

Bethlehem boys fall  
in state semifinals

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Events kick off  
holiday season

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Holiday Gift Guide

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# The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIV Number 45 Fifty Cents

November 22, 2000

## Landslide victims net state relief

By JOSEPH A. PHILLIPS

Good news for some 35 Bethlehem businesses arrived last week with the Nov. 15 announcement of \$290,000 in awards through a special Bethlehem Landslide Disaster Recovery Program, created by Gov. George Pataki last July and aimed at providing some relief to businesses facing losses resulting from last May's landslide in Elsmere.

The announcement was particularly good news for the business most severely affected by the disaster, the California Produce market that collapsed into the Normanskill ravine on May 18.

California Produce will receive the largest proportion of grant money — two separate awards totaling \$105,000 — and owner Anthony Battaglia confirmed last week that the award will help support a new location for his business in Bethlehem, most likely on the Delaware Avenue corridor, which he hopes to have up and running by spring.

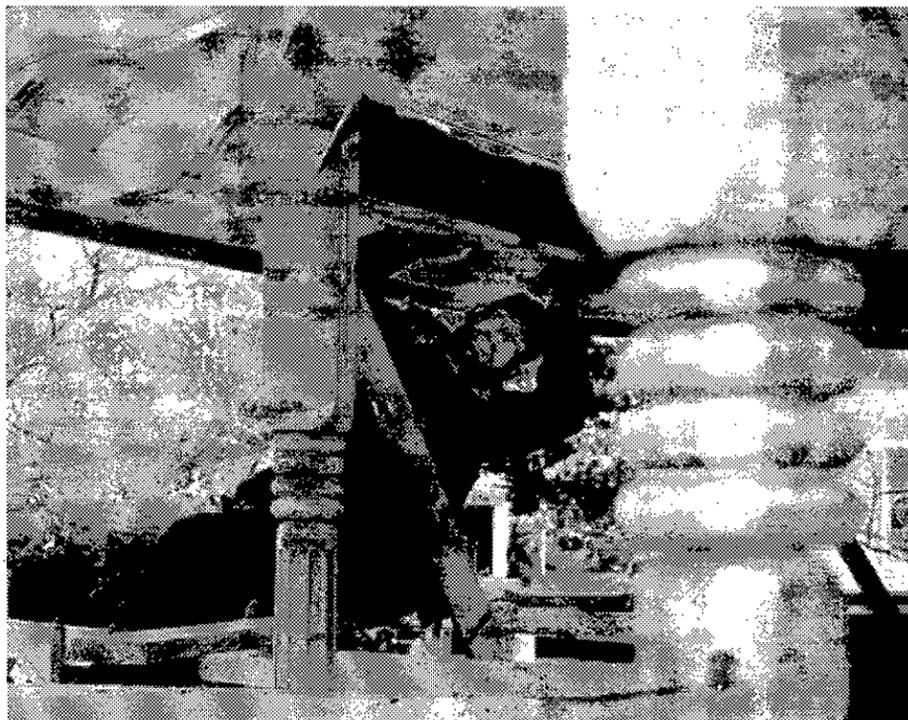
Some 35 businesses, including California Produce, applied for grants of up to \$5,000, drawn from federal Community Development Block Grant funds administered through the Governor's Office for Small Cities. Applicants were required to first apply for Small Business Administration disaster loans before applying for the state grants, demonstrating "substantial economic injury" as a result of the disaster — demonstrable loss of income or working capital, resulting in an inability to meet obligations or pay ordinary or necessary operating expenses.

California Produce also qualified for a grant of \$100,000 for having suffered a total loss of real property structure and having been denied insurance coverage for the loss. The town of Bethlehem will also receive \$15,000 to administer the grants, which will be paid directly to the town for distribution to the applicants.

Battaglia expressed gratitude for the

□ RELIEF/page 28

## Gazebo grows



Dave Hopper of the New Scotland Kiwanis Club helps construct a gazebo in the park on the corner of Maple and Voorheesville avenues in Voorheesville on Saturday. *Jim Franco*

## Braverman questions offer of grandfather clause

By ETHAN SCHOOLMAN

His lawsuit now dismissed, Jesse Braverman said last week he would probably have accepted a "grandfather clause" being added on his behalf to the Suburban Council guideline that limits off-season coaching of student athletes by school coaches.

Such a grandfather clause, which would have allowed Braverman to continue coaching both varsity baseball at the high school and the Mickey Mantle team he founded, was apparently on the verge of being offered by the Bethlehem

school district, only to be rejected out of hand by Braverman's own attorney.

In a letter dated last year, Fred Hutchison, one of the district's attorneys, told Braverman's attorney, Matthew J. Kelly, that "the enactment of the guideline with a grandfather clause would make some sense."

"That way," Hutchison said, "the Suburban Council could try to assure a level playing field in athletic competition without asking coaches such as your client to forfeit long-standing out-of-school coaching positions."

Kelly's reply was unequivocal.

"Mr. Braverman is a man of principle, and therefore, would not agree to allow his lawsuit to be solved by passing a discriminatory grandfather clause that would penalize younger coaches," Kelly said.

But Braverman said that he had never heard of Hutchison's offer.

"Nobody ever came to me with a grandfather clause," Braverman said.

Although having a rule tailored to him would have made him uncomfortable, Braverman said he would probably have accepted the district's offer.

"It's what's best for the kids,"

Braverman said. "I never cared about a lawsuit ... I just wanted to coach."

Now, according to Hutchison, it's probably too late.

"My gut feeling is that Braverman and Kelly have burned a lot of bridges," Hutchison said. "The offer of a grandfather clause is probably off the table."

Braverman has vowed to fight on — this time, in the court of public opinion.

"The public support has been incredible," Braverman said. "There have been so many people willing to speak up for me — and we're going to keep on."

## BC board hears staff presentations

By ETHAN SCHOOLMAN

School board meetings are often a time to gather information, and hear reports on how district programs are faring. Such was the case at Nov. 15 Bethlehem school board meeting, when English Supervisor Anthony Bango and Communications Coordinator Jessica Kennedy gave the board a run-down of how things are going in their areas.

