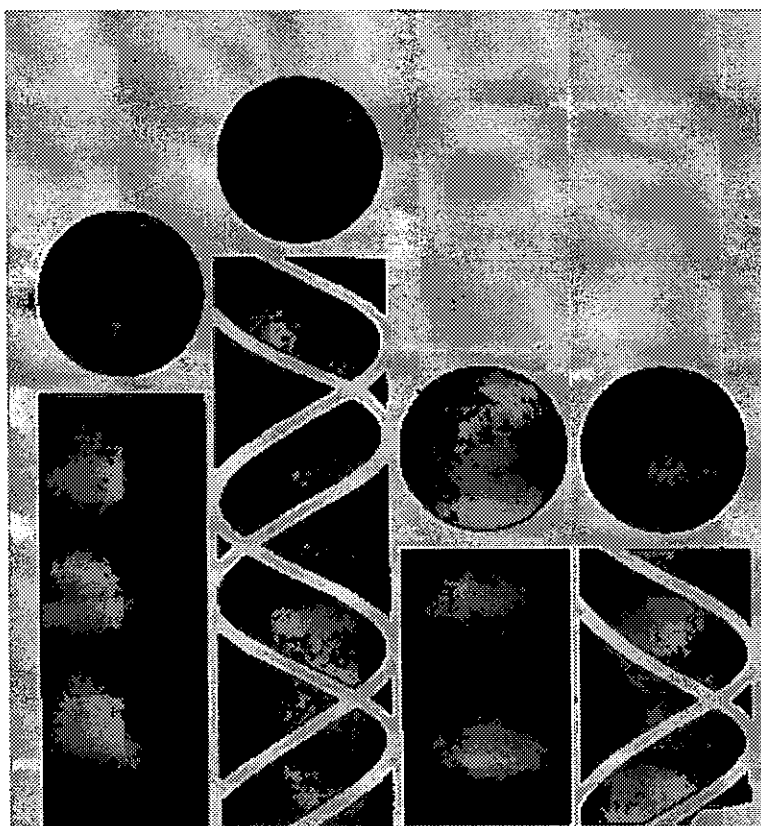
**HD directly affects approximately 30,000 Americans and places more than 150,000 at risk of inheriting the disease.**

The Huntington's Disease Society of America (HDSA) has launched a national Huntington's Disease Awareness Campaign to support current research in an effort to "Make This the Last Generation of HD."

HD is a hereditary brain disorder that typically strikes during the prime of one's life.

It slowly robs the individual of their cognitive and physical abilities.

HD directly affects approxi-



Every child born to a person who has HD has a 50 percent chance of inheriting the gene that causes HD.

research efforts," said Ira Shoulson, M.D., a neurologist and professor at the University of Rochester and chair of the Huntington Study Group.

"Basic and clinical research advances have now improved the prospects for developing experimental treatments aimed at delaying or preventing the onset of illness in healthy HD gene carriers. We are at a critical juncture in the development of much needed treatment," he said.

Founded by Marjorie Guthrie in 1967, HDSA is a national non-profit voluntary health agency dedicated to finding a cure for HD while providing vital support and education to families affected by the disease.

It promotes and supports basic and clinical HD research, aids families throughout the continuum of HD and educates families, the public and healthcare professionals about this devastating disease.

For information about HD visit the national Website at [www.hdsa.org](http://www.hdsa.org) or call the toll-free number at (800) 345-HDSA.

mately 30,000 Americans and places more than 150,000 at risk of inheriting the disease.

Huntington's Disease profoundly affects the lives of both the victim and his or her family - emotionally, socially and financially.

At present there is no effective treatment and no cure.

HD is a degenerative disease caused by the loss of cells in an area of the brain called the basal ganglia.

As the cell damage from the disease progresses, it affects a person's ability to think, judge and talk as well as their ability to control bodily movement and emotions. HD typically strikes between the ages of 30-50; however, young children and the elderly can be affected as well.

The identification of the gene that causes HD and the development of a simple gene test to detect whether an individual carries the HD gene have led to significant advances in both basic and clinical research.

"It is vital to sustain our

NORTHEASTERN NEW YORK  
**SAFETY & HEALTH**  
COUNCIL INC.

845 Central Ave., Albany, NY 12206

**\$10.00 OFF**

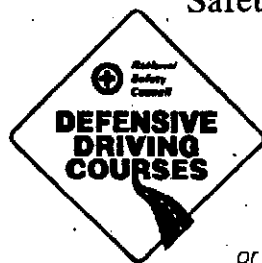
Any Certified Defensive Driving Course held at the Northeastern New York Safety & Health Council

With Ad, Expires 10/15/2000  
pre-payment  
and pre-registration required

Approved for point/insurance  
reduction benefits

**CALL TODAY! 438-2365**

or visit our website: [www.safetycouncilnyny.org](http://www.safetycouncilnyny.org)



## Medicare Supplement Insurance...

### The State Farm Way!

- flexible
- affordable
- backed by good neighbor service

Call State Farm Agents:



**Elaine Van De Carr**  
848 Kenwood Ave.  
Slingerlands, N.Y. 12159  
439-1292

**Jane A. Bonavita**  
210 Delaware Ave.  
Delmar, N.Y. 12054  
439-6222

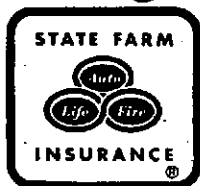


**Jane M. Hans**  
471 Albany-Shaker Rd.  
Loudonville, N.Y. 12211  
459-1313

**Maryann Fazzone**  
578 New Loudon Rd.,  
Rt. 9 (Near Maxwell Rd)  
Latham, N.Y. 12110  
783-7897



Like a good neighbor, State Farm is there.®



State Farm Mutual Automobile Insurance Company  
Home Office: Bloomington, Illinois

**statefarm.com**

Call for details on coverage, costs, restrictions and renewability.

Note: These policies are not connected with or endorsed by the United States Government of the Federal Medicare Program.

## 10 Reasons Why...Bellevue is the best place to have a baby!

1. **SIXTY-EIGHT YEARS EXPERIENCE CARING FOR MOMS & BABIES**  
Specializing in women's services since 1931. A long tradition of delivering the best care to mothers and babies.
2. **EXCEPTIONAL NURSING STAFF**  
Caring for more than 4,000 moms and babies yearly.
3. **24 HOUR IN-HOUSE OBSTETRICAL ANESTHESIOLOGISTS**  
Located in the L.D.R. wing.
4. **DEDICATED NEONATOLOGY TEAM**  
Ensures around the clock in-house neonatology care for premature and sick newborns.
5. **CESAREAN BIRTH RATE LOWER THAN THE NATIONAL AVERAGE**  
Less than 18%!

6. **LEVEL III NEONATAL INTENSIVE CARE NURSERY**  
Capable of treating premature and high-risk babies.
7. **ON-STAFF PERINATOLOGISTS**  
Ensures that women with high risk pregnancies receive the best possible care.
8. **COMPREHENSIVE IN VITRO FERTILIZATION PROGRAM**  
With a success rate higher than the national average.
9. **PRENATAL AND POSTPARTUM SUPPORT CARE**  
Including prenatal education classes.
10. **OUTSTANDING OBSTETRICAL, PEDIATRIC & FAMILY DOCTORS**  
Over 100 highly trained expert physicians to care for you and your baby.

Take the first step to all the comforts and comprehensive care Bellevue has to offer.  
Please fill out and mail to receive your FREE Bellevue Video.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL TO:  
Bellevue Woman's Hospital  
ATT: Public Relations  
2210 Troy Road  
Northampton, NY 12309



# Someone in your family could be more than just shy

Do you have a spouse, sibling, child or cousin that doesn't seem to be as far in life as they could be?

Does a fear of embarrassment cause them to avoid doing things or speaking to people?

Do they have a difficult time making friends, dating, holding jobs or attending school?

Do they avoid social interaction at all costs and maybe even abuse alcohol?

If this sounds like someone in your family, he or she may be suffering from social anxiety disorder also known as social phobia.

Social anxiety disorder, the third most common psychiatric disorder after depression and alcoholism, affects more than 10 million Americans, yet only five percent of sufferers seek treatment.

Many people with social anxiety disorder also suffer from other mood and anxiety disorders such as depression, panic disorder and alcoholism, which makes the condition even more difficult to diagnose.

"As a child my son Steve was always a little shy, but in junior high school the problem became much more severe," says Christine Fox, a 50-year-old mother and high school secretary.

"He became so terrified of participating in class and engaging in other social interactions that I was afraid he would drop out of school permanently," she said.

Social anxiety disorder usually appears during the adolescent years and continues throughout adulthood if left untreated.

People with social anxiety disorder have an intense fear of being negatively scrutinized by other people in social or performance situations.

They literally become "sick with fear" and are afraid of acting in a way that will be embarrassing or humiliating, causing them to completely avoid such situations in the future or endure these "everyday" situations with dread.

These situations may include: speaking in public, initiating or maintaining conversations with strangers or people in authority,

participating in meetings or new classes and attending parties.

According to a study conducted by Freedom From Fear, a national mental health advocacy group, and researchers at Columbia University College of Physicians and Surgeons, the average social anxiety disorder sufferer waits nearly 8 years to confide in a friend or family member and nearly 13 years before talking to a mental health professional about their symptoms.

"Due to the very nature of the condition, social anxiety disorder sufferers are not likely to approach anyone about their condition," says Dr. Daniel Christensen, clinical professor of psychiatry, neurology and pharmacology at the University of Utah School of Medicine.

"Family members need to be aware of the symptoms of social anxiety disorder so that they can help motivate their loved ones, if they are suffering from the condition, to seek treatment and regain control of their lives," he said.

The good news is that treatment is available.

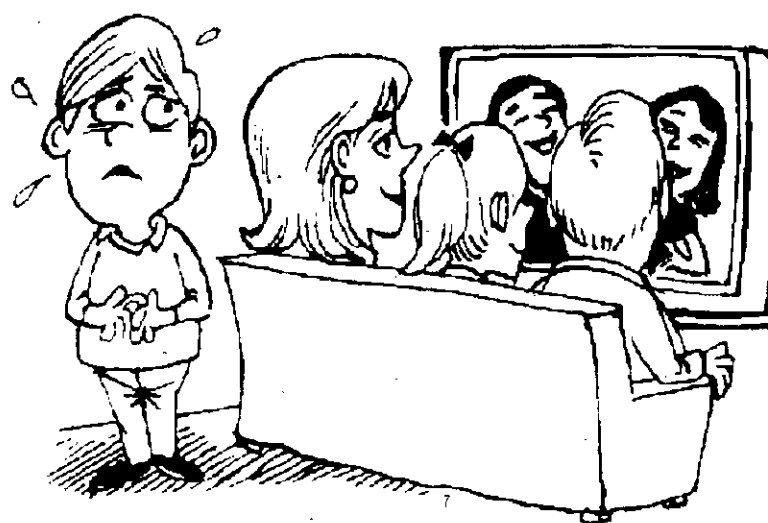
Cognitive-behavioral therapy (CBT) is an effective method for treating social anxiety disorder. CBT can help social anxiety disorder sufferers understand that their thoughts and beliefs are distorted.

Sufferers learn, through exposure techniques, to be able to handle social anxiety provoking situations.

In 1999, the FDA approved the first and only medication, Paxil (paroxetine HCI) to treat social anxiety disorder.

Medicines like Paxil work by restoring the balance of the brain that is believed to be involved in social anxiety disorder. Often the best method of social anxiety disorder treatment is a combination of medication and CBT.

"Mental health professionals need to do a better job of teaching family members to recognize the symptoms of social anxiety disorder that disrupt people's lives and prevent them from fulfilling their potential," said Mary Guardino, executive director, Freedom From Fear and co-author of the study.



"Excellent treatment networks are available where those in need can find appropriate help," she said.

If social anxiety disorder symptoms sound familiar to you and you suspect that one of your fam-

ily members is suffering from this condition, there are several steps you can take to help:

- Learn about social anxiety disorder and treatment options so you can better understand what your loved one is experiencing

- Have patience, but continuously encourage your family member to find treatment

- Recognize and praise small accomplishments

- Modify expectations during stressful periods

- Measure progress on the basis of individual improvement

- Work to maintain a normal routine

- Let the person with the disorder set the pace for recovery

To learn if you or a loved one may be suffering from social anxiety disorder, call 1-888-442-2022 to locate a mental health professional in your area who will provide you with a free screening for this illness.

Information can also be obtained by visiting [freedomfromfear.org](http://freedomfromfear.org).



## Atria Life Guidance. Because there are still good memories ahead.

If you have a loved one with Alzheimer's or a memory impairment, our Life Guidance Neighborhood can mean more positive experiences for both of you.

- The Atria Life Guidance program was designed by specialists and modeled after the National Alzheimer's Association guidelines
- Multiple and integrated security features
- Community design and construction tailored with resident needs in mind
- Supervised reminiscent programs that utilize familiar objects and activities
- Nutritious and appetizing meals served three times daily

Amenities and services may vary due to availability and state legal restrictions.

### Crossgate

140 Washington Ave. Ext.  
Albany, NY

(518) 869-0211

### Shaker

345 Northern Blvd.  
Albany, NY

(518) 465-4444



# ATRIA

RETIREMENT & ASSISTED LIVING

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



THE WISDOM OF EXPERIENCE

## ADVANCED HEARING AID CENTERS



**TONI TIBERI,**  
**BC-HIS**  
BA Speech & Hearing  
Science

## QUALITY HEARING AIDS

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

Now at 1540 Central Ave., Albany

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

**518-869-1544**





# Keeping kids safe and healthy as they head back to school

By Peggy Mermelstein

As the carefree days of summer give way to the hectic back-to-school season, parents and caregivers should take time to teach and review these guidelines with children.

A quick look at these highlights can make back to school safe for everyone.

The Capital Region SAFE KIDS Coalition and the National SAFE KIDS Campaign offer these guidelines to help parents and caregivers keep children safe in this back-to-school season.

## School bus safety

Most injuries happen when children are boarding or exiting the bus.

A blind spot extends 10 feet around the bus, obstructing the drivers view.

Children are not aware of this danger zone and mistakenly believe that if they can see the driver, the driver can see them.

Teach your children these tips for school bus safety.

## Waiting for the bus

- ✓ Arrive at the bus at least 5 minutes before the bus arrives.
- ✓ Stay out of the street and avoid horseplay.

- ✓ Always wait for parents/adults on the same side of the street as the school bus loading/unloading zone.

## On the bus

- ✓ Remain seated at all times and keep the aisles clear.
- ✓ Do not throw objects.
- ✓ Do not shout or distract the driver unnecessarily.
- ✓ Keep heads and arms inside the bus at all times.
- ✓ Boarding and leaving the bus
- ✓ Wait until the bus comes to a complete stop before exiting.
- ✓ Walk in a single file line.
- ✓ Use handrails to avoid falling.

✓ Be aware of the driver's blind spot (10 feet around the bus) when walking away from the bus.

✓ Cross the street at least 10 feet (or 10 giant steps) in front of the bus.

✓ Remove loose drawstrings or ties on jackets and sweatshirts and replace with Velcro, snaps or buttons. Loose drawstrings or book bags can snag on bus handrails putting children in danger of being strangled or dragged by the bus.

## Walking to school

The Capital Region SAFE KIDS Coalition recommends that children under 10 never cross the street alone.

✓ Choose the safest route and walk it with children. Look for the most direct route with the fewest street crossings. Walk the route with children until they demonstrate traffic safety awareness.

They should take the same route every day and avoid shortcuts.

✓ Teach children to obey and recognize all traffic signals and markings.

A flashing walk sign still means you have to look both ways for cars before you go.

✓ Make sure children look in all directions before crossing

the street. Teach them to stop at the curb or edge of the road and to look left, right, and left again for traffic before and while crossing the street.

✓ Teach children not to enter the street from between parked cars or from behind bushes or shrubs. Darting out into the street is the major cause of child pedestrian fatalities.

✓ Teach children to cross the street at a corner or a crosswalk. Make sure children allow plenty of time to cross.

✓ Teach them to walk, not run, across intersections.

✓ Teach them to listen to adult crossing guards or safety patrols at monitored intersections.

✓ Warn children to be extra alert in bad weather.

✓ Demonstrate proper pedestrian safety by being a good role model.

## Riding bikes to school

✓ Bike helmets should be worn and buckled at all times when bicycling.

✓ Follow the rules of the road. Ride on the right side of the road with traffic, use hand signals, respect traffic signals; stop at all ALL intersections; stop and look left-right-left again before entering or crossing a street.

✓ Children should not ride on

the road without adult supervision until age 10.

✓ Plan a safe cycling route with children and ride it with them. A safe cycling route to school may not be the same as a safe walking route. Streets with a steady flow of fast-moving traffic are not appropriate for young cyclists with limited traffic experience.

✓ Do not ride at night. Children should not be allowed to ride after dark. The risk of injury is 4 times greater at dawn, dusk, and night.

✓ Schools should provide cyclists with safe areas.

✓ Bike racks should be placed in areas where there are few motor vehicles or pedestrians.

✓ Avoid drop-off and pick-up zones in school parking lots.

## Driving kids to school

✓ Use these safety tips when driving children to school and participating in car pools:

✓ Always use child safety seats and/or safety belts correctly every time you or your children ride.

✓ Drop off children as close to school as possible so that they do not have to cross the street. Make sure they leave and enter the car on the curbside.

✓ Arrange to pick up children at a safe spot away from the congestion of cars around the school.

✓ Allow extra time in your schedule to avoid driving too fast when late.