Bango centered his report on the high school's new grade 11 English curriculum. In past years, 11th grade was the first time students had a choice between a conventional yearlong sequence such as British or American literature, and electives such as creative writing or Shakespeare.

That changed with the state's Regents for All initiative. The state decided that

□ BOARD/page 15

## Ski time



John Carbone of Delmar Boy Scout Troop 75 straightens out the ski rack at the Sportsmart at BCHS on Saturday. *Jim Franco*

## Give veterans special thanks

By KRISTIN McELROY

The writer is a junior at Bethlehem Central High School.

With Thanksgiving a heartbeat away, I've been reflecting on just what it is I'm truly thankful for — something people forget to do amid the bustle and chaos of the holiday season.

For starters, I'd have to say that having two days off from school in order to consume 17 pounds of turkey, stuffing, and pumpkin pie doesn't hurt.

Of course, I'm sure that if I had an offshore Swiss bank account and a summer home in Italy, I would be thankful for them as well, being human and therefore occasionally self-absorbed and material-istic.

On a more serious note, there is one person for whom I am exceptionally grateful this year: my grandfather Robert McElroy. He is a World War II veteran and one of the thousands of heroes who changed the history of the world.

Although Veterans Day provides recognition and gratitude for those who have served (as well as another wonderful day off from school), I've never fully appreciated just how much those men and women sacrificed.

They fought bravely and dutifully without regard for themselves, often in terrible conditions and without knowing

the meaning of a vacation or holiday.

My grandfather was required to register at a local draft board on March 25, 1941, his 21st birthday. By early the

following year, he was in Melbourne, Australia, the first of many places he would see before fighting in the South Pacific and on the front lines in the Battle of the Bulge, a world away from his own country, forfeiting his freedom and youth

□ THANKS/page 28

## Teen Scene



# Four BCMS students suspended for substance abuse

By SUSAN GRAVES

Four Bethlehem Central Middle School students were suspended last week as a result of a substance abuse incident at the school.

Bethlehem school Superintendent Les Loomis said that on Nov. 8, two of the students were observed by cafeteria aides "acting strangely."

"Four students took a substantial quantity of Coricidin to get high, in effect," Loomis said.

Loomis said the school nurse called poison control after determining what the students had ingested.

The school then had the students transported by ambulance to two local hospitals, where they were treated and released.

"It was clearly a dangerous situation," said Loomis.

In a separate incident last Thursday, two students were suspended for buying and selling a small amount of marijuana, he added. After BCMS Principal Stephen Lobban requested a superintendent's hearing, the students both received a five-day suspension, according to Loomis.

"Both families were very

concerned and very cooperative," Loomis said.

In response to the recent incidents, school and community organizations have scheduled a forum at the middle school media center on Monday, Jan. 8, at 7:30 p.m. to address substance abuse at the middle school.

All community members are invited to attend.

# Woman receives probation for theft

By JOSEPH A. PHILLIPS

A Delmar resident faces three years' probation after pleading guilty in Bethlehem Town Court in connection with the theft of approximately \$22,000 from A. Phillips Hardware store on Delaware Avenue.

A former cashier at the store, 22-year-old Colleen M. Vadney of 16 Delmar Place, turned herself in to Bethlehem police last January, after an investigation by police detectives that led to charges she had stolen the cash over a six-month period in 1999.

Store managers had initially filed a complaint in October 1999 after store managers compared recorded sales and register receipts for Vadney's shifts at the register.

Initially charged with grand larceny, Vadney pleaded guilty Nov. 6 before Town Justice Kenneth Munnelly to a reduced petit larceny charge, and was sentenced to three years' probation and restitution of the stolen cash.

## Toddler program set

Bethlehem Public Library will offer a morning of Mother Goose classics for toddlers 22- to 35-months old on Friday, Dec. 8, at 10:30 a.m.

Call 439-9314 to register. The library is at 451 Delaware Ave. in Delmar.



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# Daisy chain



Antonia Aitoro Williams reads *Come Along Daisy* to Zara Davis at Bethlehem Public Library last week.

# Zoning board OKs dog training site

By JOSEPH A. PHILLIPS

Resolving a review process that began in August, the Bethlehem zoning board of appeals voted on Nov. 15 to grant conditional approval to the Albany Obedience Club to build a dog training building on its property at 535 Wemple Road in Glenmont.

Among the list of conditions, principally drawn up by zoning board Chairman Michael Hodom and hammered out in an unusual hour and a half of discussion, were several regarding landscaping, lighting and hours of operation for the facility, responding to concerns raised by neighbors at the initial Aug. 16 public hearing and at a resumption of that hearing on Oct. 18. The board also voted to refer the proposal to the planning board for review.

Several members of the club, which has owned the property for four decades, attended last week's meeting, and said they were satisfied with the outcome.

"There's conditions, but we can live with them financially, and everything else," said club president Kathleen Hodor. "And I think the board has worked really hard on this. They really listened to our concerns. We were afraid it would be one-sided, just listening to the neighbors, but we got a very fair hearing."

The club, a private, nonprofit group, owns the Wemple Road parcel, in an area zoned light-industrial, adjacent to the WROW broadcast towers adjacent to the Thruway. A special zoning exception granted by the zoning board in 1986 permitted the club to operate a trio of dog-training rings for the use of its members and for private lessons four nights a week. Members also have access to the property at other times.

The club sought zoning board permission to erect a 60-by-120-foot prefabricated steel building to enclose an indoor training floor, permitting the club to offer training programs year-round. The club's long-range plan is to add a second module of similar size at some point in the future.

Hodom recommended, and the board unanimously agreed, to limit its approval at this point only to Phase I; should the club decide

to go ahead with the Phase II structure, it would have to return to the zoning board.

Hodom also cited various provisions of the zoning law with regard to landscaping, parking, and construction standards that led him to the view that the planning board ought to review the project as a condition of approval. "At least the planning board has the opportunity to work with the town engineering department" to review the site plans, Hodom said. "We do not have that ability."

Noting neighbors' concerns that the new structure might lead to an expansion of special events on the site by the club, the zoning board also voted to limit special events to ones now held on the site in the summer months, and to limit hours of operation, except for use of the property by club members, to 8 a.m. to 9 p.m. daily.

The zoning board also required the planting of an evergreen "living fence" of trees along the property frontage on Wemple Road, restricted overnight camping or parking, required regular waste removal, and set specifications regarding future building lighting.

Several board members expressed concern about placing even more restrictive conditions on the applicants.

Suggesting that some of the suggested restrictions were "redundant," board member Marjory O'Brien said, "We're going maybe a little too far in responding to the concerns of the neighbors ... there's a lot of ways to deal with this without going overboard."

"You're asking for belt and suspenders here," added board member Richard Lewis. "This is a Light Industrial zone. There's only so much protection you can give them."

In particular, the board declined to set specific conditions restricting the walking of dogs off the property or limiting overnight security lighting.

The zoning board will likely review a draft of its proposed resolution granting the club's application at its next meeting, Dec. 6. Referral of the proposal to the planning board will follow approval of the final resolution.

# Clyne wins after tough challenge

By JOSEPH A. PHILLIPS

While the election tally for Albany County district attorney was not yet finalized, it was complete enough by last week for Republican-Conservative candidate Paul DerOhannesian of Slingerlands to throw in the towel, conceding the short, close contest to Democratic nominee Paul Clyne of Delmar.

With a margin of nearly 3,600 votes in Clyne's favor in preliminary numbers announced on Election Day, the recanvass of all of the county except the city of Albany, including absentees and so-called "603" ballots — paper ballots submitted by voters whose names were missing from enrollment registers at the polls but vouched for their eligibility under oath — was completed by last Wednesday. The Albany recount was expected to be concluded by late Monday or early Tuesday of this week.

But with the recanvass complete in the towns, including Bethlehem and New Scotland on Tuesday, Nov. 14, and Colonie on

the 15th, it became clear that the plurality for DerOhannesian elsewhere in the county — 48,780-42,875 with 4,050 for the third candidate in the race, Mark Mishler on the Green and Working Families lines — would be insufficient to make up the more than 9,000-vote margin Clyne commanded on Election

everywhere else.

In Bethlehem, despite the strong showing by much of the rest of Election Day's Democratic ticket in a town where Clyne's brother Matthew is Democratic party chairman, DerOhannesian came out on top with 8,516 on his two ballot lines to 7,586 for Clyne. Mishler, the third candidate in the

race finished a distant third, with 1,005.

In New Scotland, DerOhannesian commanded a 2,482-1,958 lead over Clyne in the finalized tally, with Mishler collecting 253 votes.

**While the outcome is somewhat disappointing, I am enormously honored by the vote totals I achieved... over 57,000 voters in Albany County heard our message and exercised their rights as citizens; for that I'm grateful.**

Paul DerOhannesian

Day in the city of Albany, despite adding almost 4,000 votes to his preliminary totals.

In a written statement released Wednesday, DerOhannesian said, "While the outcome is somewhat disappointing, I am enormously honored by the vote totals I achieved ... over 57,000 voters in Albany County heard our message and exercised their rights as citizens; for that I'm grateful."

His showing was particularly strong in the suburban towns; While Clyne carried the traditionally Democratic strongholds of Cohoes, Watervliet and Green Island in addition to Albany, and posted narrow wins in Berne and Rensselaerville, DerOhannesian won handily

Following the announcement of Colonie's numbers on Wednesday, where DerOhannesian finished on top, 20,698-15,649-1,276, but without enough votes to close the overall gap, the Republican candidate conceded the election in a Wednesday night call to Clyne.

The final tally when it is complete will bring to a close a contentious election pitting two longtime assistant district attorneys on the staff of outgoing DA Sol Greenberg against one another.

Neither Clyne nor DerOhannesian could be reached for comment, but DerOhannesian has indicated his intent to step down from his current post in the DA's office.

# Student remains hospitalized

By JOSEPH A. PHILLIPS

A local college student remains in Albany Medical Center Hospital this week in the aftermath of a tragedy that took the lives of four of her peers — and may have been the result of drunk driving by an underaged party-goer at a college fraternity gathering.

An Albany Med spokesman confirmed that 18-year-old Elke Wagle of Glenmont, a freshman at Colgate University, was listed in fair condition and likely to remain in the hospital for several more days, following treatment for multiple fractures suffered in a Nov. 11 accident on the outskirts of Hamilton, Oneida County.

Wagle was initially treated at Hamilton Community Hospital for arm, ankle, hip and pelvis injuries suffered in the accident, and then transferred to Albany Med.

The accident occurred when a

Jeep driven by 20-year-old Kevin Koester of Troy, also a student at Colgate, slammed into a tree on a rain-slicked, hilly road, after Koester and his companions left a party at an off-campus fraternity.

In the vehicle with Koester and Wagle were another Colgate freshman and two students from William Smith College, all from Norwich, Chenango County, all of whom were killed; a school friend of Koester's from Troy, also killed; and another from Menands, who like Koester, walked away from the crash with minor injuries.

Koester, currently free on \$50,000 bail, has been charged with driving while intoxicated and with four counts of criminally negligent homicide. State Police said none of the occupants of the vehicle were of legal age to drink, though several had done so at the party. None of the victims was wearing a seat belt.

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## Bethlehem Public Library schedules referendum

Dec. 19 has been set as the public referendum date for Bethlehem Public Library's proposed \$8.5 million renovation.

The project would be funded by a 20 year bond. Plans include reconfiguration and the refurbish-

ment of existing space and completion of the structure's second floor.

The referendum will be from 9 a.m. to 9 p.m. in the library's Community Room.

The last of four public forums

on the project is scheduled for Tuesday, Dec. 5, at 7 p.m. at the library. Architect's drawings and information about the project are on display in the library lobby.

For information, call 439-9314.

## Delmar student studying in Italy

Jessica Baird of Delmar, a senior at the Fashion Institute of Technology in Manhattan, will be spending part of the fall semester studying abroad through FIT's International Study Program at the Medici in Florence, Italy.

## Births

### Out of town

Boy, Zachary Robert Brol, to Karen and Robert Brol of Bristol, R.I., Oct. 31. Maternal grandparents are Thomas and Patricia Cleary of Delmar. Paternal grandparents are Walter and Theresa Brol of Allegany, Cattaraugus County.