✓ Never put loose or heavy objects in the passenger area of the car that could injure someone if you stopped suddenly.

✓ Properly restrain children 12 and under in the back seat whenever possible. This applies to both to vehicles with and without air bags.

*If it is absolutely necessary for a child to ride in the front seat of a car with a passenger air bag:*

✓ Secure the child in a restraint system that is correct for the size of the child a front-facing child safety seat, a booster seat or a lap/shoulder belt

✓ Move the seat as far back from the dashboard as possible.

✓ Never allow a child to lean forward.

✓ Never put an infant less than 1 year-old or under 20 pounds in the front seat.

For information on child passenger safety and pedestrian safety check the following Web sites:

Governor's Traffic Safety Committee (GTSC) <http://www.nysgtsc.state.ny.us>, National Highway Traffic Safety Administration (NHTSA), <http://www.nhtsa.dot.gov/people/injury/childps/NationalSAFEKIDS>, <http://www.safekids.org>.

## WEIGHT-NO-MORE

*Diet Clinique*


**Cut the Carbs & Lose the Cravings!**

### Lose 20 Lbs. in 4 Weeks

(one-on-one counseling)  
eat regular grocery bought food

**NEW LOCATION: Route 155**  
(behind Bella Napoli Bakery)

Latham **785-8181 • 899-2400** Malta




## Glaucoma Consultants

*of the Capital Region*

Martin B. Kaback, M.D.  
Ralph M. Sanchez, M.P.H., M.D.  
and  
Steven T. Simmons, M.D.

**Have opened a new office in Slingerlands specializing in the management of Glaucoma & Cataracts.**

**Also offering complete eye examinations.**



*The office is located at:*

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

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

Returning to the Capital Region to treat Your Urological Needs

## Capital Urology Care, P.C.

Donald J. Rivard, M.D. ~ Board Certified In Urology


Formerly of CHP/Kaiser Permanente  
Accepts Most Major Insurance Plans

Conveniently located just off I-90 near SUNY

Washington Medical Arts Bldg.  
1365 Washington Avenue, Suite 102  
Albany, New York 12206-1092

Telephone: [518]489-6468

**Same Day, Evening and Saturday Appointments**



## DC

DELMAR  
CHIROPRACTIC  
OFFICE

*Respected by physicians.  
Trusted by patients.*

**Tim Talmage, D.C.**

### Natural Solutions • Empowering Results

Whether your goal is simply relief from the pain of headaches, neck pain or back pain, injury rehabilitation, or working toward optimal health, we create a personalized Wellness Plan to help you reach and, hopefully, exceed your goals. It may include gentle chiropractic care, an individualized rehabilitation plan, nutritional support, or an exercise program.

Working together, whatever your goals, we can balance your body so it can once again function the way it was intended - pain-free and in perfect harmony.

*To reserve an appointment to see if Delmar Chiropractic can help you, call:*

**439-7644**

# Allergy season this year is nothing to sneeze at

By Leigh G. Kirtley

Rumor has it that summer is almost over.

I didn't realize it had ever started.

Despite the temperatures, plants and grasses have been busy producing pollens, molds and other allergens.

The good news is that with the end of the summer that never began, tree and grass pollen counts begin to drop.

The bad news?

Welcome to ragweed season.

Ragweed season runs from mid-August to October, although a hard, early frost can sometimes shorten the season.

It is the most common allergen that brings on hay fever. Symptoms like itchy, watery eyes, sneezing and even headaches can be mild or severe enough to keep some home from work.

It can be a particularly difficult few months for people with asthma. In addition to more common al-

lergy symptoms, asthmatics experience an increase in wheezing, shortness of breath and acute asthma attacks.

Of the 17 million people diagnosed with asthma in the United States, one third are children.

According to a survey by the American Lung Association, 70 percent of asthma patients misunderstand their disease and often take action only when symptoms appear.

When someone has asthma, the lining of the lungs is inflamed, a reaction to an allergen like ragweed, pollen or pet hair.

Untreated, the underlying inflammation leads to episodic breathing problems, or asthma attacks.

During the next several weeks as ragweed counts rise, it is especially important for asthmatics to take control of their condition. The best way to do that is to visit their physician.

"Be insistent to see a special-

ist," said Nancy DeKorp, director of program services for the American Lung Association of Northeastern New York.

That specialist could be a board-certified allergist who can help you determine what your triggers are and the best way to counteract their effects.

DeKorp also said that it is important for patients to educate themselves.

By learning more about asthma and its management, you can form a good working relationship with your doctor.

"You need to be a consumer advocate," she said. "There is a wealth of information out there, especially on the Internet."

Asthma can be difficult to control, especially when the environment changes every three months.

What worked for one season may no longer be effective in the next. Besides visiting your doctor

and taking antihistamines, there are some important steps you can take to limit the impact ragweed will have this fall.

Run the air conditioner; it can filter out as much as 90 percent of ragweed pollen. Use it in your car, too.

Allergy shots are effective 80 percent of the time, but you need several months of treatment to see that improvement.

Good hand washing techniques are always helpful. When you are rubbing those itchy eyes, you just might be rubbing in the pollen and dirt causing you grief in the first place.

The new vacuum cleaner bags make a difference in keeping dust and allergens in the bag where they belong, not back in your home's atmosphere. Finally, think of your pets.

Our dog loves to run in the weeds. Unfortunately, his coat gets covered with pollen that he brings into the house. Brushing down your cats and dogs before they come back inside can help bring the indoor pollen count down.

For information on allergies and asthma, visit the American Lung Association's Web site at [www.lungusa.org](http://www.lungusa.org).

## Hepatitis C: Answers to questions you may have about the disease

More than four million Americans have a potentially deadly disease called hepatitis C.

Here are a few commonly asked questions and the answers that could help you combat the condition.

**What is hepatitis C?**

Hepatitis C is an infectious disease, which is caused by a blood-borne virus that invades the liver. Of the people exposed to the hepatitis C virus, about 85 percent are chronically infected for life.

**What are the symptoms?**

Unfortunately, most people with hepatitis C have no outward signs or symptoms, especially for the first 10 to 30 years.

That means many people are not aware they have the virus.

However, some people do experience "flu-like" symptoms, such as fatigue, loss of appetite, nausea, fever and weakness.

If left untreated, chronic hepatitis C can lead to cirrhosis, liver

failure and liver cancer.

By that time, a liver transplant may be the only hope. And many patients die waiting for a donated liver.

**Is there treatment?**

The encouraging news is that treatment to control the disease and prevent serious damage to the liver is available.

Your doctor can give you a simple, inexpensive blood test called the hepatitis C ELISA test to help determine whether you are infected with the hepatitis C virus. Further testing may be nec-

tary, individuals who received a blood transfusion before 1992, including mothers who received blood during a Cesarean section, people with tattoos or body piercing, and those who have ever injected or snorted drugs using shared paraphernalia, or have shared a razor, toothbrush, or any item that could carry infected blood.

While many individuals contract the disease from high-risk behavior, many others are mainstream workers, parents, and others that people might never imagine could be at risk.

In general, males and females in all age groups, from all classes and ethnicities can be at risk for hepatitis C.

**How can I learn more?**

Information about the disease is available from your doctor and at 1-800-HEP-9678.

*In Elsmere*

*The Spotlight is sold at GrandUnion,*

*Friar Tuck Books and CVS*

essary to confirm the diagnosis, as well as determine a course of treatment.

**Who is at risk?**

The most vulnerable part of the population includes those exposed to blood as a healthcare worker or member of the mili-

**The encouraging news is that treatment to control the disease and prevent serious damage to the liver is available.**

## "Long-Term Care"

One of the biggest threats to your life's savings! Get the facts — call for our LTC Consumer booklet today. L.T.C. Insurance is affordable!



New York Long-Term Care Brokers, Ltd.  
11 Halfmoon Executive Park  
Clifton Park, NY 12065  
518-371-5522 or 800-695-8224 extension 116  
Fax 518-371-6131  
[www.NYLTCLB.com](http://www.NYLTCLB.com)

**Representing 13 Top LTC Companies**

### First Care

Primary Family Practice & Minor Emergency

Open 7 days/weekdays 9am - 9pm,  
weekends 9am-5pm

**Dr. S. Michael Fuhrman, D.O.**  
Hypertension, Routine Medical Care, Diabetes

*We do it all on site:*  
X-Rays • EKGs • Minor Surgery  
**363 Delaware Ave., Delmar • 439-9911**

### We're Here to Save Your Smile!

## Complete Family Dentistry and Comprehensive Care

NEW PATIENTS WELCOME

■ IMPLANTS ■ ORTHODONTICS

■ ORAL RECONSTRUCTION ■ PERIODONTAL THERAPY ■ COSMETIC DENTISTRY ■ DENTURES

Most Insurance Plans Accepted As Partial Payment

### Delmar Dental Medicine

Thomas H. Abele, D.M.D. • Geoffrey B. Edmunds, D.D.S.

**344 Delaware Ave., Delmar** (next door to St. Thomas Church)  
Hours: Mon.-Thurs. 8 a.m.-5 p.m., Fri. 8 a.m.-3 p.m.  
**439-4228**

## ON-CALL

MEDICAL SERVICES

General Medical & Minor Emergency Services

— (518) 286-3000 —

76 North Greenbush Road, Troy (1/4 mile S. of HVCC on Rt. 4 at Glenmore Rd.)

**Mark A. Schimelman, MD, FAAEM**

**VISIT OUR WEBSITE <http://welcome.to/oncallmedical/>**

**We're Not Just For Emergencies!! Primary Patients welcome**

Open Monday-Friday 9am to 9pm; Sat. & Sun. 9am - 5pm  
**NO APPOINTMENT NEEDED - "Just Walk In"**

On Site X-Ray and Laboratory • Minor Surgery Facilities • Physicals  
Most Health Insurances, MC/VISA, Personal Checks Accepted

~ ALSO AVAILABLE ~  
**CORPORATE HEALTH SERVICES INCLUDING PHYSICAL EXAMS,  
NIDA DRUG COLLECTION, BREATH ALCOHOL TESTING & WORKER'S COMPENSATION.**

# Care for congestive heart failure

Nearly five million Americans of all ages currently live with congestive heart failure.

The term "heart failure" means that the heart isn't pumping as well as it should. Usually the heart has been

weakened over time by an underlying problem, such as clogged arteries, high blood pressure, a defect in its muscular walls or valves or some other medical condition. People with congestive heart failure may experience shortness of breath, persistent coughing or wheezing, fatigue and swelling in the

feet, ankles, legs or abdomen. While heart failure is a serious condition, it can be managed by taking medications and by making healthy lifestyle changes.

suggestions to help people with congestive heart failure stay active and manage stress. The following are some of the tips available at [www.americanheart.org/chf](http://www.americanheart.org/chf).

## Caregivers Guide

Cope with the new demands by learning more about heart disease. Enlist the help of friends and family members.

Check out other resources. Contact organizations that provide services for the elderly and that provide additional care and support.

Take the time to get a good feel for your financial picture. Understand your loved ones insurance plan, seek financial assistance for treatment, and consider changes in household finances.

Learn what to expect from your loved one. Changes in their lifestyle will take time. Encourage and help them without doing everything for them.

## Exercise

Start slowly.

Gradually build up to 30 minutes of activity three to four times per week (or whatever your doctor recommends).

Look for opportunities to be more active during the day.

Walk the mall before shopping. Walk up stairs instead of taking the elevator.

## Managing Stress

Take 15 to 20 minutes a day to sit quietly, breathe deeply and think of a peaceful scene.

Count to 10 before answering or responding when you feel angry.

# Buffet table tips for people with diabetes

Barbecues, picnics and family reunions are gatherings to enjoy and treasure.

If you have diabetes, these events can pose special challenges.

How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it.

If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too.

So, grab your plate and head for the buffet table.

Look for the high fiber, low-fat dishes. Great choices are beans, peas and lentils, and dark green vegetables such as broccoli, cabbage, spinach and kale.

Go for the green bean, three-bean, black bean and black-eyed pea dishes or pasta salads mixed with summer vegetables.

Choose whole grain foods such as brown rice, couscous, whole wheat bread and pasta.

Everyone benefits from eating these foods, not just people with diabetes.

Watch out for dishes loaded with mayonnaise, sour cream and butter.

Choose veggies that are light on salad dressing, cheese or cream sauce.

If you can, make your own dressing with a little olive oil and vinegar.

Vegetables and grains should fill up most of your plate, but leave room for some lean meat,

poultry or fish.

Be sure to choose grilled chicken-and remove the skin instead of the fried variety.

If you're going to make a sandwich, use whole wheat bread with mustard or salsa, rather than mayonnaise.

What's for dessert?

Summer means terrific fruits. It's hard to beat a fresh peach, fruit salad, cantaloupe or watermelon.

Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat.

Everyone, including people with diabetes, should eat three to four servings of fruit a day.

Pies, cakes and cookies are high in fat and cholesterol. If you can't resist, have a small serving.

It's best to drink water, unsweetened tea or diet soda.

Add a wedge of lemon for flavor.

If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to control your blood sugar means being prepared and planning ahead.

If you need help putting together a meal plan, ask your doctor or nurse to refer you to a dietitian or diabetes educator.

For information about controlling your diabetes, call the National Diabetes Education Program at 1-800-438-5383 or visit the program's Website at <http://n.dep.nih.gov> on the Internet.

**LIVING with Heart Failure**  
Information and Support for Patients and Caregivers

**AMERICAN HEART ASSOCIATION**  
Fighting Heart Disease and Stroke

**CAREGIVER'S GUIDE**

- Understanding Your Role: What to expect and how to succeed as a caregiver
- Coping with Demands: Strategies for taking care of yourself
- Caregiver's Bill of Rights: Setting boundaries and managing expectations
- Medical Alert: When to call the doctor
- Planning for the Future: Dealing with difficult issues
- Financial Concerns: Taking control and getting help
- Additional Resources: Where to turn for help and support
- Caring for Yourself: Resources and support for people without traditional caregivers
- Glossary

**PERSONAL EXPERIENCES**

Real patients share their experiences.

**THIS MONTH'S FEATURE**

**caregiver's guide**

**When a Loved One Has Heart Failure: Planning for the Future**

It's not uncommon for a family to feel powerless when faced with a serious condition like heart failure. Take charge by helping your loved one deal with the legal and financial issues that arise, such as wills, insurance, loss of income and costs of care.

Here are some tips on how to plan for the future, as well as common financial issues you might face.

**NEVER MISS HEART NEWS**

The latest news articles about Heart Failure from our Website.

**Send to your family, friends or doctor**

This booklet for caregivers heart failure is funded by an unrestricted educational grant from Pfizer Inc.

To your American Heart Association, for all types of heart disease, contact your local chapter.

The booklet is available in Spanish. For more information, call 1-800-558-0864 or visit our Website at [www.heart.org](http://www.heart.org). Web site is available in Spanish. For more information, call the AHA's Spanish-speaking center at 1-800-558-0864 or visit our Website at [www.heart.org](http://www.heart.org).

Every year 400,000 new cases of congestive heart failure are diagnosed.

weakened over time by an underlying problem, such as clogged arteries, high blood pressure, a defect in its muscular walls or valves or some other medical condition. People with congestive heart failure may experience shortness of breath, persistent coughing or wheezing, fatigue and swelling in the

A section of the American Heart Association's Web site deals specifically with congestive heart failure. In addition to explaining the disease, the site helps friends and loved ones better understand their role as caregiver, offers a place for family members and patients to share their stories and provides

**CAPITAL REGION CARDIOLOGY ASSOCIATES, P.C.**

**BOARD CERTIFIED IN CARDIOVASCULAR DISEASE**

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

**Invasive & Non-Invasive Cardiology**

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

WE ACCEPT MOST INSURANCE PLANS INCLUDING MEDICARE AND HMO'S

438-6236 785-0734

854 Madison Avenue Troy-Schdy Rd. Latham

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

**JEFFREY H. STERN, M.D., Ph.D.**

**Board Certified Ophthalmologist**  
**Retina Specialist**

- Retina & Vitreous Diseases
- Retina Surgery
- Laser Surgery • Diabetic Retinopathy
- Macular Degeneration

**437-1111**

**Medicare and Most Insurance Plans Accepted**  
**New Patients Welcome • Free Parking**

1365 Washington Ave., Suite 101 Albany, NY 12206 791 Route 9 Wilton, NY 12831

**Dr. Jack Devore**

Welcomes his former CHP/Kaiser and new patients to his practice of Optometry.

**Comprehensive Eye Care**

- Treatment of Eye Diseases
- Vision Care • Contact Lenses

Laser Vision Correction Consultation

We participate in most insurance plans including: CDPHP, MVP, & CDPHP Medicare Choice

- Handicapped accessible

Weekday and evening appointments available

**4 Normanskill Blvd., Delmar • 478-9992**

Full line of eyewear available.

**COMPLETE OPHTHALMOLOGICAL CARE**  
**MABEL M.P. CHENG, M.D., P.L.L.C.**

Formerly of CHP/Kaiser Permanente announces the opening of her Latham office at

**1072 Troy-Schenectady Road, Suite 305**  
**Latham, New York 12110**  
**(518) 782-7777**

**Welcoming New & Existing Patients**

Board Certified Specializing in:

- small incision cataract surgery • glaucoma management
- adult & pediatric eye exams • diabetic retinopathy • macular degeneration
- laser surgery: including glaucoma and refractive (Lasik & PRK)
- 24 hour coverage for emergencies, same day appointments

**Spotlight Automotive Classifieds Work For You!**

**Phone in your classified with MasterCard or Visa**

**439-4940**



# Elementary and middle schools slate open houses

Pieter B. Coeymans Elementary School will hold an open house for all students and parents who would like to see the location of their classrooms on Thursday, Aug. 31, from 9 to 11 a.m.

A.W. Becker Elementary School plans an open house for kindergarten students and their families on Thursday, Aug. 31, from 9 to 11 a.m.

RCS Middle School will host an open house today and tomorrow, Aug. 30 and 31, from 9 a.m. to noon especially for incoming fifth-grade students and students who are new to the district.

Other students who would like to visit with their parents prior to opening day are also welcome to attend.

## Band to perform at gazebo

Two evenings of entertainment are still to come at Coeymans Landing gazebo.

On Thursday, Aug. 31, the Mare's Nest Band and Al Kash will perform at 7 p.m.

The grand finale of the season,

## Scharff's Oil

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

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

## Physically Speaking



by Nick  
Valenze, P.T.



### HELP FOR HEART PATIENTS

Exercise can be an arduous activity for most of the four million Americans with heart failure, a condition in which the heart loses its ability to pump efficiently throughout the body. Exercise can not only improve cardiac function in older people, but it can also increase their strength and independence. A study conducted by researchers at Johns Hopkins Medical School shows that elderly patients with heart failure can increase their physical fitness by 22% (as measured by improvements in heart and breathing rates) by riding stationary bicycles and walking on treadmills for 45 minutes three times a week. They also doubled the distance and time they were able to walk on the treadmill and substantially increased their muscle strength.

In addition, regular exercise can reduce stress and promote a feeling of well-being. At our physical therapy and rehabilitation practice, our well trained, supportive staff will be happy to devise a recovery plan for your specific needs. We also provide sports medicine, ultrasound, and massage therapy. Ask your physician for a referral, or call the number listed below for more information, or to schedule a tour of our spacious, well-equipped facilities. For your convenience, we offer evening treatment hours and plenty of free parking.

### 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.** If you have heart failure, consult with a physical therapy center that specializes in cardiac rehabilitation.

### NEWS NOTES

**Selkirk  
South Bethlehem**  
Linda Marshall  
756-3520



"Legs Diamond in Concert" is set for Friday, Sept. 8.

Legs is a musical revue sponsored by Coeymans Landing Marina, Yanni's Too and Marine Services.

Both productions are suitable

for the entire family. Come early and bring a picnic and lawn chairs.

### 4-H Club

#### schedules meeting

The 4-H Club will hold an informational meeting today, Aug. 30, at 7 p.m. at the Choices office in the Grand Union Plaza in Ravena.

For information, call 4-H at 765-3500.

### Choices to host school success program

A workshop on helping your child succeed in school will be

offered on Tuesdays, Sept. 12 and 19, from 10 a.m. to noon at the CHOICES office in the Grand Union Plaza in Ravena.

For information, call 756-8650.

### Youth soccer sets registration for spring

RCS Youth Soccer will hold registration for spring travel teams on Saturdays, Sept. 9, 16 and 23, from 9 a.m. to noon in the RCS

Middle School cafeteria.

### Bowling leagues have openings

Ravena Lanes in downtown Ravena has openings in its mens womens and mixed leagues.

League nights are Tuesdays and Wednesdays. There are also kids and senior citizen leagues.

For information, call the bowling alley at 756-2184.

## Special on CHANNEL 17

The Fall of Newt Gingrich  
Wednesday, 8 p.m.

Evening at Pops  
Thursday, 8 p.m.

Divided Highways  
Friday, 8 p.m.

As Time Goes By  
Saturday, 8 p.m.

Great Streets: Venice's Grand Canal  
Sunday, 9 p.m.

Antiques Roadshow  
Monday, 8 p.m.

Ayers Rock: Naked Planet Special  
Tuesday, 8 p.m.

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

Owens-Corning is Fiberglas



## Wm. Biers, Inc.



### QUALITY LANDSCAPE SUPPLIES WHOLESALE & RETAIL

**BULK:** Dark Cherry Mulch • Cedar Mulch • Black Onyx Mulch  
Ruby Red Mulch • Fire Red Mulch • Golden Glow Mulch  
**BAGGED:** Large and Mini Nuggets • Red Hemlock Mulch  
Cedar Mulch • Pine Mulch • Peat Moss Bales



### Wm. Biers is now offering DOUBLE GROUND PLAY AREA CHIPS!

Perfect for residential  
playgrounds, schools  
& much more!

PLEASE  
CALL TODAY!

**DECORATIVE STONES**  
From Pebbles to Garden  
Boulders, Also Wall Stones

**SAND:** MASON SAND • CONCRETE  
SAND WHITE BEACH & YELLOW SAND

SCREENED TOPSOIL • COMPOST • CLEAN WOOD WASTE RECYCLING

EXCELLENT DELIVERY SERVICE AVAILABLE  
for a minimum of 2 cubic yards to 80 cubic yards...Or you can pick up at our yard.

EQUIPMENT SALES • RENTALS • REPAIRS

### SUMMER HOURS

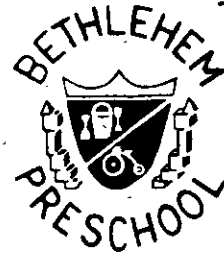
Mon. - Fri. 7am-4:30pm  
Sat. 8am-12 noon  
(weather permitting)

LOCATED IN THE PORT OF ALBANY

Off Rt. 787, Albany, NY

518-434-2747

## Is your family ready for Kindergarten?



Kindergarten and  
Kindergarten Enrichment  
September 2000  
Programs for busy families

We offer:

- Flexibility for working parents - flexible hours (7 a.m. - 6 p.m. or anything in between) and flexible days (2 - 5 days per week).
- BC District Transportation directly to or from our programs.
- No need to pack a lunch!! Hot lunch and snacks provided.
- A small, nurturing classroom (1:9 ratio).
- A child-centered, hands-on environment.
- A large outdoor playground, lots of grass for running and playing.

Bethlehem Preschool  
397 Rt. 9W  
Glenmont, NY 12077  
Call 463-8091 for more information

Accredited by NAEYC's  
National Academy  
of Early Childhood  
Programs



## Antiques Appraisal

at Bethlehem Public Library

451 Delaware Avenue • Delmar

Sunday, September 10 • 1-4 pm

### VERBAL, FAIR-MARKET APPRAISALS FOR

American Arms, American Fine Art & Prints,  
American Folk Art, American Furniture & Decorative Arts,  
Art Glass, Art Pottery, Audubon Prints, Autographs, Early  
American Glass, Ethnographica, Fashion Clothing,  
Garden Furniture, General Antiques, Jewelry, Manuscripts,  
Oil Paintings & Sculpture, Photographs, Porcelain,  
Quilts & Textiles, Rare Books, Silver

**\$5 per item/3 items max.**

Furniture or other large items can be appraised from a clear photograph and a drawer or piece of ornamentation.

### PARTICIPATING APPRAISERS

Patricia & Richard Dudley, Dudley & Dudley, Glens Falls  
Dennis Holzman, Dennis Holzman Appraisals, Albany

Mark Lawson, Mark Lawson Antiques & Fine Art, Saratoga

tickets on sale at library circulation desk  
proceeds benefit Friends of Bethlehem Public Library

for more information  
439-9314

www.uhls.org/bethlehem

Bethlehem  
PUBLIC LIBRARY  
Established 1915

# Obituaries

## Aleta Kullman

Aleta Moyer Kullman, 81, of Newark, Ohio, and formerly of Selkirk, died Sunday, Aug. 20, at Newark Healthcare Centre.

Mrs. Kullman was a member of the first graduating class of Philip Schuyler High School. She was a graduate of the former Mildred Elley Business School.

She was a homemaker.

She was organist and choir director of First Reformed Church of Bethlehem.

She worked as a legal stenographer and secretary for the state.

She was a member of the Bethlehem Grange and Bethlehem Volunteer Ambulance. She was also active with the Salvation Army's bell ringer program.

She was the widow of Warren Kullman.

Survivors include two sons, Douglas Kullman of Newark, Ohio, and John Kullman of Plano, Texas; and two grandchildren.

Amemorial service will be held at a later date.

Arrangements were by the Henderson, Van Atta & Johnston Funeral Service in Newark.

Contributions may be made to Kullman Kitchen Fund at Second Presbyterian Church, 42 E. Church St., Newark, Ohio 43055 or Hospice of Central Ohio, 1435-B W. Main St., Newark, Ohio 43055 or First Reformed Church of Bethlehem, 30 Church St., Selkirk 12158 or Bethlehem

Grange, Selkirk 12158.

## Marion Anders

Marion G. Meade Anders of Delmar died Tuesday, Aug. 22, at Good Samaritan Lutheran Nursing Home in Delmar.

Born in Richmondville, she was a graduate of Greenville High School and Kingston Business School.

Mrs. Anders was a bookkeeper for Farm Family Insurance in Glenmont before she retired.

She was a former president of the Bethlehem Women's Republican Club and a member of the Aurania Club in Albany, the Dana Society, Selkirk Home Bureau and the Bethlehem Historical Society.

She was the widow of David Meade and Harry Anders.

Survivors include two stepsons, Stephen Anders and Kenneth Anders; a sister, Kathryn Waggoner of Rensselaerville; and a brother, Elting Gossman of Westerlo.

Services were from the Tebbutt Funeral Home in Delmar.

Burial was in Elmwood Cemetery in Selkirk.

Contributions may be made to Bethlehem Reformed Church in Selkirk or Westerlo Reformed Church in Westerlo.

## Gwendolyn Groves

Gwendolyn Groves, 92, of Mount Vernon, Westchester

County, and formerly of Delmar died Thursday, Aug. 1.

A native of Montreal, she was a graduate of McGill University and received a master's degree from the University of Michigan.

Survivors include her husband, Maurice Groves, two sons, Allan Groves of Lincoln, Mass., and Dr. Dennis Groves of New York City; a sister, Merle Peden of Westmount, Quebec; and four grandchildren.

Burial was in Bethlehem Cemetery.

Amemorial service will be held in October.

Arrangements were by the Ballard-Durand Funeral Home in White Plains.

Contributions may be made to the Capitol City Rescue Mission, 50 Hudson Ave., Albany 12202 or Albany United Methodist Society, 421 Clinton Ave., Albany 12206.

## Donald Wilcock

Donald Frederick Wilcock of Autumn Drive in North Bethlehem died Saturday, Aug. 26.

Mr. Wilcock lived in Niskayuna before moving to North Bethlehem.

Survivors include his wife, Marjorie Ferris Wilcock; a son, Donald Wilcock of Scotia; and two grandsons.

Services were from Union Presbyterian Church in Schenectady.

Services were private. Burial

was in Higgins Bay Cemetery.

Arrangements were by the Jones Funeral Home in Schenectady.

Contributions may be made to Union Presbyterian Church, 1068 Park Ave., Schenectady.

## Ethel Mary Shultes

Ethel Mary Shultes, 84, of Delmar and formerly of Coxsackie, died Friday, Aug. 18, at Good Samaritan Lutheran Home.

Born in Westerlo, she was the widow of William Shultes.

She and her husband were gemologists.

Services were from Locust Cemetery in Greenville.

Arrangements were by Millspaugh Camerato Funeral Home in Catskill.

Contributions may be made to Locust Cemetery, c/o Leland Cunningham of Greenville.

## Carol Weiss

Carol A. Weiss, 61, of Glenmont died Tuesday, Aug. 22, at St. Peter's Hospital in Albany.

Born in Albany, she was a lifelong resident of the Capital District.

Survivors include her husband, Edward Weiss; a daughter, Kathleen Kenney of Delmar; a son Michael Weiss of Altamont; a sister, Joan Moran of Albany; and four grandchildren.

Services were private.

Burial was in Our Lady of Angels Cemetery in Colonie.

Arrangements were by the New Comer Cannon Funeral Home.

Contributions may be made to St. Jude Children's Research Hospital, PO Box 3704, Memphis, Tenn. 38173.

## Circulation up at RCS library

The July figures are in, and use of the Ravena-Coeymans-Selkirk Community Library is up again.

Circulation of books and audio-visual materials increased 12 percent over 1999 and the number of borrowers is up 34 percent.

On Labor Day weekend, the library will be closed both Saturday and Monday.

Regular Saturday hours from 10 a.m. to 5 p.m. will resume Sept. 9.

A canvas mural is hanging above the picture books in the children's corner. Its theme is summer activities, seen through children's eyes. The project was partially funded by the Albany-Schenectady League of Arts Community Arts Connection.

Artists included Brittney Boehm, Grace Buckley-Crist, Alyssa DiBiase. The Doane family, Cassie Hoffman, the Hyer family, Nico Neri, Brendon, Brittany and Mandi Palmer, the Visconti family and Kevin and Charlie Williams. Technique and composition oversight was by Christy Martinez.

Stories by 17 young writers from this summer's workshop are on display on the left as you enter the library. The authors are Jamie and Jill Breedlove, Michael and Naidine Brown, Samantha Daniul, Alyssa DiBiase, Susan Grutza, Cassie Hoffman, Bridget Hotaling, Jenna Melewski, Justin Rivituso, Emily, Lauren and Paige Scott, Hannah Winsenread and Brianna and Lucas Yurek.

Book returns for the traveling library are accepted at RCS Community Library. Traveling library books have transparent red tape over the label at the bottom of the spine.

## Library highlights Web site for seniors

Polly-Alida Farrington will introduce the new Web site, "Seniors Connect," on Thursday, Sept. 14, at 10 a.m. at Bethlehem Public Library.

The site, offered by the Upper Hudson Library System, contains information about local services and resources for seniors, as well as links to relevant sites farther afield.

Farrington is a former librarian who runs an Internet training and consulting business providing services to libraries and schools.

To register, call 439-9314.

## Zoning board sets public hearings

Bethlehem zoning board of appeals has scheduled the continuation of the public hearing on the application of Richard Pulice of Glenmont for Wednesday, Sept. 6, at 7:30 p.m. at town hall.

At 7:45 p.m., there will be a hearing on the application of Kathy Katz of Glenmont.

**D.A. BENNETT INC.**

Since 1915 Trusted

"Quality lasts a long time"

Plumbing • Heating • Air Conditioning  
Service & Installations

**24 Hour Emergency Service**

341 Delaware Avenue, Delmar • 439-9966  
[www.dabennett.com](http://www.dabennett.com)

## Capital District Scottish Games

The Pageantry and Spectacle of Brìgàdòon

Altamont Fair Grounds

Sat., Sept. 2 • 9AM-6PM

Admission: \$12

Full Scottish Festival  
Dance, Music, Food,  
Spirits, Athletic Games

Sun., Sept. 3

11AM - 7PM

Admission: \$10

"Beers & Cheers", Music, Dance, Food

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



Clandestine

Entertainment

Clandestine

Glengarry Boys

Cullin

Jennifer Licko (Sat. Only)

The Brigadoons (Sat. Only)

The McKrells (Sun. Only)

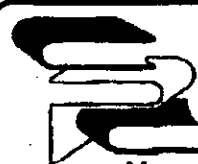
Tickets will be available  
at the door or in advance  
at Hannaford Super-  
markets in the Capital  
District and Holmes  
& Watson in Troy.

## Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

In Memoriam, and Cards of Thanks will also be printed for \$25.



**College  
Placement  
Consultants**

**Joette Krupa,  
Director**

**Need Help Finding a College?  
Worried About the Future?**

We offer Full Placement services to college bound students and their parents.

Niskayuna, New York

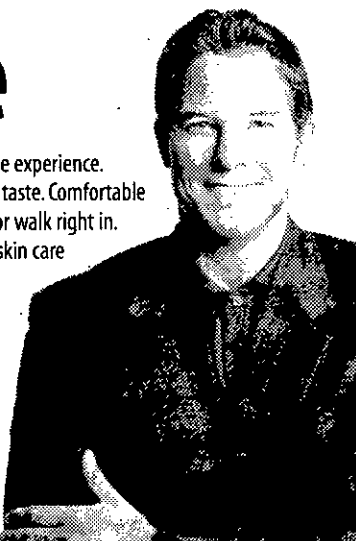
346-1095

## FreeStyle

Make your next haircut a relaxed and enjoyable experience. At Gregory's, we offer cuts and styles for every taste. Comfortable pricing and atmosphere too. By appointment or walk right in. You can also call ahead for a hot-towel shave, skin care treatment, even hair color. Getting your head together has never been this easy!

**Gregory's  
BARBERSHOP**  
Masters of Barbering

Main Square in Delmar  
318 Delaware Avenue • 439-3525  
Tues., Wed., Thurs. 9 to 8 pm, Fri. 9 to 6 pm  
Sat. in July and August 9 to 3 pm



## "Long-Term Care"

One of the biggest threats to your life's savings!  
Get the facts — call for our LTC Consumer booklet today.  
L.T.C. Insurance is affordable!



New York Long-Term Care Brokers, Ltd.  
11 Halfmoon Executive Park  
Clifton Park, NY 12065  
518-371-5522 or 800-695-8224 extension 116  
Fax 518-371-6131  
[www.NYLTCLB.com](http://www.NYLTCLB.com)

**Representing 13 Top LTC Companies**



Dianna and Paul Koch

## Heere, Koch marry

Dianna L Heere, daughter of William and Kathleen Heere of South Bethlehem, and Paul C. Koch, son of James and Lois-Ann Koch of Lyme, Conn., were married May 6.

The ceremony was performed by the Rev. Warren Winterhoff at Bethlehem Lutheran Church in Delmar.

A reception followed at the Polish American Community Center in Albany.

The maid of honor was Joanna Heere, sister of the bride.