Girl, Kelly Lauren McDermott, to Lori and James McDermott of Nashua, N.H., Nov. 5. Maternal grandparents are Gerald and Kathryn Schimanski of Delmar.

### Five Rivers slates December activities

Five Rivers Environmental Education Center in Delmar recently announced its schedule for December.

- Saturday, Dec. 2, 2 p.m. — Trees of the Season. An examination of evergreen trees and lessons on how to tell tree needles apart.

- Saturday, Dec. 16, 2 p.m. — Not a Creature Stirring. An outdoor study of winter survival strategies for various animals.

- Wednesday, Dec. 27, 10 a.m. — Naturalists as Reading Partners. Reading of a short nature story and an outdoor exploration of signs of the seasons. Parents and children must accompany one another. Dress for the outdoors. There is a \$1 per person fee. Register by Dec. 21.

- Friday, Dec. 29, 10 a.m. — A repeat of the Dec. 27 program. Register by Dec. 21.

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# Upcoming college reunion helps mom redefine success

By KATHERINE McCARTHY

COMMENTARY:

Mom's  
the  
Word



Don't look, my instincts told me.

You have PMS, and are on a sugar high from sneaking candy from the boys' Halloween stash all day. You don't want to look at a list of what your college classmates are doing, nearly 20 years after graduation.

Still in denial that I could, in fact, be so long out of college, I grabbed another fun-size Snickers bar and opened the Reunion Gift Committee folder anyway.

A cheerful letter from the committee heads; instructions on how to solicit donations; and then pages and pages of presidents, vice presidents, partners, owners, doctors, lawyers, directors — scads of people leading fabulous and successful lives, very few of whom probably ever reach into hidden candy stashes for fortification.

"Just think about your kids," a friend said, when I whined pathetically about my lack of place in the world. "They're why you're doing what you are."

Oh, yeah, many rewards on that front. Just that morning, one of "those mornings," our older son, professing to be doing a good deed, had poured "real" maple syrup all over his Aunt Jemima-loving brother's frozen Pokemon waffles.

Instant Reflex Boy then hurled his full glass of cranberry juice and seltzer into his "helpful" brother's face, dampening a corner of Dad's newspaper, and alarming the dog, who stepped in the juice on the floor, tracked it into the living room, and promptly jumped up onto the white couch.

This is not the life I imagined I'd be living, 20 years after college, wiping up sticky juice and gobbling Snickers fun-size bars when nobody's looking.

I called Cyndy, one of those

incredibly successful people on the class list, and one of my closest friends.

Together, we went through the list, finding out where the cute boys had gotten to, what their wives' names were, and laughing at some of the silly phrases and memories we'd shared in our days of dorm rooms, midterms, and endless soul-searching.

Fortified by more than not-so-much-fun-sized candy bars, I wondered why human nature tends so easily towards envy.

Really, I should be proud of all those people who once traveled the same road I did, and happy for their successes.

What we have achieved in life shouldn't be the main factor in determining what we think of each other.

After all, there are as many boring presidents as interesting at-home mothers out there.

Our criteria for enjoying each other's company should be different.

Do we have shared memories? Are there good times and bad times we can all recall?

Do we all have interesting stories to relate from the last 20 years, and do we all have the time to listen to each other?

Can we have an interesting chat about the state of the world and our lives as they are today?

Can we laugh together?

Those are the things that matter, and I promise not to hold their powerful jobs, big houses and new cars against any of my classmates.

It's a good time to reflect on the interactions of human nature, for 'tis almost the season for those microcosms of human nature — families — to travel great distances to sit at the same table and be dysfunctional together.

What do we expect of ourselves and each other that can too easily make us tense and not able to fully savor the moment at hand? Is it that we know each other too well?

Sometimes, is it easier to remember the slights and foibles of the past instead of the time we built a fort in our room, or the late March when a 4-year-old walked around the corner to find the spring his parents promised him was there?

As we gather on Thanksgiving day, smells from the kitchen and the warmth of the house after the chill of the outdoors, are as much memory as anticipation of the coming feast.

The changing season carries the scent of the past, reminding us of all the people who have shared the journey of our lives.

We need to remember that the people still in our lives are who they are, not who we want them to be.

Like we must do with our children, we have to relinquish some of the control, and enjoy them for themselves.

As I fretted over the list of successful classmates, worried about the underlying psychological reasons for the maple syrup/cranberry juice exchange, and thought about the coming holidays, a line from a song popped into my head.

My freshman roommate Sally was a James Taylor fan, and I soon found myself humming, "the secret of life is enjoying the passage of time."

That's easy to forget as we pack school lunches, dash to work, run to the grocery store,

and try to remember whose night it is to load the dishwasher.

We need to watch for the good moments that lurk beneath the details of daily life — the morning hug from a child in feety pajamas; the dinnertime questions about who the next president will be; the miracle of these children, who started out as helpless infants, getting on a school bus every morning and making their way through the day without us; the comfort of a warm blanket on a chilly November night.

At this time of year, there's also the pleasure of family gathering together.

Where I am is a pretty good place. Twenty years ago, how could I have ever known I'd get so lucky?

Happy Thanksgiving, everybody.

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# Matters of Opinion

## Kudos to Eagles

Not many programs can have the kind of turnaround the Bethlehem boys soccer team has had.

In 1998, the Eagles managed just three wins and missed the playoffs. This year, they won the Section II Class A title and reached the state semifinals for the first time in school history.

### Editorials

The turnaround can be traced to a number of factors — not the least of which is the maturation of the upperclassmen on the team. Many of the juniors and seniors on this year's club were pressed into service as freshmen and sophomores in the 1998 season. The experience they gained back then helped them grow as players to the point they reached as a team this year.

Of course, players can't mature without a coach to guide them. That's where Brett Miller comes in. The former Shenendehowa High School player used the lessons he learned on the soccer field to help turn Bethlehem into a strong all-around team.

Another factor has been the stellar play of goaltender Mike Nuttall. The junior made some monster saves during Bethlehem's playoff run, including a key stop on a penalty kick in the Eagles' 2-1 victory against Cicero-North Syracuse (Section III) in the regional finals.