Bridesmaids were Mary Ellen McCaffrey and Susan Denninger, the bride's aunt.

The best man was Ryan Morrell.

Ushers were Michael Koch, brother of the groom, and Thomas Brown.

The bride is a graduate of Ravena-Coeymans-Selkirk Senior High School, SUNY Geneseo and The College of Saint Rose.

She is a special education teacher at St. Catherine's Center for Children in Albany.

### Woman joins office

Vonna DuMicich of Delmar has been appointed a licensed salesperson in the Delmar office of Blackman & DeStefano Real Estate. She was formerly a consultant for new construction and mortgage financing.

## Births

### Out of town

Girl, Lacey Marie Griffin, to Charlene and Scott Griffin of Westfield, Mass. Grandparents are Gerald and Deborah Knight of Delmar. Great-grandmother is Lois Marie Dascher of Delmar.

## Dean's List

Ithaca College — Justin Friedman, Sara Hughes and Evan McQuide, all of Delmar, and Erin Wiater of Voorheesville.

United States Military Academy — Timothy Moshier of Delmar.

University of Rochester — Andrew Macmillan and Sarah MacDowell, both of Delmar.

### Slingerlands student earns HVCC award

Slingerlands resident Timothy Tice, a 2000 Hudson Valley Community College graduate, was recently presented with the college's Electrical Construction and Maintenance Club Award for Academic Excellence.

Tice graduated with honors from the electrical construction and maintenance program.

The award is presented to students who are chosen by Hudson Valley's faculty on the basis of academic excellence in the program.



John Halligan and Grace Sheldon

## Sheldon, Halligan to wed

Grace Sheldon, daughter of Ruby Brew of Clifton Park and the late Arthur Curtis, and John Halligan, son of John Halligan of Clifton Park and Nancy Smith of Delanson, are engaged to be married.

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

She works at Progressive In-

surance in Albany.

The future groom is a graduate of Clayton A. Bouton Junior-Senior High School and SUNY Delhi.

He is a salesman for Gourmet Award foods and a student at Siena College.

The couple plans an Oct. 14 wedding.

### College students work as summer interns

Two local SUNY Oswego students took part in internships over the summer through the school's Experience-Based Education Program.

Matthew Harbinger of Delmar,

a junior applied mathematics major, and Cheryl Renker of Voorheesville, a senior broadcasting and mass communication major, earned college credits while garnering valuable experience.

## 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 P.O. Box 100, Delmar 12054.



## URSULA

Company Store

### SUMMER SALE

AUG. 26 - SEPT. 16

Tuesdays ..... 5:30pm-8:00pm

Saturdays ..... 9:00am-2:00pm

### Don't Miss This One!

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.

## 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.



## TENDER CARE CHILD CENTERS

569 Elm Ave., Bethlehem



"When You Can't Be There... Your Child Deserves Tendercare"

### FREE Registration With This Coupon

(\$50 VALUE) Limited To First Time Customers

Register now for fall programs

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

478-0787  
Bethlehem

869-6032  
Guilderland

OFFER VALID WITH THIS COUPON

## FALVO'S

PRIME BUTCHER SHOP



"Quality Always Shows"  
WE SELL U.S. PRIME BEEF  
We Accept Food Stamps  
Not Responsible For Typographical Errors

SLINGERLANDS, ROUTE 85A • PHONE/FAX ORDERS 439-9273

U.S.D.A. PRIME • BONELESS <b>SIRLOIN STEAKS</b> \$4.99 LB.	(OUR OWN) STORE MADE 5 LB. BOX PATTIES GROUND CHUCK ..... \$1.99 LB. GROUND ROUND ..... \$2.39 LB. EX LEAN GROUND SIRLOIN ..... \$2.99 LB.	ALL NATURAL • BONELESS & SKINLESS <b>CHICKEN BREAST</b> GRADE A ..... \$2.69 LB.
--	--	--

COUNTRY-STYLE <b>SPARE RIBS</b> \$1.99 LB.	3 LBS. OR MORE • HOT OR SWEET <b>ITALIAN SAUSAGE</b> \$1.89 LB. LINKS OR PATTIES	DELI. DEPT. SARA-LEE OVEN ROASTER <b>TURKEY BREAST</b> \$4.59 LB.	<b>BEEF SPARE RIBS</b> \$1.59 LB.
--	---	--	--------------------------------------

U.S.D.A. CHOICE & HIGHER <b>WHOLE N.Y. STRIP LOINS</b> ..... \$4.69 LB. 15 Lbs. Avg. Weight	U.S.D.A. CHOICE & HIGHER <b>WHOLE TENDERLOINS PEELED</b> ..... \$8.69 LB. 6 Lbs. Avg. Weight	10 LBS. OR MORE <b>GROUND CHUCK</b> ..... \$1.59 LB. <b>GROUND ROUND</b> ..... \$2.19 LB. <b>GROUND SIRLOIN</b> Extra Lean ..... \$2.39 LB.
---	--	--

Prices Good Thru 9/2/00 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday



# Family ENTERTAINMENT

## CALENDARS ♦ ARTS & ENTERTAINMENT

By JOHN BRENT

**R**emember the scene in "Brigadoon" when all the clans gather for the big wedding? The different families come together from the hills and valleys surrounding the old kirk. They proudly wear their traditional costumes and play bagpipes as they march toward the assembly.

For those visiting the Scottish games this weekend, it will seem as if they have been thrust into the world of "Brigadoon."

On Saturday and Sunday at the Altamont Fairgrounds, visitors can experience a day filled with Celtic pageantry and spectacle as they enjoy marching bands, dancers, athletic contests, folk music, Scottish boutiques, children's activities and a variety of Scottish and American foods and spirits.

Saturday will feature the Northeastern U.S. Pipe Band Championship competition, the Northeastern U.S. Highland Dance Championship and the U.S. Open Highland Athletic Championship.

The Hudson Valley Harp Circle, the Capital District Scottish Dancers and a team of Clydesdales are also part of the Saturday entertainment lineup.

On both Saturday and Sunday, musical entertainment will be provided by Clandestine, Glengarry Bhoys and Cuillin.

On Saturday the entertainers will be joined by The Brigadoons and Jennifer Licko. And on Sunday The McKrells will join the performers.

The Brigadoons are a group from Ontario, Canada, more specifically Glengarry County, an area settled largely by Scots. The Scottish tradition is reflected in the music of the group which was formed in 1971.

Deriving their repertoire from Scot, Irish, American and Canadian folk music, The Brigadoons will perform beginning at 12:30 on Saturday in the beer tent with a another performance at 3:30 p.m.

Clandestine evolved from a pipe and drum ensemble founded in 1991 in Houston, Texas. Highland pipes, fiddle, acoustic guitar, hand percussion and vocal harmonies make up the group's Celtic sound.

The group will perform at 1 and 3 p.m. on Saturday and at noon and 2 p.m. on Sunday.

"If these Bhoys don't get you movin' then your skin is on too tight," said a Toronto reporter of the Glengarry

## Scottish Highlands come to Altamont



Bhoys who, like The Brigadoons, call Ontario home. Combining powerful vocals and song writing with in-your-face piping and lively dancing, the group creates an energetic sound you won't want to miss.

The Glengarry Bhoys will perform at 2 and 4 p.m. on Saturday and at 11 a.m. on Sunday.

Cuillin, yet another Canadian group will perform on Saturday at 2 and 5 p.m. and on Sunday at 1:15 and 3. Mixing traditional Celtic sounds with modern rock and roll, Cuillin offers a unique sound.



Jennifer Licko is a vocalist who specializes in Scottish music. She has studied Gaelic and done extensive research on the different types of

Scottish songs and the stories that accompany them. Licko performs on Saturday beginning at 2:30.

Combining Blue Grass with a Celtic sounds, the Saratoga Springs based McKrells are well known in local circles for their high-energy style. While well known locally, the reputation of the group, has spread well beyond the Capital District. The McKrells will perform on at noon on Sunday.

Another popular Sunday event, the "Beers and Cheers" competition takes place from 11 a.m. to 7 p.m. Pipe Bands from all over the eastern U.S. and Canada augment the traditional pipe and drums with a wide variety of other instruments. A wild and unique medley of sound is played while the beer tent patrons cheer on the groups.

Highland dance and amateur athletics are also featured on Sunday. Visitors are given the opportunity to try their skill at some of the highland games.

Throughout the weekend, the Mike Farrell School of Irish Dancing, Celtic Canine Capers, performances by massed bands, highland cattle and sheep dogs will be providing additional entertainment.

There will also be presentations of the art of swordsmanship by noted author and Scottish historian Scott Ian Barry who comes dressed as

legendary Scottish hero, Rob Roy.

Exhibits by Scottish Clans and societies will be on display both days as will vendors featuring kilts, sweaters, woolens and Celtic jewelry.

And you certainly won't want to miss the "Bonniest Knees" contest slated for both days.

Admission to the Capital Region Scottish Games is \$12 for adults on Saturday and \$10 on Sunday. Children 6-12 are \$3 each day. Children under 6 are free. Discounted tickets are available at regional

Hannaford Markets and Holmes & Watson in Troy through Sept. 1. There is a \$3 parking charge both days.

For information call 453-2551.



The McKrells will offer their Bluegrass/Celtic sound this Sunday at the Scottish Games in Altamont.



Texas based group Clandestine offers a diverse repertoire which is firmly rooted in the Celtic tradition. They perform on both days of the Capital District Scottish Games this weekend.

# ARTS and ENTERTAINMENT

## Theater

**ANNIE**  
Mac-Haydn Theater, 3, \$18.90 and \$20.90, \$9 for children under 12. Information, 392-9292.

**JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT**  
Theater Barn, Route 20, New Lebanon, through Sept. 3, \$17, \$15 matinees. Information, 794-8989.

## Call For Artists

**AUDITION**  
for actors in Footlighters production of "Spirit," Aug. 30, 8 p.m., Calvary United Methodist Church. Information, 373-8237.

**DELMAR COMMUNITY ORCHESTRA**  
openings in the string, horn and percussion sections. Information, 439-1603

**COLONIE TOWN BAND**  
openings for percussion and low brass players, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760

**COLONIE CENTENNIAL BRASS CHOIR**  
openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

**SIENA CHAMBER ORCHESTRA AND CHOIR**  
rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

**CLIFTON PARK COMMUNITY ORCHESTRA**  
openings in all sections, especially strings, rehearsals Tuesdays at 7:30 p.m., Clifton Common Senior Center. Information, 783-2511.

**SINGERS NEEDED**  
for Electric City Chorus, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

**MONDAY MUSICAL CLUB WOMEN'S CHORUS**  
invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

**CAPITAL COMMUNITY VOICES**  
rehearsals at Columbia High School, Luther Road, East Greenbush, 7 to 9 p.m., Tuesdays. Information, 477-8308.

## Classes/Lectures

**MUSIC CLASSES**  
in many folk instruments: Old Songs, ROI Center, Route 155, Guildford. Information, 765-2815.

**MUSEUM ART CLASSES**  
ongoing, Albany Institute of History & Art. Information, 463-4478.

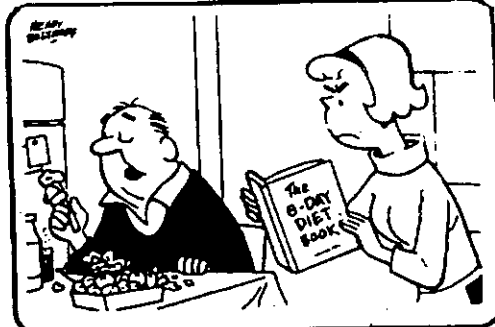
**DANCE CLASSES**  
ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096

**ART CLASSES**  
watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

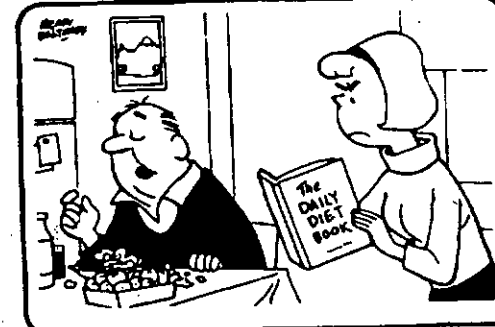
Check Automotive Classifieds on the Web at [www.spotlightnews.com](http://www.spotlightnews.com)

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Book title is different. 2. Woman's hands are changed. 3. Picture is added to wall. 4. Man's fork is gone. 5. Woman's apron is missing. 6. Woman's right hand is hidden.

Let your career **SOAR!**  
With the Spotlight Newspapers Employment Classifieds!

**WORDS ENDING WITH "ADE"**

NYWTRPMEKEIFDBY  
WUSQOMKEDAKCOLB  
IFEDGBEAEEAEZEXW  
EUSDQRPDDDKMONE  
LDLJAAEDALOCCAD  
IHAFCCDNLNCAOYA  
MMASQUERADEWVTC  
ETESIRQDMDPMNLS  
AKIHELEFREECOBAB  
DZYSEDAARAHWCVR  
EDASURCPMUSRQPP

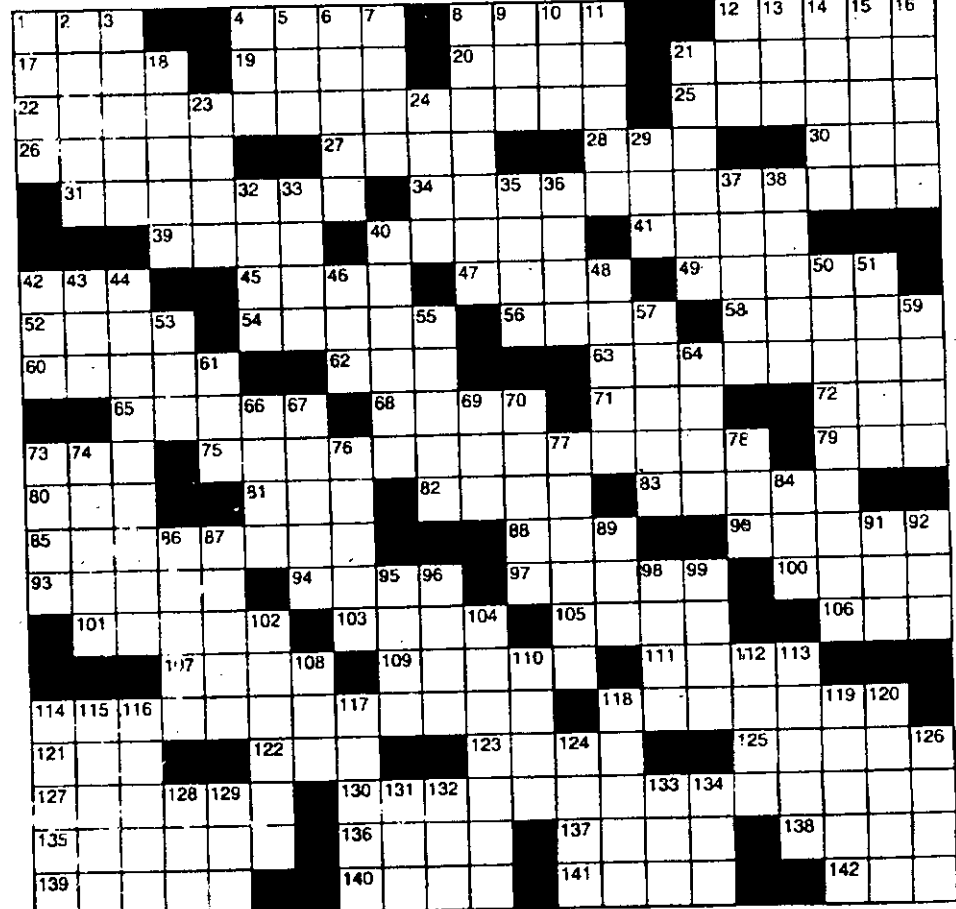
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.  
Saturday's unlisted clue hint: 10 PER CENTURY

Accolade	Crusade	Limeade	Promenade
Blockade	Escapade	Marmalade	Serenade
Cascade	Grenade	Masquerade	Stockade
Charade	Lemonade	Palisade	

©2000 King Features, Inc.

## The Super CROSSWORD

- ACROSS**
- 1 Buddy
  - 4 Verne hero
  - 8 Cantata composer
  - 12 Goo
  - 17 corny as Kansas
  - 19 Orenburg's river
  - 20 Literary pseudonym
  - 21 Like Schoenberg's music
  - 22 Like Felix Unger?
  - 25 Act like Holmes
  - 26 "Card" ('90 film)
  - 27 Comic Orson
  - 28 Bungle
  - 30 Sweater letter
  - 31 On the nose
  - 34 Skinny novelist?
  - 39 Get on
  - 40 Rocker Tom
  - 41 Curly coil
  - 42 "Saving Private Ryan" extras
  - 45 Mollo or Magnani
  - 47 Reggae's Pegg
  - 49 Offer an apple?
  - 52 Pinnacle
  - 54 Dawns to Donne
  - 55 Coarse flour
  - 58 "on My Pillow" ('58 song)
  - 60 Stiller's partner
  - 62 Tread the boards
  - 63 Man from Munich
  - 65 Ponderosa, for one
  - 68 Mrs. Zeus
  - 71 Mineral suffix
  - 72 Sgt., e.g.
  - 73 Gamble
  - 75 Extremely encouraging individual?
  - 79 Kitten's comment
  - 80 Sharpton and Yankovic
  - 81 Hockey great
  - 82 A sweeping success?
  - 83 Calliope's sister
  - 85 '66 Tommy Roe tune
  - 88 Merino male
  - 90 Shiva worshiper
  - 93 Throw forcefully
  - 94 "The Ramayana" heroine
  - 97 Actress Samantha
  - 100 Jury member
  - 101 Economize
  - 103 Calligraphy supply
  - 105 Land in the sea
  - 106 Longing
  - 107 Jets, Mets, or Nets
  - 109 Release
  - 111 Hideaway
  - 114 Dishonest anchorman?
  - 118 New Jersey's Pine
  - 121 Port: abbr.
  - 122 Director
  - 123 "Dias"
  - 125 Be of use
  - 127 Bring to light
  - 130 Corrupt college official?
  - 135 Acid's opposite
  - 136 Bronte heroine
  - 137 Ice-cream thickener
  - 138 Writer Hunter
  - 139 June birthstone
  - 140 Paper quantity
  - 141 Sunk
  - 142 Prior to, to
  - DOWN**
  - 1 BB-gun sound
  - 2 "That's —" ('53 tune)
  - 3 Paint ingredient
  - 4 Lots of laughs
  - 5 Part of NATO
  - 6 Hayes of westerns
  - 7 Cratter's need
  - 8 Publisher
  - 9 Ginger
  - 10 Security grp.
  - 11 Couldn't stand
  - 12 Canonized
  - 13 King's "Salem's"
  - 14 Motionless
  - 15 "Man" ('78 song)
  - 16 Singer John
  - 18 Farm sight
  - 21 Directionless
  - 23 Native Peruvian
  - 24 Yarn
  - 29 Singer Chris
  - 32 Soho streetcar
  - 33 Carson's successor
  - 35 Particle
  - 36 AMEX rival
  - 37 Scacchi of "The Player"
  - 38 Seascape painter
  - 40 Cisco's chum
  - 42 Pin
  - 43 The Capades
  - 44 Einstein's chair?
  - 46 New Deal agcy.
  - 48 Convent
  - 50 Dentist's wear
  - 51 Vestige
  - 53 Geologic division
  - 55 Cook veggies
  - 57 Make chair legs
  - 59 Chilly powder?
  - 61 Social worker?
  - 64 Swerve
  - 66 Word with pork or karate
  - 67 Toast start
  - 69 Dietary abbr.
  - 70 TV's "Hearts"
  - 73 Big party
  - 74 Cary of "The Princess Bride"
  - 76 Bit of a beach?
  - 77 Leisurely, to Leoncavallo
  - 78 Team scream
  - 84 Palm oil?
  - 86 Lloyd Webber musical
  - 87 Principle
  - 89 Booker T.'s group
  - 91 Billy Williams
  - 92 Fancy planter
  - 95 Siopa
  - 96 Cain's victim
  - 98 — brevic
  - 99 Bring up
  - 102 Gauguin setting
  - 104 Feminist
  - 108 Pie ingredient?
  - 110 Greek sandwich
  - 112 Neighbor of Turkey
  - 113 Variety show
  - 114 Tight
  - 115 Actress Berry
  - 116 Slezak or Alexander
  - 117 Consumer advocate
  - 118 Stocking shade
  - 119 Credulous
  - 120 Indian instrument
  - 124 Way over yonder
  - 126 Director
  - 128 Roller-coaster unit
  - 129 Under the weather
  - 131 Hook's mate
  - 132 Southern constellation
  - 133 Scottish refusal
  - 134 Annoy



# The Spotlight CALENDAR

**Wed. 8/30**
**BETHLEHEM**
**YOUTH EMPLOYMENT SVCS.**

Parks and Recreation Office, Elm Avenue Park, 9:30 - noon. Also Thurs., 2-4:30 p.m. Information, 439-0503.

**BETHLEHEM**
**"BOOKSTART" AT LIBRARY**

Workshop for parents of children ages 1-5 on selecting books for young children, how to share stories, and use of the library for support. Bethlehem Public Library, 451 Delaware Ave., Delmar, 7 p.m. Registration, 439-9314.

**SOLID ROCK CHURCH**

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

**BINGO**

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

**TESTIMONY MEETING**

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

**NEW SCOTLAND**
**FAITH TEMPLE**

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

**PRAYER MEETING**

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

**NEW SCOTLAND SENIORS**

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

**AA MEETING**

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**Thurs. 8/31**
**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.

**ALTERNATIVE WORSHIP**

Contemporary-worship service throughout summer, 7 p.m. Sermon series "Ten Values That Build Families." Nursery care provided. Assistive listening devices, handicap accessible. Bethlehem Lutheran Church, 85 Elm Ave., Delmar, Information, 439-6217.

**CLASS IN JEWISH MYSTICISM**

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

**AA MEETINGS**

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

**Fri. 9/1**
**BETHLEHEM**
**AA MEETING**

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

**CHABAD CENTER**

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

**NEW SCOTLAND**
**PIONEER CLUBS**

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

**YOUTH GROUP MEETINGS**

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

**Sat. 9/2**
**BETHLEHEM**
**AA MEETING**

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

**Sun. 9/3**
**BETHLEHEM**
**WORSHIP INFORMATION**

Bethlehem Community Church, 201 Elm Ave., Delmar, 439-3135.

Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.

Bethlehem Lutheran, 5 Elm Ave., Delmar, 439-4328.

Delmar Full Gospel, 292 Elsmere Ave., Delmar, 439-4407.

Delmar Presbyterian, 585 Delaware Ave., 439-9252.

Delmar Reformed, 386 Delaware Ave., Delmar, 439-9929.

First Church of Christ, Scientist, 555 Delaware Ave., Delmar, 439-2512.

First Reformed of Bethlehem, Route 9W, Selkirk, 767-2243.

First UMC of Delmar, 428 Kenwood Ave., 439-9976.

Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.

Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.

Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.

Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.

South Bethlehem UMC, 65 Willowbrook Avenue, 767-9953.

St. Stephen's Episcopal, Poplar Drive and Elsmere Ave., Delmar, 439-3265.

St. Thomas The Apostle R.C., 35 Adams Place, Delmar, 439-4951.

Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

**NEW SCOTLAND**
**SUNDAY WORSHIP INFO**

Bethel Baptist, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.

Clarksville Community Church, Route 443, 768-2916.

Family Worship Center, 92 Lower Copland Hill Road, Feura Bush, 768-2021.

Faith Temple, New Salem, 765-2870.

First United Methodist, 68 Maple Ave., Voorheesville, 765-2895.

Jerusalem Reformed, Route 32, Feura Bush, 439-0548.

Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.

Onesquehew Reformed, Tarrytown Road, Feura Bush, 768-2133.

Presbyterian Church in New Scotland, Route 85, 439-6454.

St. Matthew's R.C., Mountain View Road, Voorheesville, 765-2805.

Unionville Reformed, Delaware Turnpike, 439-5001.

United Pentecostal, Route 85, New Salem, 765-4410.

**Mon. 9/4**
**LABOR DAY**
**BETHLEHEM**
**HOLIDAY MEETING SCHEDULES**

Contact the following organizations to verify meetings normally held on first Monday of the month:

Delmar Kiwanis, 439-2437 or 439-6952.

Albany County Pistol Club, 439-0057.

Nathaniel K. Blanchard Legion Post, 439-9819.

Temple Chapter, Royal Arch Masons, Delmar Masonic Temple.

**AA MEETING**

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

**Tues. 9/5**
**BETHLEHEM**
**TREASURE COVE THRIFT SHOP**

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

**SOUTH BETHLEHEM THRIFT SHOP**

South Bethlehem United Methodist Church 65 Willowbrook Ave., South Bethlehem, 10 a.m. - 2 p.m.

**TAKE POUNDS OFF SENSIBLY**

Glenmont Community Church, Weiser Street, 6 p.m. weigh-in, 6:30 p.m. meeting. Information, 449-2210.

**ELSMERE FIRE COMMISSIONERS**

firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

**PLANNING BOARD**

town hall, 7:30 p.m. Information, 439-4955.

**BINGO**

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

**DELMAR ROTARY**

Day's Inn, Route 9W, Information, 439-9988.

**A.W. BECKER PTA**

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

**SLINGERLANDS FIRE COMMISSIONERS**

firehouse, 8 p.m. Information, 439-4734.

**NEW SCOTLAND**
**NIMBLEFINGERS/QUILTERS**

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

**PLANNING BOARD**

town hall, Route 85, 7 p.m. Information, 765-3356.

**Wed. 9/6**
**BETHLEHEM**
**OPPORTUNITIES UNLIMITED**

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 451 Delaware Ave., Delaware, 4 p.m.

**BETH. BUSINESS WOMEN**

Normanside Country Club, Salsbury Road, Elsmere, 6 p.m. Information, 439-3791.

**SOLID ROCK CHURCH**

evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

**BETHLEHEM LIONS CLUB**

Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

**BETHLEHEM ELKS LODGE 2233**

Route 144, Cedar Hill, 7 p.m. Information, 767-2886.

**TESTIMONY MEETING**

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

**ZONING BOARD OF APPEALS**

town hall, 445 Delaware Ave. 7:30 p.m. Information, 439-4955.

**BINGO**

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

**BOY SCOUT TROOP 58**

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

**BC SCHOOL BOARD**

district office, 90 Adams Place, 8 p.m. Information, 439-7098.

**ORDER OF THE EASTERN STAR**

Onesquehew Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

**NEW SCOTLAND**
**V'VILLE ZONING BOARD**

village hall, 29 Voorheesville Ave., 7 p.m. information, 765-2692.

**NEW SCOTLAND SENIORS**

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

**PRAYER MEETING**

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

**FAITH TEMPLE**

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

**AA MEETING**

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**Thurs. 9/7**
**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.

**FAMILIES FIRST**

support group for parents of children with Attention Deficit Disorder (ADD), Bethlehem Public Library, 451 Delaware Ave., 7 to 8:30 p.m. Information, 439-8839.

**BETH. LUTHERAN CHURCH**

children's choir, 6:30 p.m., senior choir, 7:30 p.m., 85 Elm Ave. Information, 439-4328.

**CLASS IN JEWISH MYSTICISM**

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

**AA MEETINGS**

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

**Fri. 9/8**
**BETHLEHEM**
**Q.U.I.L.T. MEETING**

Giant show-and-share and general meeting, open to visitors and new members; pre-meeting 9:15 a.m., First United Methodist Church, 428 Kenwood Ave., Delmar, Information, 456-0552.

**AA MEETING**

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

**CHABAD CENTER**

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

**NEW SCOTLAND**
**PIONEER CLUBS**

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

**YOUTH GROUP MEETINGS**

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

**Sat. 9/9**
**BETHLEHEM**
**PROGRAM AT FIVE RIVERS**

Center naturalists offer indoor seminar for beginning hawk watchers on identification and seasonal migration Five Rivers Environmental Education Center, Game Farm Road, Delmar, 2 p.m. Free. Information, 475-0291.

**AA MEETING**

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.



## Spotlight on Dining

---

### 元寶屋 DUMPLING HOUSE

Chinese Restaurant

**S**pecializing in Dumplings, Lunches, Dinners,  
Cocktails, Mandarin, Szechuan, Hunan & Cantonese.

Eat in or Take Out. Open 7 days a week.

**458-7044 or 458-8366**

120 Everett Road, Albany • (Near Shaker Road)

Our  
**Automotive  
Classifieds**  
Run Like  
a Dream!



Phone in Your  
Classified with  
MasterCard or Visa  
**439-4940**




# Spotlight Classifieds Get Results!

Call  
**439-4940**  
To Place  
Your Ad Today.





## LEGAL NOTICE

## NOTICE OF PUBLIC HEARING

**TOWN OF BETHLEHEM, ALBANY COUNTY**  
**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on September 13, 2000 at 7:30 p.m. at the Town Hall, 445 Delaware Avenue, Delmar NY for the purpose of hearing public comments on the Town's intention to submit an application for the 2000 Town of Bethlehem Disaster Recovery Program under the Community Development Block Grant Program. The application will be submitted to the New York State Governor's Office for Small Cities. The Governor's Office for Small Cities is allocating Community Development Block Grant Funds to assist in the economic and physical recovery of businesses that suffered loss due to the May 16-June 10, 2000 landslides that occurred on Delaware Avenue in the Town of Bethlehem, Albany County. All parties in interest and citizens will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact David Austin at 439-4131. Advanced notice is requested.  
**BY ORDER OF THE TOWN BOARD**  
**TOWN OF BETHLEHEM**  
 Kathleen A. Newkirk, CMC/RMC  
 TOWN CLERK  
 Dated: August 23, 2000  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Dalinter International LLC was filed with SSNY on 08/15/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Eco Holding Company LLC was filed with SSNY on 08/15/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

GBR Coloured Gems LLC was filed with SSNY on 08/15/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Ecosoftware Engineering LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

VIP Marketing LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## LEGAL NOTICE

## NOTICE OF PUBLICATION

PCA Professional Creativity Agency LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Manchester Enterprises LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Dasinton Securities LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Gravendel Trading LLC was filed with SSNY on 08/14/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

WORLD TRADE FASHION LLC was filed with SSNY on 8/7/00. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 30 East 40th Street, Suite 605, New York, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

SILVERSANDS LLC was filed with SSNY on 8/3/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## LEGAL NOTICE

address which SSNY shall mail any process against the LLC served upon him: The LLC, 30 E. 40th St., NY, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

SEARCH-MANAGER, LLC was filed with SSNY on 8/2/00. 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, 30 E. 40th St., NY, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

BLUEBIRD LLC was filed with SSNY on 8/2/00. 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, 30 E. 40th St., NY, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

HOPEDALE LLC was filed with SSNY on 8/2/00. 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, 30 E. 40th St., NY, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

DOLPHIN CAPITAL LLC was filed with SSNY on 6/13/00. 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 Fl., Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

Goldman Morgenstern and Partners Consulting LLC was filed with SSNY on 7/18/00. 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 St., 3rd Fl., Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## LEGAL NOTICE

## NOTICE OF PUBLICATION

MAXUS L.L.C. was filed with SSNY on 7/21/00. 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 Fl., Albany, New York 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

VERTEC LLC was filed with SSNY on 7/19/00. 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, 30 E. 40th St., NY, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

LINDA FINE ART & DECORATION LLC was filed with SSNY on 7/17/00. 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 Fl., Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE OF PUBLICATION

GOAL MARKETING, LLC was filed with SSNY on 7/10/00. 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, 226 East 81st Street, New York, NY 10028. Purpose: any lawful purpose.  
 (August 30, 2000)

## NOTICE TO BIDDERS

The Board of Fire Commissioners of the Selkirk Fire District requests sealed bids to be opened at Selkirk Firehouse No. 3, Route 396, So. Bethlehem, New York, on September 18, 2000 at 7:45 P.M., for a 1974 Fiberglass Boat. The boat may be seen by contacting Chairman Joseph Keller, (518) 465-3193 or District Chief Harlen Metz (518) 436-0534. The sale is As Is, Where Is. Sealed bids marked Boat Bid may be delivered to Commissioner, Richard T. Stangle, 368 So. Albany Road, Selkirk, New York 12158, phone (518) 767-3014 or to the Board at the time of the bid opening. The Board of Fire Commissioners reserves the right to reject any and all bids. Dated: August 21, 2000  
 By Order of the Board of Fire Commissioners of the Selkirk Fire District, Selkirk, New York 12158  
 By Frank A. With, Secretary  
 (August 30, 2000)

## LEGAL NOTICE

## PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

**FIRST:** The name of the Limited Liability Company is AFFILIATED PUBLISHING, LLC (hereinafter referred to as the "Company").  
**SECOND:** The Articles of Organization of the Company were filed with the Secretary of State on July 20, 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: 125 Wolf 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 engage in any lawful acts of activities for which limited liability companies may be formed under the Law.  
 (August 30, 2000)

## PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

**FIRST:** The name of the Limited Liability Company is STROLLO DEVELOPMENT, LLC (hereinafter referred to as the "Company").  
**SECOND:** The Articles of Organization of the Company were filed with the Secretary of State on July 27, 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: 16 Sunflower Lane, Colonie, New York 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 engage in any lawful acts or activities for which limited liability companies may be formed under the Law.  
 (August 30, 2000)

## PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

**FIRST:** The name of the Limited Liability Company is B/A Airport Park Solutions, LLC (hereinafter referred to as the "Company").  
**SECOND:** The Articles of Organization of the Company were filed with the Secretary of State on August 2, 2000.  
**THIRD:** The county within New York State in which the office of the Company is to be located is Albany.  
**FOURTH:** The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the

## LEGAL NOTICE

Secretary of State shall mail process is: B/A Airport Park Solutions, LLC, c/o British American Development Corp., 4 British American Boulevard, Latham, New York 12110.  
**FIFTH:** The latest date on which the Company is to dissolve is December 31, 2050, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.  
**SIXTH:** The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.  
 (August 30, 2000)

## VOORHEESVILLE CENTRAL SCHOOL DISTRICT

**NOTICE TO TAXPAYERS FROM THE VOORHEESVILLE BOARD OF EDUCATION**  
 For those taxpayers who are having their school taxes paid through an escrow account, the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank.  
 Marilyn B. Schaff  
 School Tax Collector  
 Voorheesville Central School District  
 (August 30, 2000)

## VOORHEESVILLE CENTRAL SCHOOL DISTRICT

**SCHOOL COLLECTOR'S NOTICE**  
 Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central School District. I will receive all taxes for a period of 61 days beginning September 1, 2000 at the place listed below. During the 32 day period from September 1, 2000 through October 2, 2000 inclusive there will be no penalty charge for the collection of the tax. From October 3, 2000 through October 31, 2000 in accordance with Section 2130 of the education Law and section 1328 of the Real Property Tax Law, penalty will be charged at a rate of 2% for the month of October. No collections will be made after November 1, 2000. Postmarks of October 31, 2000 will be accepted.  
 Paying in Person: Voorheesville Central School District, 432 New Salem Road, Voorheesville, NY Tues., Wed. or Thursday 10 A.M. - 2 P.M.  
 Paying by Mail: Voorheesville Central School District, Tax Collector, Post Office Box 201 Voorheesville, New York 12186  
 Make Checks Payable to: Voorheesville Central School District  
 Marilyn B. Schaff, School Tax Collector  
 Voorheesville Central School District  
 Voorheesville, New York 12186  
 (August 30, 2000)

# Your town — your news — that's what we do.

Your neighborhood. Your neighbors. Area business.  
 Local schools & sports. Town & county government.