"Mike is a tremendous athlete, and he has tremendous heart," Miller said after one of Nuttall's other performances against Saratoga in the Section II semifinals.

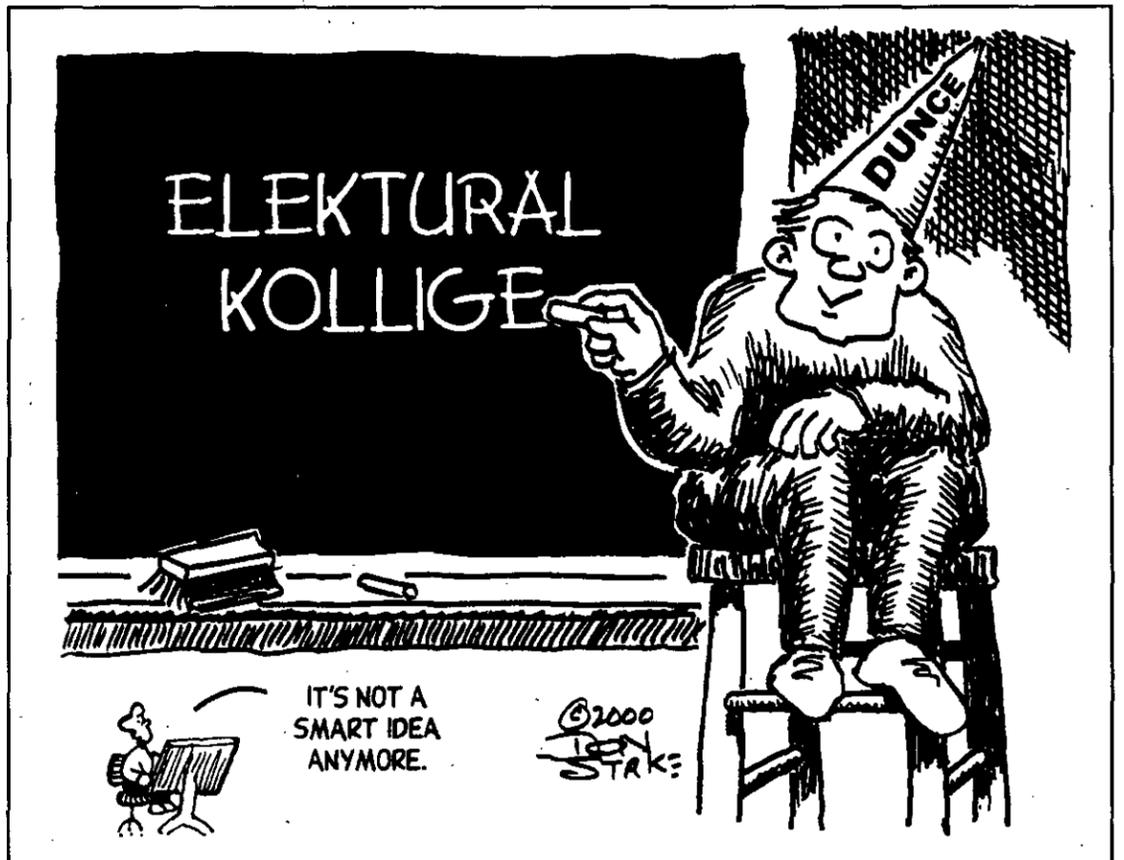
Other players have stepped up for the Eagles, too. Senior Oleg Levchenko scored crucial goals in Bethlehem's victories against Niskayuna in the Section II title game and Cicero-North Syracuse in the regional final. Senior Ben Felson has harassed opposing defenses with his speed and aggressive moves to the goal, and sophomore Bob Barrowman has made significant contributions to the offense with goals in the games against Saratoga and Cicero-North Syracuse.

To say that those players are solely responsible for Bethlehem's playoff success would be untrue, though. This has been a total team effort from the starters to the reserves. To that end, every player should be recognized for what they have brought to the team this season.

Though the Eagles lost in the state semifinals to top-ranked John Jay-East Fishkill (Section I) 4-0 Saturday, there is no disappointment in Bethlehem. After all, the team achieved more than Miller could have hoped for.

"We thought we'd be good this year, but we never envisioned anything like this," Miller said.

Bethlehem soccer has come a long way, and with the amount of talent coming back next year, the best may be to come.



## Thanksgiving offers food for thought

By RABBI SCOTT SHPEEN

The author is senior rabbi at Congregation Beth Emeth in Albany.

In the comfort of our homes and in the relatively secure lifestyle in which most of us live, can we even begin to image that first Thanksgiving in 1621, some 379 years ago?

The Pilgrims had arrived on the shores of what is now Massachusetts less than a year before.

Those Plymouth colonists had endured a rough winter; in fact, nearly half the colonists lost their lives during that first year.

They were so very grateful for the fact that they had survived, so very grateful that their hope had been restored by an excellent corn harvest that summer, that they held a three-day feast to celebrate their thanks for the blessings of their lives.

It must have been some feast! History records that the women spent days preparing as the children helped by turning the

### Point of View

roasts on spits in front of open fires. Indians brought wild turkeys and venison. The men hunted geese, ducks and fish.

Everyone sat outdoors at big tables, since the first Thanks-

**Thanksgiving is not only a celebration of our physical sustenance and the bounty of our harvest, but it is also a recognition and celebration of our spiritual survival as well.**

giving was held in July, enjoying their meal, which was complimented by corn bread, nuts and succotash.

But it was not until Nov. 26, 1789, that President George Washington first issued a proclamation for a day of thanks and 1863 that President Abraham Lincoln selected the fourth Thursday in November to be a national Thanksgiving day. Only in 1941, when Congress established it as a legal holiday, was the date of our Thanksgiving holiday firmly fixed.

What does Thanksgiving mean to all of us in the year 2000? Is it just a day off from work and a long weekend off from school? It is a nice time to have family and friends for dinner before we began the frantic holiday shopping season, traditionally inaugurated the next day, known as Black Friday in the retailing business?