Each week we bring you award-winning coverage of the people, places and events that impact on you and your family. Useful stories and features that provide coverage of your community.

## Spotlight Newspapers

The Spotlight • Colonie Spotlight • Loudonville Weekly • Niskayuna Journal • Rotterdam Journal • Scotia-Glenville Journal • Clifton Park Spotlight

# At Your SERVICE


a guide to services for your home

**ANIMALS**

BURGER - 2  
WILDLIFE CONTROL

**ANIMALS**

Moles  
Woodchucks  
Squirrels  
Raccoons  
Skunks  
Etc.



**372-7597**

**APPLIANCE REPAIR**

Joseph T. Hogan  
Appliance &  
Electric Service

**756-9670**

**BATHROOMS**

**OLD DIRTY GROUT?**  
Re-grout it to look like new!

**Bathroom Restorations**

SPARKLIN' JOHN • 591-0059 • Colonia

**CONTRACTORS**

D.P. ESTEY CONSTRUCTION  
& REMODELING

All types of Interior & Exterior  
Carpentry, Home Improvements  
& General Contracting  
Insured-Professional  
Reasonable-Experienced



Don Estey (518) 465-7642 Glenmont

**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**

**DOG TRAINING**

**FAMILY DOG**  
In-Home Dog Training

Basic obedience • Problem solving  
Behavior Modifications  
Customized Training

At your convenience • At a price you can afford!  
Less expensive than formal obedience training,  
in the comfort of your own home.

Results Guaranteed **783-8343**

ADVERTISE IN THE  
Spotlight Newspapers  
Service Directory

Call  
**439-4940**

**DRIVEWAYS**

**C MACRI & SONS**  
Blacktop Specialists

"Serving the Town of Bethlehem Since 1973"

PAVING • DRIVEWAYS • PARKING LOTS  
All Types



Free Estimates  
Fully Insured

**439-7801**  
info@macrisons.com • 439-0563

**10% OFF with this ad!**

**ELECTRICAL**

**GINSBURG ELECTRIC**  
All Residential Work  
Large or Small

FREE ESTIMATES  
Fully Insured • Guaranteed

**459-4702**

**HANDYMAN**

**BEST BET**  
Home Repair & Maintenance  
Gutters Cleaned • Plumbing  
Repairs • Screens • Electrical

**Senior Discounts**  
Call Danny **434-5612**

**Superior Handyman Service**

**From Ceilings to Floors to Sump Pumps**

INSIDE OR OUTSIDE  
"No Job Too Small"

Ask about our  
Special Services

call Earl **489-1142**

Is your ad here?  
Do you want to  
advertise  
with us?

Call Susan  
**439-4940**

**HOME BUSINESS**

**Need Extra Cash?**

Need extra cash?  
• No cash investment  
• no delivery • no collecting  
• minor paperwork • Over 800 items:  
gifts, toys, Christmas items and Home  
Decor • High commissions and great  
hostess awards. Call 478-9424, Marilyn  
Niles or 1-800-488-4875 for a free  
Catalog and details. Also booking  
parties.



**FRIENDLY**  
Home Parties  
TOYS AND GIFTS

**HOME IMPROVEMENT**

**J.V. CONSTRUCTION**

- Roofing
- Siding
- Replacement Windows
- Basement Waterproofing
- Kitchens & Baths
- Gutter Systems
- Sheds & Barns
- Garages & Additions

20 Years Experience

**861-6763**  
FREE ESTIMATES



**ED MAYNARD**

- Tile Mechanic & Stone Cutter
- Specializing in Elaborate Patterns
- All Phases of Remodeling
- Precision Finish Work
- Free Estimates
- 23 Years Experience

**631-0189**

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.

**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**

**Viking**

**HOME REPAIR & MAINTENANCE, LTD.**

- Minor Repairs • Painting
- Wall Repairs • Masonry • Carpentry
- Gutter Cleaning • Electrical

No Job Too Small **439-6863**  
FREE ESTIMATES • FULLY INSURED

**HOME IMPROVEMENT**

**Stephen E. Colfels**  
Carpentry  
Remodeling  
Kitchens & Bathrooms  
Painting  
Masonry  
Ceramic Tile  
No Job Too Small  
**478-0284**  
Fully Insured



Get Your Business  
**Noticed**  
in the  
Spotlight Newspapers  
Service Directory

**LAND SERVICES**

**JBS LAND SERVICES**  
Residential Specialist

**767-3389**

Organic Compost,  
Mulch, Topsoil, Manure,  
Stone & Fill, Excavating, Bobcat  
Work, Brush Hogging, Lot  
Clearing & Sight Work.  
Drainage & Septic Systems  
Installed & Repaired.  
Landscaping, lawn renovation  
and installation.

**LANDSCAPING**

**HORTICULTURE UNLIMITED LANDSCAPING**

**Fall Is For Planting**

- LAWNS • TREES
- SHRUBS • PERENNIALS
- WATER GARDENS

You Deserve The BEST!  
"WE DO THINGS RIGHT"

**767-2004**  
See our work at [www.nortunlimited.com](http://www.nortunlimited.com)  
OUR 23<sup>RD</sup> ANNIVERSARY

**LAWN CARE**

**TOPSOIL**  
Sandy Loam

**463-1809**

**Nature Care**  
Full Service Lawn Care  
Residential & Commercial  
Mowing & Trimming  
Shrub Care & Mulching  
General Landscaping

All Major Credit Cards Accepted  
email: [naturecare@aol.com](mailto:naturecare@aol.com)  
Call for complete service **462-9060**

**LAWN CARE**

**Delmar Lawn Care**

- Lawn Mowing
- Hedge & Shrub Trimming

**475-1419**

**LAWN MOWING**

**DREAMSCAPE**  
Spring & Fall Clean-up  
Lawn Mowing • Insured

**(518) 765-9004**

**MASONRY**

Residential Improvements  
**CAPITOL MASONRY**  
Stonework  
Concrete, etc.

Shinglerlands **475-7613**

**MULCH**

**Playground Mulch**  
Dark Brown Mulch

**\$20 a cubic yard**  
**355-3200**

**PAINTING**

**Pat's Painting**  
Interior/Exterior  
Insured  
Experienced  
Reliable

**765-4015**

**L.M. CURTIN**  
Painting  
& Paper Hanging

RESIDENTIAL  
INTERIOR • EXTERIOR  
20 Years  
Of Excellence

**439-2752**  
Fully Insured • References Available

**3 Teachers (Retired)**  
Painting & Staining

Interior/Exterior  
Fully Insured **399-0591** Free Estimates

**Classic Painting**  
Interior • Exterior • Guaranteed Work

**Timeless Quality**  
Power & Window Washing  
Deck Restorations

**(518) 436-1997**  
References • Insured • Free Estimates

**VOGEL**  
Painting Contractor

Free Estimates  
• RESIDENTIAL SPECIALIST  
• WALLPAPER APPLIED

Interior — Exterior **INSURED**  
**439-7922**

**W. H. ROTHER**  
Painting & Decorating

Custom Staining & Refinishing  
• Free Estimates  
• References  
• Insured

Phone: 381-6618 Cell: 364-2007

**PAINTER'S PLUS**  
Interior/Exterior  
Drywall Repair  
Pressure Washing  
Window Restoration  
and Glazing

Fully Insured **372-8333** Free Estimates

**A.T.'S CUSTOM CONTRACTING**  
Interior & Exterior  
Painting & Remodeling

- Free Estimates • Fully Insured •
- Pressure Washing •

Adam Taber **767-0424**

**PAVING**

**Don't Be Scammed!**  
**QUALITY PAVERS**  
Family operated in area since 1946

Stone, Penetration,  
Asphalt Paving,  
Seal Coating,  
FULLY INSURED  
FREE ESTIMATES

**767-9118**  
**(518) 767-2488**  
Hazel & Sam Lambert, Owners

**PET CARE**

**Cornell's Cat Boarding**

**767-9095**

Heated • Air Conditioned  
Your choice of food  
Route 9W, Glenmont  
Reservations required  
Eleanor Cornell

**PLUMBING**

**WMD Plumbing**  
Michael Dempf

**475-0475**

**ROOFING**

**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

**439-2205**  
[www.gradyroofing.com](http://www.gradyroofing.com)

**GRADY ROOFING**

For All Your  
Roofing Needs

**439-1515**  
Kevin Grady  
Free Estimates Fully Insured

**A.T.'S CUSTOM CONTRACTING**  
Residential Roofing

- Free Estimates • Fully Insured •

Adam Taber **767-0424**

**SEALCOATING**

**Capital Sealcoating**  
Commercial / Residential  
QUALITY WORK  
FREE ESTIMATES  
FULLY INSURED

**10% OFF**  
WITH THIS AD!  
Senior Discounts

**865-5972**

Run Your  
**Business Directory Ad**  
in our NEW  
**Guilderland Spotlight**  
Call Susan for Special Introductory Rates

**439-4940**

## LEGAL NOTICE

## ARTICLES OF ORGANIZATION OF DIAMOND VIEW, LLC

Under Section 203 of the Limited Liability Company Law of the State of New York

1. The name of the Limited Liability Company is DIAMOND VIEW, LLC (the "Limited Liability Company")

2. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.

3. 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: 1227 Central Avenue, Albany, New York 12205.

4. The Limited Liability Company is to be managed by one or more of its members.

5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.

6. The Limited Liability Company shall have all powers and purposes allowed it by law.

(August 30, 2000)

(August 30, 2000)

## ARTICLES OF ORGANIZATION OF PRIME MANAGEMENT LLC

Under Section 203 of the Limited Liability Company Law

FIRST: The name of the limited liability company is: Prime Management 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:

12 Century Hill Drive  
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 Managers.

IN WITNESS WHEREOF, this certificate has been subscribed to this 20th day of July, 2000, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

S/ E. J. Vandergrift, Attorney in Fact  
(August 30, 2000)

(August 30, 2000)

## BETHLEHEM CENTRAL SCHOOL DISTRICT

## TAX NOTICE

Notice is hereby given that I, the undersigned, have received the Tax Rolls and Warrant for the collection of School Taxes for the Town of New Scotland properties in and for the Bethlehem Central School District, and will receive payments as follows: Tax pay-

ments are to be mailed to Tax Collector, P.O. Box 181, Delmar, NY 12054. There will be a 2% penalty for payment from October 2 through November 1, 2000. Unpaid school taxes will be turned over to the Albany County Treasurer on November 15, 2000.

Kathy Haegge  
Tax Collector  
DATED: August 30, 2000  
(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

## LEGAL NOTICE

## CERTIFICATE OF LIMITED PARTNERSHIP OF SWF VIII, L.P.

Under Section 121-201 of the Revised Limited Partnership Act

1. The name of the limited partnership is "SWF VIII, L.P."

2. The county in which the office of the limited partnership is located is Albany County, New York.

3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 52 Corporate Circle, Albany, New York 12203.

4. The name and business address of the sole general partner is:

DRL, LLC  
52 Corporate Circle  
Albany, New York 12203

5. The latest date upon which the limited partnership is to dissolve is May 31, 2100.

IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 3rd day of May, 2000, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof.

SWF VIII, L.P.  
BY: DRL, LLC, General Partner  
By: S/ Donald R. Led Duke, Member  
(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

## LEGAL NOTICE

## LEGAL NOTICE

1. The name of the limited liability company is TROY DIE CUTTING COMPANY.

2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on August 8, 2000 and became effective on said date.

3. The principal office of the limited liability company is in Albany County.

4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: Troy Die Cutting Company, c/o Chorbajian, 104 Middlesex Drive, Slingerlands, New York 12159.

5. The limited liability company is formed for the purpose of engaging in any business purposes permitted by law.

Dated: August 14, 2000  
Cooper, Erving, Savage, Nolan & Heller, LLP  
Attorneys for Troy Die Cutting Company  
39 North Pearl Street  
Albany, New York 12207  
(518) 449-3100  
(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

## LEGAL NOTICE

Street, New York, NY 10011. Purpose: All Lawful purposes.  
(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)

(August 30, 2000)



# Spotlight CLASSIFIEDS

## ADULT CARE SERVICE

**DAYHAVEN:** For disabled older adults; day services, respite, alzheimer's specialty, 346-1852.

## AUCTIONS

**TAX FORECLOSURE AUCTION**  
700 Sullivan County, NY Properties! Sept. 12-14. Free Info. 800-243-0061. Absolute & Haroff Auction & Realty.  
www.nysauctions.com.

## ANTIQUE AUTOS

**CHEVROLET:** 1951 Deluxe, 4 door, \$4,950. 439-5139, weekdays, after 6:00 p.m.

## BUILDINGS FOR SALE

**FACTORY CLEARANCE!** Arch Steel Buildings- Factory Direct Pricing! 25x26, 30x60, 40x50, 50x110 Below cost! Perfect for Workshops/ Garages/ Storage. Call 1-800-341-7007. www.steelmasterusa.com.

## BUSINESS OPPORTUNITIES

**HERBALIFE!!** I lost 50 lbs. (518) 382-0146. Call for product opportunity.

**OWN A COMPUTER? PUT IT TO WORK!** \$1,000- \$7,000 PART-TIME/ FULL TIME. www.awesomemktg.com

**PIZZA SHOP - EQUIPMENT:** Great location in Delmar, with 10 year lease. Turnkey, \$18,500 cash. Gary, 452-3333.

## 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.

## BUSINESS OPPORTUNITIES

**AAA GREETING CARD ROUTE-** 25 local & established locations. (Hi-Traffic) Great income. Free info. 1-800-277-9424 24/hrs.

**DO YOU EARN \$800 IN A DAY?** Your own local candy route. Includes 30 machines and free candy. All for \$9,995. Call 1-800-998-VEND.

## CEMETARY PLOTS

**ALBANY RURAL MENANDS:** 4 cemetery plots on hill, \$1,500, 785-6188.

## CHILD CARE NEEDED

**AFTER SCHOOL CARE:** 2:20-5:20 p.m., Monday-Friday. Great kids! My Delmar home, 475-1565.

**AFTER SCHOOL:** Child care needed for 2 children, 8 & 11 years old, in my Delmar home, 439-9183.

**BABYSITTER:** 1 morning/ week in my Slingerlands home, Thursday 9:00 a.m.-1:00 p.m. for 5 & 3 year old & infant, starting September, 439-4832.

**CHILD CARE:** Hamagrae! & Middle School bus route, before/ after school & vacations, 478-9775.

**LOOKING for middle school/ high school student for occasional after school babysitting,** my Glenmont home, 475-9428.

**MOTHER'S HELPER:** Part-time helper for three children in Slingerlands home. Flexible schedule, competitive pay. 767-9703.

**DESPERATELY SEEKING MARY...** Poppins, that is! Reliable, Loving and Experienced Nanny needed to help care for our two girls (ages 4 and 2) in our Niskayuna home. Part-time, Flexible Daytime Hours (20-30 hours/ week). Mature College Students or Energetic Grandmothers welcome. Competitive Salary, 372-8741.

## CHILDCARE SERVICES

**MERRY HEARTS:** Christian after school care, Albany/ Delmar. Rose, 598-1264

**MRS. D's:** 24 Hour Day Care. Sunday night through Friday night. Please see our display ad in the "At Your SERVICE" directory (just a few pages toward the front of the paper) and call us for details at 356-4369.

My ALBANY/ DELMAR home - 2 openings. Experienced with references, 449-4853.

My COLONIE Home: Quality, experienced daycare. Infant to Pre-school, 869-3604.

**VOORHEESVILLE CHILD CARE:** Infant and up. Several openings still available. Experienced Mom. references, reasonable rates. 765-7251, Debbie.

**WILL CARE for your child/ children in my Selkirk home.** Call 767-0302, leave message.

**WORK 2nd or 3rd SHIFT? NEED DAYCARE??** 2 Full or part-time spots available. 5 years experience, references. 456-1746.

## CLEANING SERVICES

**CLEANING-** residential/ small business/ industrial. Free estimates. References. Call Rose 439-0350.

**14 YEARS EXPERIENCE.** Satisfaction Guaranteed. Excellent References. Colonialia only. 439-2796.

**HOMES and OFFICES:** Family owned and operated. Quality work at low rates. 374-4145.

**HOUSE/ OFFICE CLEANING:** Reasonable rates, References. 869-5319.

## 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

**ADVANCE-FEE LOANS or CREDIT OFFERS:** Companies that do business by phone can't ask you to pay for credit BEFORE you get it. For more information, call toll-free 1-(877)-FTC-HELP. A public service message from the Spotlight Newspapers and the Federal Trade Commission.

**CREDIT OFFERS or ADVANCE-FEE LOANS:** it's illegal for companies doing business by phone to promise you a loan and ask you to pay for it before they deliver. For more information, call toll-free 1-(877)-FTC-HELP. A public service message from the Spotlight Newspapers and the Federal Trade Commission.