Do we methodically go to our local supermarket in order to stock our cupboards and refrigerators without a second thought? Have we lost the essence and spirit of the true

meaning of Thanksgiving because our blessings seem so abundant?

What makes Thanksgiving so important — even today when most of us do not have to worry about where our next meal will come from or whether or not we will endure another long, cold winter — is the opportunity it provides to realize just how fortunate we are.

The idea of giving thanks for the blessings in our lives transcends all time, and is relevant to our lives no matter what. People are happiest when they realize and believe that the life they have is inherently good.

One way in which this gratitude is conveyed is by sharing our blessings with others, making sure that those less fortunate can enjoy the goodness we experience. Another way is by breaking bread together with family and friends, renewing the bonds of love and fellowship which add meaning to our existence.

Those Pilgrims who celebrated that first Thanksgiving must have been extremely courageous and of strong faith. How else could they have endured the hardship and the loss of so many in their community during that first winter and still manage to keep going, much less celebrate their own survival?

Perhaps Thanksgiving is also an opportunity to acknowledge the struggles we have faced in our own lives this past year, to be grateful for those we overcame and for the strength and fortitude we found to continue on.

Thanksgiving is not only a celebration of our physical sustenance and the bounty of our harvest, but it is also a recognition and celebration of our spiritual survival as well.

So as each of us sits down to our Thanksgiving dinner, let us take a brief moment, either in formal prayer or in silent meditation, to recognize and truly acknowledge the many blessings in our lives.

## The Spotlight

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# Your Opinion Matters

## Library renovation plan deserves voter support

Editor, The Spotlight:

As a concerned senior citizen who has lived in Bethlehem for 34 years, I feel the need to respond to the Ethan Schoolman article in the Nov. 8 *Spotlight*.

I remember fondly the cozy library started by the Progress Club and how proud we were when our current building was finished. I have watched the traffic grow, and it is time to expand.

Now, I'd like to respond to Tim Herr and his naysayers. First, the name of your group, "Bethlehem Save Our Library," is certainly a misnomer. You want to stifle the library, not save it.

Secondly, you say most people don't know about the expansion. Where have they been? Literature was sent to every home, meetings

have been publicized in *The Spotlight* and plans are in the hallway in the library. Maybe you would like a commercial on TV?

As for the increase in taxes, how many dinners out would you have to give up to pay for the extra? We live on a very modest income, and I think it would be worth it! It would cost \$5.50 to \$7.50 a month at the very most for the average homeowner.

My feeling is that some of the people most adamantly against the expansion may be newcomers to the area. You came here for good schools, good government and good services. The library is one of the most important parts of our community. Please support the bond issue. It is worth every dollar they're asking for.

Coleen Brewer  
Delmar

## Library, like community, is growing

Editor, The Spotlight:

What a beautiful community I live in. We are truly blessed.

The library is not a community center — that's the BIG Arena. The library is a cultural center, with its literature, concerts and lectures.

It will be hard to go for a year

and a half without it across the street from my house. I will be so happy when it is completed. If people can afford SUVs, surely they can afford the new addition.

Like the community, the library is growing.

Marie Capone  
Delmar

## Library plan too costly

Editor, The Spotlight:

I'm heartened to read of more taxpayers in Bethlehem coming to the realization that the \$8.5 million library bond is a mistake at this time.

The proposal is much too expensive and would change our library into a regional library that may very well be filled with patrons from Albany and elsewhere. This will significantly change the character of the library. It may no longer feel like "our" library, but we'll continue to pay 50 percent more for it indefinitely.

By doubling its size, there will have to be significant additional ongoing expenses for the future to cover more staff, higher heating and air conditioning expenses, cleaning and maintenance, and the large cost of an

elevator with an ongoing maintenance contract.

Last week's news that the purchaser of the Niagara Mohawk Steam Plant, PSEG, is now requesting a 20-year exemption from paying school and property taxes from the IDA is not something this town can take lightly.

If this exemption is granted, our taxes are estimated to rise 20 percent for school and 10 percent for property. This doesn't include NiMo's ongoing court battle to get back seven years worth of perceived overpayments in the millions.

Does this sound like the right time to increase our library taxes 50 percent? The answer seems clear for the Dec. 19 vote.

James Murray  
Selkirk



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# Matters of Opinion

## Resident objects to complex library design and temporary site

Editor, The Spotlight:

Independent of the present organized efforts, I too am going to vote "no" on pending renovation plans proposed for Bethlehem Public Library. Key to my concerns are the following two points:

1. The unnecessarily complex building design being proposed: Considering the present track record to repair threadbare carpet with duct tape, the excessive use of glass in the proposed renovation, including a 50-foot, conical shaped glass tower as the central architectural feature, is going to be a facilities management nightmare. It will be excessively difficult to maintain a consistent air temperature in the proposed building, especially within the glass tower. Also, it's proven that excessive sunlight

raises a host of problems, ranging from glare on computer screens to damaging printed material and artwork, to fading fabrics used to make chairs and, of all things, carpets.

2. The questionable need, and site selection, for a temporary library facility: The decision to close the library and relocate such a critical public function was obviously made without any regard as to what the next likely base-of-operations would be, or where it could be found. This shortsighted decision forced the selection of an abandoned storefront, which was not constructed for this purpose. At last count, this building had a tile floor which will create all sorts of acoustics problems and could be very slippery when wet. Also, auspiciously, is the current repair

to the facade of the former Grand Union that faces this storefront; a facade which was allowed to have its shingles blow off in the wind as late as mid-October. Maybe it took a chunk of this building to hit the new landlord in the head to point out this obvious and long overdue repair, but it also reads like an open book that someone is already planning on a prospective tenant coming to this end of the plaza.

My question now is: Where is Plan B? And don't tell me there isn't one. An alternate approach that immediately comes to mind is the acquisition of the two residential properties located west of the library's location on Delaware Avenue; this would be adequate space to build a one- to two-story (upward of 20,000 square feet) addition. This

addition (media center?) could then house the desired services that currently do not exist (i.e. additional administrative/clerical space and/or computer terminals) and allow related areas (i.e. career resources, video/DVD tape) to later expand without having to discontinue present service offerings. Once this addition is completed, it would allow remaining space in the existing building to be renovated on a piecemeal, yet scheduled basis.

Whereas I believe this approach would save upwards of \$2 million from the current proposal, its true benefit, again, comes from minimizing, if not entirely avoiding, the need to shut down the library's present location.

Also, it would seem a smart tactic to avoid the prohibitive expense of attempting to retrofit and/or adapt a 30-year-old structure to current technology requirements, and allow for the design and implementation of a much more energy-efficient structure.

I support an expanded library for our community; it is unfortunate, however, that the sole resolve being offered comes from individuals I believe are too close to the problem to remain objective.

Far worse, whether it was an after-the-fact gift or not, is that the present library management fails to understand that it already appears elitist for its questionable acquisition of 51 Borthwick, despite prior public uproar not to purchase this residence.

There is a 50-cent word for a group of people who ignore their "duct tape" history to promote a convoluted and self-satisfying building proposal, then hamper the voting public by putting it at odds with two major religious holidays — it's "plutocracy."

Bob Troutman  
Delmar

### Letters policy

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

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

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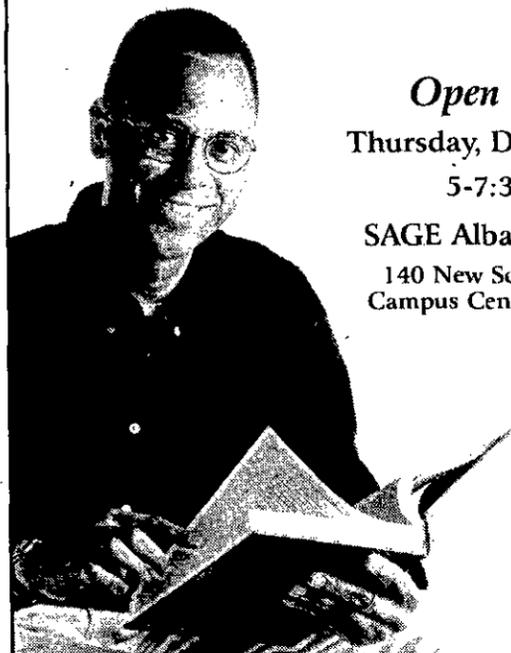


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# Your Opinion Matters

## Son's experience on Braverman teams was not positive

Editor, The Spotlight:

There is another side to the Jesse Braverman story that needs to be heard.

Our son, now 18 and a happy well-adjusted college freshman, played baseball for several years, both at the middle school and Bethlehem Central High School. He concluded his career as co-captain of the varsity baseball team, an honor bestowed upon him by his teammates.

What he accomplished as a high school baseball player, however, was achieved despite Mr. Braverman's being his coach, not because of him. As parents, the years our son was coached by Mr. Braverman were often painful and were always very frustrating.

Mr. Braverman and his supporters claim that the Suburban Council rule which would prevent him from coaching both Mickey Mantle and the high school varsity team as he sees fit is unfair, and that his coaching of both teams in no way presents a conflict of interest.

With all due respect, Mr. Braverman is either missing the point or clouding the issue.

The issue is not whether a player on the varsity team is pressured to also play Mickey Mantle baseball. The real issue is that if you are not selected to play Mickey Mantle baseball, you are not very likely to get a chance to play varsity baseball either.

When our son was 14 years old, he tried out for Mr. Braverman's Mickey Mantle team. He had been a capable player in middle school and in Babe Ruth, and most important, loved the game and displayed a very positive attitude. He was cut from the Mickey Mantle roster and was devastated.

Kids get cut from teams all the time, you might say, so what was the

big deal. There's always next year, right? When we tried to console our son with that logic, he simply looked at us and said: "You don't understand. If you don't play Mickey Mantle, you won't be playing varsity baseball."

Our son ultimately did make the Mickey Mantle team after Mr. Braverman witnessed his performance on the JV team. In our opinion, our son was well-qualified to make the team the first time around, but his playing position and initial roster spot was taken by a player from a different school district who was recruited to play for the Bethlehem team. Our son's performance on the Mantle team that year was unexceptional — that is, when he actually got the chance to play. How much of that was due to lack of talent or an inherent feeling that one mistake will earn you a quick exit from the field to the bench, we will never really know.

Jesse Braverman is not a "saint" and he does not deserve a medal, as some at the recent school board meeting asserted. In our opinion, Mr. Braverman focuses on one thing and one thing only — winning.

As a town and a society, we have lost our perspective in scholastic sports. Coaches are supposed to be teachers and any student-athlete who is good enough to make a team should have a chance to enjoy the sport and competition, not just be practice fodder. High school sports are not the Subway Series or an automatic ticket to college. Winning is certainly fun, but it is not and should not be everything.

Mr. Braverman may be a fine man with good intentions, but we think he is unaware of how his coaching style affects many of his non-star athletes. However, it appears we are in a very small

minority who think the Suburban Council rule which would require Mr. Braverman to change his modus operandi is fair and should be enforced. To those who think Mr. Braverman is a candidate for sainthood or deserves the medal of honor, we would ask you first

to talk to the student-athletes who may wear a team uniform but who rarely, if ever, get a chance to play and truly feel part of the team.

Talk to those young men and women who are still sitting on the bench when the team is winning or losing by a wide margin, not

wanting to be embarrassed by playing "garbage" time but still desperately wanting to play. Take the time to do that, and you just may begin to understand the other side of the story.

Rose and Jim Sherin  
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PCBs (polychlorinated biphenyls—a class of chemicals used in manufacturing) have polluted the Hudson River environment since the late 1940s. The National Oceanic and Atmospheric Administration (NOAA), the New York State Department of Environmental Conservation (NYSDEC), and the U.S. Fish and Wildlife Service (USFWS) are assessing PCB impacts on the Hudson's natural resources. This process is called a "Natural Resource Damage Assessment."