## FOUND

**CAT:** Tiger kitten - Black & gray tiger, 6-7 months old. Found in early August, Albany Shaker Road area, Loudonville, 3 blocks above the Albany city line. Please call 463-7042.

**FIND SOMETHING?** Advertise it free. Call 439-4940.

**GLASSES:** Tortois shell found at the corner of Bruce Lane & Patton Drive, Rotterdam, in early August. Please call 355-4448

## GARAGE SALES

**DELMAH:** 11 Wilshire Drive (off Partridge Road), Friday & Saturday, September, 1st & 2nd, 9:00 a.m.-2:00 p.m. Antiques, sports cards, collectibles, toys.

**VOORHEESVILLE Annual "RUMMAGE SALE"** Super Valu parking lot, Saturday, September 23rd 8:00 a.m.-?? Rain date Saturday, September 30th. Annual DOLLARS for SCHOLARS FUND RAISER. Many, Many Great Items and Great Bargains!

**WANTED** The Voorheesville Dollars for Scholars Chapter is seeking donations to be sold at their annual rummage sale. Items should be clean and in fairly good condition. Clean out your basement, attic, closets, garage, etc. For drop off instructions, call Patti at 765-2551

## HEALTH & WELLNESS

**SICK and in PAIN?** Frustrated and told you will have to live with it? Simple procedure can help! Call for FREE audio tape 373-1833.

## HEALTH AND FITNESS

**MEDICARE NEBULIZER PATIENTS!** stop paying cash for Albuterol, Atrovent, etc. Medicare pays for them. We bill Medicare and deliver to you! MED-A-SAVE 1-800-538-9849 ext. 18T

## HOME/PET SITTING

**ENJOY your Summer vacation!** I will take care of your Home/Pets while you are away. Local school teacher - References. Call 478-0506.

## HORSEBACK RIDING

**SUMMER SPECIALS:** Going on now through the end of August, for Autumn horseback riding lessons at WALDEN FARM. For more information call (518)-439-8472.

## LOST

**DOG:** Small male Golden mix with No Tail and a red collar with Pennsylvania tags (where he was rescued). Lost on Hudson Avenue in Delmar on Sunday, August 13th. Please call 439-7062.

**FIND SOMETHING?** Advertise it free. Call 439-4940.

**WATCH:** Men's stainless steel Eddie Bauer, lost at Elm Avenue Pool, Delmar, week of August 7th. Sentimental - Reward, 475-1422.

## MISCELLANEOUS FOR SALE

**AIR CONDITIONER:** \$55 - GARAGE DOOR OPENERS: Electric, \$45 each. Call 12:00 Noon-11:00 p.m., 346-0015.

**ANTIQUE OAK POTTY CHAIR,** \$475, or best offer. Call 439-0989.

**ANTIQUE FARM TABLE:** 5 legged with 2 leaves and 5 chairs, \$550, or best offer. Call 439-0989.

**CAGES:** For animals 7-10 lbs., \$25 each, 346-0799, message.

**CAN'T USE IT? SELL IT...** and look for the treasures YOU can find in Spotlight CLASSIFIEDS! Call Susan, 439-4940.

**COMPACT DISC PLAYER:** Excellent condition, \$55. Call 364-6048.

**COMPUTER:** Macintosh with laser printer & 2 Sony speakers, \$1,500, 477-4864.

**FITNESS EQUIPMENT:** Rower, \$50; skier, \$125. Excellent condition. 374-1392, Niskayuna.

**GE RANGE, 40", \$75 - Portable DISHWASHER** with butcher block top. \$75. Both excellent condition. 439-5578.

**GOLF CLUBS:** Women's Mizuno MSX, graphite shafts, 4-9 irons, pitching wedge, sand wedge. Excellent condition, \$250, 785-0528.

**HOME THEATER:** Complete Surround Sound System with powered sub-woofer. Never used, \$785. Call 364-6048.

**HOPE CHEST:** Lane from 1930's, \$135. Call 439-1056.

**INK BOTTLE COLLECTION:** Over 100 antique ink bottles & wells. Entire collection, \$1,000, 439-6201. To be sold as unit only.

**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.)

**MIRROR:** Beveled, 30"x40" rectangular. Ready to hang, \$125. Call 785-0528.

**PICNIC TABLE:** Heavy duty with 4 benches, seats 6-8. Excellent condition. \$125, 374-1392, Niskayuna.

**ROOFING SLATE:** 800 shingles, 10"x16", circa 1938, Elmsere, \$50 per slate shingle. Call 439-7926.

**SOFA & CHAIR:** Broyhill, 1960's vintage, original upholstery, cherry trim. Excellent condition, \$750. Call 438-3626.

**TABLE:** 1850's Walnut, \$180. Call 439-1056.

**VIOLIN:** German made, bow and case included. Excellent student instrument. \$300, 785-0950

**WASHER/ DRYER:** \$300 each; 12"x20" CARPET, \$300; Executive DESK, \$100. All like new. 439-6420.

**WICKER PATIO SET:** Love seat & table. \$65. Call 364-6048.

**WOOD STOVE:** Complete, top of the line Vermont Casting Defiant. Excellent condition, \$700, 439-1825

**DIRT CHEAP CIGARETTES!** FROM \$11.99/CT

www.dirtcheapcig.com 1-888-808-CIGS(2447).

**WOLFF TANNING BEDSTAN AT HOME.** Buy Direct and Save! Commercial /Home units from \$199.00. Low monthly payments. Free color catalog. Call Today 1-800-842-1310.

**KISS YOUR CABLE GOODBYE!** Dish Network satellite system. \$79.99! Free for cable customers. 40 channels for \$19.99/mo. 3 free months of HBO, Showtime, Cinemax! 1-888-292-4836.

## MISCELLANEOUS SERVICES

**PRESS RELEASE SERVICE-** same day fax service to all weekly newspapers, daily newspapers, radio and television stations in New York State. Call Kathryn Minor at 518-464-6483 for rates and information.

## MUSIC

**STRING INSTRUMENT REPAIR:** Bow rehairing, instruments bought and sold, 439-6757.

## MUSIC LESSONS

**PIANO:** Teacher with performance & University/conservatory teaching experiences has openings for piano students of all levels. Instructs in English, Mandarin or Cantonese, 785-5470.

## PAINTING

**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.

## PETS FOR ADOPTION

**2 DOGS:** LAB, Large, pure look, neutered. Energetic - Needs exercise - Desperate for Home! **BENJI** - young, medium sized blond dog - Furry, playful, house-trained. In Foster Care. Please call 371-2991 or 664-1237.

## PIANO TUNING & REPAIR

**PROFESSIONAL PIANO** tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild, 427-1903.

## POSITION WANTED

**CAREGIVER:** Monday- Friday, 9:00 a.m.-2:30 p.m. Light house-keeping, transportation, meals. Albany/ Delmar area, 489-2277.

## RESORT SALES

**GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE?** We'll take it! America's largest resale clearing house. Timeshare rentals also needed. Call Resorts Sales International. 1-800-423-5967.

## SAILING

**SAILBOAT CRUISE:** Tired of watching sailboats from shore?? Sail on beautiful Saratoga Lake, 2 hour cruise, \$20 per person. Also, Sailing Lessons. Call Westwind Sailing, 869-9801 or 584-9125. Come Catch the Wind!

## TUTOR

**TUTOR:** NYS Certified Teacher (K-6) has opening beginning September. References. Call Susan, 374-9219.

## WANTED

**ABSOLUTE BEST** prices for old costume jewelry and real jewelry, antiques of all types and contents of estates. Call ROSE, 233-1195.

**DEAD OR ALIVE!** Snowblower, riding mower, rototiller, snowmobile, chain saw. 399-6174.

**FOR MY COLLECTION:** Old fishing lures. Cash paid. Mike 370-8796.

**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, radio tubes; 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.

## Classified INFORMATION



### Office Hours • Deadline

8:30 AM - 5 PM Monday-Friday  
Dead Line: Friday at noon



### Mail Address • In Person

Spotlight Newspapers  
P.O. Box 100 125 Adams St.  
Delmar, NY 12054 Delmar



### Phone • Fax

(518) 439-4940  
(518) 439-0609 Fax



### 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

Name: _____			
Address: _____			
City: _____	State: _____	Zip: _____	
Home Phone: _____		Work Phone: _____	
Amount Enclosed: _____		Number of Weeks: _____	
MasterCard or Visa# _____			
Expiration date: _____		Signature: _____	

1 word per line • 4 line minimum



# Real Estate CLASSIFIEDS

## Selling Your Castle?

ADVERTISE YOUR HOME  
IN THE CLASSIFIEDS!

Buy 2 Weeks ...  
... Get 2

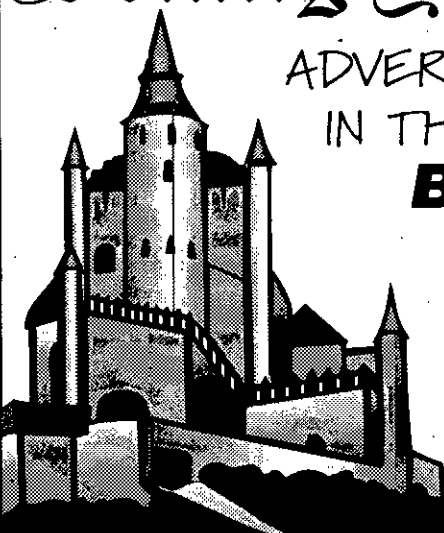
**FREE!**

ALL SEVEN PAPERS  
Including the Website!

Call Susan Downey at

**439-4940**

Ads Must be pre-paid. Not applicable  
to commercial accounts.



## VACATION GETAWAYS

### VACATION RENTALS

**SUGARBUSH SKI AREA:** Waitsfield, Vermont. 3 bedroom Condo, occupancy 8, with hide-a-bed in other room. Full kitchen, 2 full baths, with sauna. Everything furnished, including wood for fireplace. Available February 3-10, 2001, \$900/week. Call (518) 785-7780 or Email: [rwboy@juno.com](mailto:rwboy@juno.com)

### SAILING

**SAILBOAT CRUISE:** Tired of watching sailboats from shore?? Sail on beautiful Saratoga Lake, 2 hour cruise, \$25 per person. Also, Sailing Lessons. Call Westwind Sailing, 869-9801 or 584-9125. Come Catch the Wind!

Selling or renting  
Vacation Property?

To advertise call Susan at **439-4940**

### REAL ESTATE FOR RENT

**ALBANY:** Downtown, 2 blocks to Empire State Plaza, 2 bedroom, 1 bedroom, studio. All new and modern, gas heat, \$300-\$500+. Buy Wise 464-0000.

**DELMAR:** \$475. Heat & hot water included. Small 1 Bedroom, 1st floor apartment at 244 Delaware Avenue, Delmar. Ideal for single person. Security & references required. Available in September. Leave message at Toll Free, 1-(877)-351-8571.

**DELMAR:** \$575. Includes all utilities. Basement apartment at Village Drive Apartment Complex. No pets, security & references required. Available in September. Leave message at Toll Free, 1-(877)-351-8571.

**DELMAR:** 1 bedroom, \$525, with heat, and private parking, on busline. Day, 439-6644, evening, 783-3634.

**GLENMONT:** Heated apartment, 2 bedroom flat. Hardwood floors, refrigerator & stove new. Available October 1st, \$650, 475-0380.

**LATHAM:** 1 bedroom, \$475, all utilities & appliances included. Non-smoking, no pets. Security deposit. Available September 15th, 783-8481

**LATHAM:** Cottage for rent, year 'round occupancy. Nice view of Mohawk River. Fully furnished, \$825+ utilities. Call 229-5077, or 434-2583.

**NISKAYUNA:** 2 bedroom, B'Nai B'rith Senior Complex, \$545+ utilities, 386-7024.

**SLINGERLANDS:** Cabin - Beautiful, Rustic, Pond, 90 acres, \$375, 489-8702.

**ELSMERE:** Small Apartment \$485, suitable for 1. References, 439-5354.

### HOMES FOR RENT

\*FORECLOSED HOMES\* Low or \$0 down. Gov't & bank repos being sold now! Financing available. Call for listings. 1-800-501-1777 ext. 1093.

### REAL ESTATE FOR SALE

Are you Selling Your Castle? ADVERTISE in the CLASSIFIEDS! Buy Two Weeks... Get Two Weeks FREE! All Seven Spotlight Papers, Including the Website. Call Susan at 439-4940, before Noon on Friday. Ads are for Private Parties only and must be prepaid.

**DELMAR:** Colonial, 4 bedroom, 2 full baths/ spa bath tub, fire place, garage, washer/ dryer. Excellent location, \$165,000, 439-8094.

**DELMAR:** Just listed Country Meadows subdivision, 4 bedroom Colonial. Master suite, hardwood floors, air-conditioned, fenced yard. Immediate possession, \$299,900, 475-0239.

**DELMAR:** Recently remodeled 3 bedroom, 2 bath Cape with attached garage. Energy efficient, beautiful lot. Call 439-3472 for appointment.

**DELMAR:** Woodgate condo, 1 floor, 2 bedroom, 1.5 bath, cathedral ceiling in living room. New gas furnace, gas hot water heater, & appliances. Central air, garage. \$105,000, 439-7948

**GLENMONT:** Custom designed, large Colonial Acres 4 bedroom, 2.5 bath home with large lot. Hardwood floors throughout, finished basement, wet bar in kitchen, gas heat. Great Neighbors! \$289,000, 439-7823.

**LATHAM:** Year 'round cottage on Blaine's Bay (Mohawk River), 2 bedroom, North Colonie schools. Lovely Town Park & fitness trails 1 mile away, \$65,000. Call 229-5077, or 434-2583.

**NISKAYUNA:** 5 bedroom, living room, dining room, kitchen, bath, large lot, \$81,900, 374-0086.

**RAVENA:** 3 bedroom, 1.5 bath brick Ranch. Hardwood floors, central air. Newly renovated kitchen, living room & bath; first floor laundry; garage, \$120,000, 756-1778.

**ROTTERDAM:** Large renovated 4 bedroom farm house with 2 car attached garage. Spectacular view, gazebo, convenient location. 1.1 acres, \$249,000, 356-9603.

**SCOTIA GLENVILLE:** TO SETTLE ESTATE - Enclosed porches, huge backyard, 3 bedroom+ Bungalow. "Classic One of a Kind!" \$72,900/ best offer. Veronica W. Lynch, Inc. (VM) 448-5128.

### ROOMMATE WANTED

**DELMAR:** \$300+. Very nice apartment, hardwood floors. Non-smoker. Call 478-9586.

### LAND FOR SALE

**LAND BARGAIN! 3+ ACRES-** \$24,900 WITH BOAT SLIP! Beautifully wooded, spectacular views, deeded access to crystal clear 35,000 acre recreational lake in Tennessee- next to 18 hole golf course! Paved roads, utilities, soils tested. Excellent financing. Call now 800-704-3154 ext. 24.

### LAND WANTED

**LAND WANTED.** 50 acres & up in NY. Suitable for hunting, fishing, recreation, more. Lakes, rivers, timberland a plus! Improved or unimproved. I'm ready to buy! Call Al: 518-966-5647 or mail info to: PO Box 611, Greenville, NY 12083.

### LAND/LOTS

Approximately 3 wooded acres on cliff, on Mohawk River, in Niskayuna. \$119,000, 452-0617, evenings.

### STORAGE SPACE

**DELMAR/ ALBANY:** Normanskill Self Storage. Varied sizes, also outdoor, boats, trailers, mobile homes. Secure, 461-8963.

### VACATION RENTALS

**SUGARBUSH SKI AREA:** Waitsfield, Vermont. 3 bedroom Condo, occupancy 8, with hide-a-bed in other room. Full kitchen, 2 full baths, with sauna. Everything furnished, including wood for fire place. Available February 3-10, 2001, \$900/week. Call (518) 785-7780 or Email: [rwboy@juno.com](mailto:rwboy@juno.com)

**CENTRAL FLORIDA-** Disney 45 minutes 1 bedroom from \$650 monthly. (Utilities, cable) lakefront, heated pool/ spa, shuffleboard, Bass fishing, exercise/ game rooms, bingo, shows, 1-800-424-3602.

**NORTH WILWOOD, NJ FLORENTINE FAMILY MOTEL.** Beach /boardwalk block, heated pools, efficiency /motel units, refrigerators, elevator, maid service, cable /HBO. Color brochure /specials 609-522-4075 ext. 76 [www.florentinemotel.com](http://www.florentinemotel.com).

### REALTY WANTED

**LATHAM/ LOUDONVILLE:** Retired professional couple requires ranch under \$200,000, 1,700-2,100 sq. ft. Call collect, (716)-662-7102.

Mary Ingraham

LICENSED REAL ESTATE PROFESSIONAL

7 TRANSACTIONS FOR THE  
MONTH OF JULY!

"GOING THE EXTRA MILE"

FOR ALL OF HER CLIENTS!



**Noreast**  
Real Estate Group

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



CALL MARY AT:

456-0400

EXT. 321

## Congratulations To Our July Sales Leaders!



Pam Lemme  
448-0859



Charlie Colehamer  
448-00841



**Prudential**

Manor Homes,  
REALTORS®

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

Serving The Real Estate needs Of  
The Capital Region Since 1922

205 Delaware Ave,  
Delmar  
439-4943

## Spotlight Real Estate Classifieds Get Results

Phone in Your  
Classified With  
Mastercard  
or Visa at

**439-4940**



Spotlight Newspapers



**DELMAR** \$174,900  
3-4 Br, 2.5 Bath Brick COL plus 1 Br in-law apt, deep lot, fp, sep deeded lot included, 2 car garage 439-2888.

**SLINGERLANDS**, \$635,000  
4 Br, 3.5 Bath Custom COL, FR, fp, 1 acre treed lot, 1st flr study, gourmet kit, 3 car garage 439-2888.

**SLINGERLANDS**, \$175,000  
4 Br, 2 Bath Cape, FR in basement, fp, deep yd, large rms, 2 car garage 439-2888.

**DELMAR** \$152,500  
3 Br, 2 Bath Cape, FR, fp, large bright rms, hdwd flrs, charm, in Olde Delmar 439-2888

Browse our web site at:  
<http://www.bdrealestate.com>

**BLACKMAN  
& DESTEFANO**  
Real Estate

PROFESSIONAL  
OFFICE SPACE  
AVAILABLE  
CONVENIENT  
SLINGERLANDS  
LOCATION

Choose from 329 sq.  
ft. to 2000 sq. ft.

Brokers Protected

For details call

439-5411 or 439-0114



# Automotive CLASSIFIEDS

## AUTOS FOR SALE

OLDSMOBILE: 1996 Cutlass Supreme. Full power, 2 door. Immaculate condition. Technician owned. Red, 67K, \$7,500, 439-7260.

MINI: 1997 Eclipse GS. Black, perfect condition, full power, 67K. Teacher owned, cd, sunroof, \$10,500, 439-7260.

Volkswagen: 1998 Jetta. 15,500 miles, \$14,500. Standard, air, cruise. Like new, 439-6420.

## MOTORCYCLES

KAWASAKI: 1983 KZ750L. 10,000 miles. Excellent condition, \$1,995, 439-6304, evenings.

# Reevele



## New Salem SAAB

### Pre-Owned Vehicles Featuring

- 60 Days/ 3000 Mile Bumper to Bumper •
- Remainder of 4 Year/50,000 Mile Manufacturers •
- 6 Month/Unlimited Mileage Power Train •

- WARRANTIES -

*That's The New Salem Advantage!*

'97 SAAB 900S 5 Door Blue, Manual, Cloth, 67,546 mi. Stk. #U-162	\$13,995
'97 SAAB 900S 5 Door Black, Manual, Cloth, Sunroof, 53,000 mi. Stk. #U-79	\$14,995
'97 SAAB 900S 5 Door Blue, Auto., Cloth, Sunroof, 44,109 mi. Stk. #U-105	\$15,995
'97 SAAB 900SE 3 Door Black, Manual, Turbo, Sunroof, 45,000 mi. Stk. #U-101	\$16,995
'98 SAAB 900SE 5 Door Green, Auto, Turbo, Sunroof, 34,074 mi. Stk. #U-135	\$17,995
'96 SAAB Aero Black, Manual, Turbo, Sunroof, 64,000 mi. Stk. #U-123	\$17,995

Call this ad -

Call on thru September 16, 2000

1891 New Scotland Rd., Slingerlands NY 12319  
518-478-7222 • Fax 518-478-7228  
Mon-Thurs 8am to 7pm • Fri 8am to 6pm  
www.newsalemsaab.com  
e-mail: Sales@NewSalemSaab.com

# MARSHALL'S

OVER 68 YEARS IN BUSINESS Home of the Free Loaner Car!

## LABOR DAY SUMMER SAVINGS EVENT!

### REBATES UP TO \$3,000!

#### 2000 JEEP CHEROKEE SPORT



4.0L, 6 Cyl., 4WD  
Power Windows,  
Power Locks, 2  
Available.  
Stk. #  
CH56

MSRP .....\$23,599  
Marshall's Price.....\$20,490  
Less Rebate.....\$1,500  
NOW \$18,990

#### 2000 CHRYSLER TOWN & COUNTRY LX



3.3 V6, P. Windows/Locks/Mirrors, Keyless  
Entry, Illuminated  
Entry, AC, Anti-Lock  
Brakes, and MORE!  
Stk. TC18

MSRP .....\$27,695  
Marshall's Price.....\$24,790  
Less Rebate.....\$3,000  
NOW \$21,790

#### 2000 CHRYSLER CONCORDE

P. Windows/Locks/Mirrors, AC, Cass., Cruise  
Control, And MORE! 3 Available.



MSRP .....\$19,635  
Marshall's Price.....\$17,299  
Less Rebate.....\$2,500\*\*  
NOW \$14,799

#### 2000 CHRYSLER CIRRUS LX

2.4L Engine, P. Windows/Locks,  
Mirrors, AC, Cass.,  
P. Driver's Seat,  
and MORE!



8 Available  
MSRP .....\$18,080  
Marshall's Price.....\$16,895  
Less Rebate.....\$1,500\*\*  
NOW \$15,395

#### 2000 PLYMOUTH VOYAGER

Auto., 7 Pass Seating,  
AM/FM/Cass., Lockable  
Storage & MUCH  
MORE!



MSRP .....\$19,635  
Marshall's Price.....\$17,299  
Less Rebate.....\$2,500  
NOW \$14,799

#### 2000 CHRYSLER TOWN & COUNTRY LX

3.3 V6, P. Windows/Locks/Mirrors,  
Keyless Entry, Illuminated  
Entry, AM/FM/Cass./CD,  
and MORE!



MSRP .....\$28,740  
Marshall's Price.....\$25,890  
Less Rebate.....\$3,000\*\*  
NOW \$22,890

## 0.9% Financing

In Lieu of Rebates

### VANS

'93 PLYMOUTH VOYAGER  
Green, Air, 7 Pass., 77,400 mi. Stk. G1PT11A

NOW \$6,995\*

'95 PLYMOUTH VOYAGER  
7 Pass., Air, Red, 41,482 mi. Stk. GV62A

NOW \$7,995\*

'96 PLYMOUTH VOYAGER  
7 Pass., Maroon, Air, 63,752 mi. Stk. GV88A

NOW \$10,995\*

'97 PLYMOUTH GRAND VOYAGER  
7 Pass., Air, Green, P. Windows/Locks,  
70,100 mi. Stk. GV124A

NOW \$11,995\*

'98 PLYMOUTH GRAND VOYAGER  
7 Pass., White, P. Windows/Locks,  
50,445 mi. Stk. GV76A

NOW \$15,995\*

\*Sales tax & DMV fees extra. Prices include all dealer discounts and incentives. Prior sales excluded.  
\*\*Low financing available in lieu of rebates. Sale ends 9/6/00

### 4 DR. SEDANS

'95 OLDS AURORA  
Maroon, Full Power, Leather,  
53,377 mi. Stk. GC54A

NOW \$11,995\*

'95 CHEVROLET LUMINA LS  
4 Dr., Full Power, 69,935 mi. Stk. G7C29

NOW \$7,995\*

'93 CHEVROLET CAPRICE  
CLASSIC 4 DR.  
Full Power, 88,484 mi. Stk. GC53A

NOW \$7,595\*

'96 CHRYSLER  
NEW YORKER  
Teal, Full Power, 60,538 mi. Stk. GC42A

NOW \$10,995\*



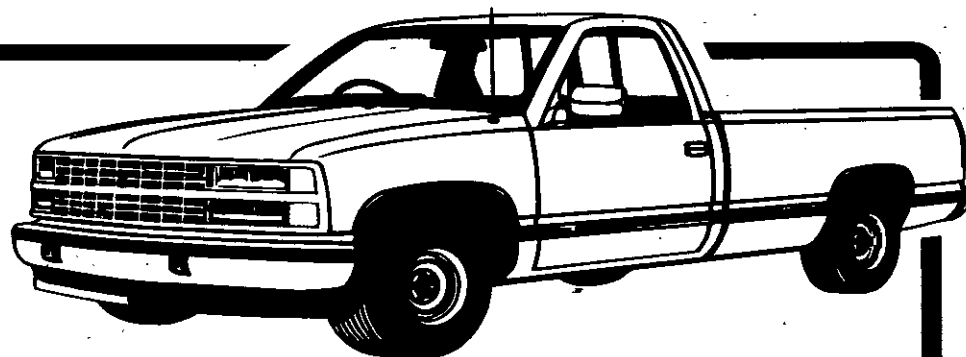
# MARSHALL'S

ROUTE 9W • RAVENA • NEW YORK (518) 756-6161

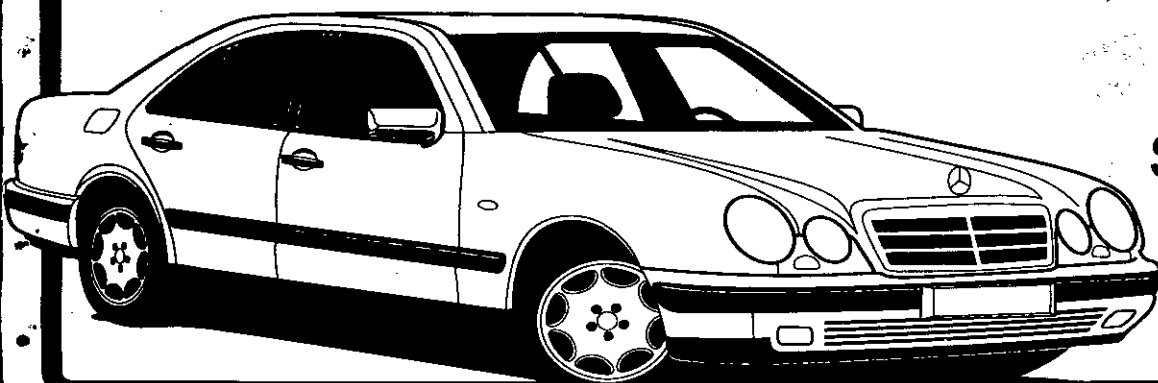
ONLY 15 MINUTES FROM DOWNTOWN ALBANY

HOURS: Mon.-Thurs. 8-8 • Fri. 8-6 • Sat. 8:30-5

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



# spotlightnews

.com

## Branches

(From Page 1)

eventually total more than 95,000 square feet.

Hamilton News, at 41 Hamilton Lane, a 15-acre parcel just off Route 9W in the town's northeast corner, occupies a 27,500-square-foot building for its distribution operation, but the two new buildings would be speculative office and storage space for small start-up businesses, according to a Hamilton spokesman.

Vice President Amir Evan said the proposed buildings would be

seeking to open start-up subsidiaries in the United States.

The project, he said, is the brainchild of Delmar resident Sheldon Singer who was introduced to Hamilton President Eitan Evan by a mutual acquaintance.

"He's a local businessman with contacts at high-tech companies in Israel," Amir Evan said. "He approached us about investing in high-tech companies interested in locating here."

But rather than a direct investment in those companies, Malm Realty instead offered vacant

space on its Glenmont property for construction of the two office buildings, with an initial capacity of just over 20,700 square feet each, expandable to 43,200 and 51,800 respectively.

"We have the land, he has the specific companies interested in space," Amir Evan said. "We're interested in getting into this together."

Efforts to reach Singer for details on the specifics of the proposal or what businesses might be seeking space there were unsuccessful.

Similar incubator facilities have become increasingly prominent throughout the country, often at IDA-backed industrial parks like one in Broome County near Binghamton or at universities such as Rensselaer Polytechnic Institute in Troy.

Though the application was briefly discussed last Wednesday at the Bethlehem IDA's meeting, no inducement resolution was discussed nor a specific date set for any public hearing on the proposal, pending a more detailed initial presentation of the proposal by Malm officials.

### BCHS class of '69 planning reunion

Bethlehem Central High School class of 1969 is planning a reunion for Oct. 28 at Normanside Country Club.

For information, call Art Blanchard at 439-3337 or Lynn Rothenberg at 439-2016

## Court cases adjudicated

By Joseph A. Phillips

Numerous cases of driving under the influence of drugs or alcohol were resolved recently in town courts in Bethlehem and New Scotland — and four felony cases of driving while intoxicated (DWI) originating in the two towns led to sentences in Albany County Court.

The most recent came with the conviction before County Court judge Thomas Breslin of Christopher M. Facticeau, 29, of 644 Columbia Turnpike, East Greenbush, on a felony DWI charge lodged May 6 in Bethlehem against him by Albany County sheriff's deputies.

Breslin fined Facticeau, as a multiple offender to drunk-driving charges, \$2,000, and assessed a mandatory \$210 state surcharge. He also sentenced him to five years' probation and revoked his license.

On Aug. 15, Breslin convicted Franklin McDonald, 44, of 100 Collaback Road, New Scotland, of a felony DWI count that originated with his arrest in New Scotland by sheriff's deputies on April 8 while driving with a suspended license.

County Court Judge Thomas Breslin sentenced McDonald to six months in county jail, a \$2,000 fine and \$210 mandatory state surcharge, and five years' probation.

The next day, Breslin also accepted a guilty plea from Jason J. Shear, 26, of Coeymans Hollow, to a felony DWI count stemming from his arrest in Bethlehem by State Police, also on April 8. Shear was sentenced to five years' probation, a \$1,000 fine and a \$210 surcharge.

Gregory A. Thompson, 39, of 61 Main St., New Baltimore, had earlier pleaded guilty in County Court on July 25 to felony DWI, stemming from his arrest on March 18 by Bethlehem police. Thompson was fined \$1,500 and a \$210 surcharge and given five years' probation.

In Bethlehem Town Court on Aug. 15, six separate cases were resolved, one with a guilty plea to driving while intoxicated (DWI)

and the rest to reduced charges.

Larry S. MacLeod, 33, of Albany, arrested on May 5 by Albany County sheriff's deputies, pleaded guilty to DWI and was fined \$500 and a mandatory state surcharge of \$125. His license was revoked for six months.

Michael John Kavanagh, 58, of 125 Devon Road, Delmar, pleaded guilty to a reduced count of driving while ability impaired (DWAI) stemming from his arrest on April 24. He was fined \$500, his license was revoked for six months and he was assessed a \$65 surcharge.

Four other individuals pleaded guilty to DWAI, including Theresa M. Ravita-Cady, 39, of 186 Second Ave., Albany, arrested on May 26; Donald Lee Reinhard of 12222 Route 9W, West Coxsackie, arrested June 6; Andrew F. Brisson, 22, of 869 Route 358, Rensselaerville, arrested July 6; and Adelbert S. Ball, 31, of Four Seasons Trailer Park, Ravena, arrested July 26.

All four were fined \$300 and a mandatory \$35 surcharge, and had their licenses suspended for 90 days.

In addition, Ball also pleaded guilty to a traffic citation for following too closely, and was fined an additional \$50 and \$35 surcharge.

In New Scotland Town Court, the most recent plea was entered on Aug. 3 by Brian P. Scally of 4 St. Thomas Lane, Schenectady, to a reduced count of DWAI stemming from his drug-related July 5 arrest. Scally was fined \$300 and a \$35 state surcharge and had his license suspended for 90 days.

In a July court appearance, Joshua J. Wood, 19, of 3545 Carman Road, Schenectady, pleaded guilty to separate counts of DWI, criminal possession of a controlled substance and unauthorized operation of a motor vehicle. He has been ordered to pay more than \$1,900 in fines and surcharges, stemming from his arrest on June 6.

All defendants were ordered to attend alcohol remediation programs and a victim impact panel.

**FAMILY FUN!**

**10-Mile cycling adventure for the entire family.**

SUNDAY, SEPTEMBER 17TH.  
FOOD, BEVERAGES, ENTERTAINMENT,  
PRIZES AND MUCH MORE!

Call The National  
Multiple Sclerosis Society at  
1-800-922-9120 for information.

**BROOKS BARBECUE**

to benefit Slingerlands Nursery School  
Thursday, September 7, 2000 from 4-7PM  
**SLINGERLANDS METHODIST CHURCH**  
1499 NEW SCOTLAND ROAD,  
SLINGERLANDS, NY 12159

Adult Dinner \$8.00  
Children Dinner \$6.00

## Going Away to School?

Take  
**THE SPOTLIGHT**  
with you!

Receive *The Spotlight*  
all year at school for just

**\$ 1200**

## College Subscription

Mail to: The Spotlight College Special  
P.O. Box 100, Delmar, NY 12054

Send the *The Spotlight* to my college address below  
from September 6, 2000 through April 25, 2001

Enclosed is the check for \$12.00

Call 439-4949 to subscribe with MasterCard or Visa

name

street address (box #)

city, state, zip

The Ultimate Way to Go Greek For A Day.  
St. George Greek Orthodox Church  
presents the 25th annual  
**GRECIAN FESTIVAL 2000**

Friday & Saturday  
September 8th & 9th  
11:00 am to 11:00 pm

Live Greek Music by Nicos Nicolaides & the Cosmopolitans  
Food \* Greek Pastries \* Dancing

Hellenic Center, 510 Liberty Street, Schenectady, NY (393-0742)  
(directly opposite the Schenectady County Public Library)  
State Street (Rt. 5) to Clinton Street to Liberty Street

**NEED PAVING?**

Honest, Dependable Quality Service - Always at an Affordable Price

COMMERCIAL - RESIDENTIAL, ALL GUARANTEED  
**HEATED POWER PAVER**

- Over 100 years total experience
- Asphalt Milling, Vibratory Equipment
- An Approved Member of the Better Business Bureau
- NEW & RESURFACING DRIVEWAYS
- PARKING LOTS • INSTALLATIONS
- DIG-OUTS & REMOVALS

Fully Insured - Free Estimates  
www.browelasphalt.baweb.com

**L. BROWE**  
**ASPHALT SERVICES**  
479-0124 - or - 477-1268

108 Troy Rd.  
E. Greenbush