### PCBs in the Hudson

From the late 1940s to the early 1950s two General Electric facilities located in Fort Edward and Hudson Falls, New York, released between 209,000 and 1.3 million pounds of PCBs into the Hudson River. GE stopped using PCBs in the mid-1970s. Unfortunately, high levels of PCBs remain in river sediments and PCBs are still seeping from the bedrock beneath the GE Hudson Falls facility into the river. Fish, birds, and mammals living in or near the Hudson River continue to be exposed to PCBs. PCBs are a major concern because they last in the environment for many decades, and they "bioaccumulate" or concentrate in living creatures resulting in potential health hazards to fish, birds, mammals, and wildlife habitat.

Monitoring studies done by NYSDEC estimate that PCBs, if left in the river, will continue to contaminate fish for many years into the future. PCBs also affect the public's use and enjoyment of the River. From 1976 to 1995, all fishing was banned in the Hudson for 40 miles between Hudson Falls and the Troy dam; this area is now catch and release only. Also, the New York State Department of Health continues to advise women and children not to eat fish from the river, and commercial fishing in the Hudson remains banned today.

### What is a Natural Resource Damage Assessment?

It is an investigation performed by federal, state, and tribal governments whose goal is to identify and measure injuries to natural resources and restore these injured resources. For the Hudson, NOAA, NYSDEC, and USFWS are natural resource "trustees" responsible for acting on the public's behalf to restore natural resources injured by PCBs.

### The Hudson River Trustees need your help.

If you want more information about the Hudson damage assessment or have restoration ideas, please visit one of the web sites listed below.



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# Matters of Opinion

## Community must respond to wake-up call at middle school

Editor, The Spotlight:

Our community received a wake-up call last Wednesday at about 1 p.m. The phone rang in the Bethlehem Central Middle School principal's office and the school nurse explained that our cafeteria monitors were concerned that two eighth-grade students were "not acting right" during their lunch period.

An initial examination in the health office revealed that both students and two others had taken several Coricidin cold tablets during the earlier part of the day to get a "rush." Two of the four students had dropping pulse rates and a call to the Poison Control Center resulted in all four

students being taken to area hospitals and a call to their parents from school that every parent dreads. Two of the four students were released shortly after examinations at the hospital, two others remained well into the evening until they were sufficiently stabilized.

These young people, their parents, the school and our community were fortunate that the cafeteria monitors acted on their instincts out of concern for our students.

The purposeful Coricidin abuse by four young people is significant all by itself. However, it was preceded this year by three seventh-grade students using

"schrooms" — small pieces of mushrooms — whose chemical makeup produces a hallucinogenic effect, and followed by two eighth grade students possession of marijuana last Thursday.

All of these students received district mandated suspensions, applicable consequences, and they along with their families have been counseled on resources available which help our students make better future choices.

Instances of chemical abuse — alcohol, tobacco and drugs — at our middle school have been infrequent in recent years. There have been two recorded instances of chemical abuse in the last three years.

Now is the time to use the resources of our community to share what we have learned from these recent incidents in ways that educate and inform students, parents and the community.

Some of the things we have learned from these situations are:

- More than just the four children taken to area hospitals have attempted to get a rush from Coricidin abuse.

- A PBS broadcast — "Popular" that aired on Channel 15 in recent weeks, featured the possibilities of getting a rush from Coricidin.

- Our elementary schools, Delaware Plaza and the area behind it serve as a meeting place for middle and high school students engaged in substance abuse.

- The middle school/high school Delaware Plaza connection has increased middle school

students' access to drugs.

- Many of our eighth-grade students are using marijuana outside of school.

We feel we are unique in our ability to work in a community partnership to respond to this wake-up call.

We invite all community members to attend a Jan. 8 BCMS PTA forum on substance abuse and its prevention at 7:30 p.m. in the middle school media center.

*Karen Graziade, BCMS PTA,*

*Phyllis Hillinger, BOU,*

*Bruce Oliver, SRO,*

*Michael McMillen, SRO,*

*Mona Prenoveau, Bethlehem*

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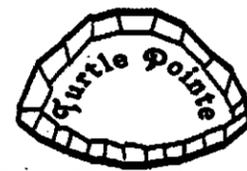


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# School board slates special meeting Nov. 28

The school board will hold a special meeting on Tuesday, Nov. 28, at 7:30 p.m. at the high school.

The meeting was called to discuss the building project and the board vacancy created by the resignation of Holly Debes.

## Community singers rehearse for service

Community singers, under the direction of Ken George, will practice on Thursdays, Nov. 30 and Dec. 7 and 14, at 7:30 p.m. at First United Methodist Church of Voorheesville on Maple Avenue.

The ecumenical service will be held on Sunday, Dec. 17, at 7 p.m. at the church.

All community singers are welcome.

## School's out for Thanksgiving recess

Schools in the district will be closed Thursday and Friday, Nov. 23 and 24, for Thanksgiving break.

## Trustees to meet at village hall

The Voorheesville board of trustees will meet on Tuesday, Nov. 28, at 8 p.m. at village hall, 29 Voorheesville Ave.

## Library quilt raffle set for Dec. 2

The quilt donated by Nimblefingers quilt group to benefit the Friends of the Library will be raffled off on Saturday, Dec. 2.

Tickets are available at the library circulation desk, SuperValu Foods or from any Friends of the Voorheesville Library member.

The cost of the tickets is \$1 each or six for \$5.

## Historical association selling calendars

The New Scotland Historical association is selling 2001 calendars featuring historical photos of the town.

The cost is \$5 each and can be purchased at area stores and village and town hall.

## School to restrict parking

The parking area on the side of the elementary school is restricted during morning arrival time, from 8:20 to 8:45 a.m., and afternoon dismissal, from 2:50 to 3:20 p.m.

All visitors are asked to park in the main lot during these times.

**NEWS NOTES**

**Voorheesville**

Jane Norris  
439-8532



## Congratulations to music winners

Three high school students were selected to attend the Area All State conference held Nov. 17 to 19.

The New York State School Music Association selects students from an area that covers more than 40 surrounding school districts to join the prestigious Area All State chorus or band.

Students who participated were Stephanie Conklin in band and Mark Tidd and Matt Hubert, both in chorus.

Hubert has been invited to participate in the All State chorus in Rochester Nov. 26 to 29.

## Hamagrael School slates PTA craft fair

Hamagrael Elementary School PTA will sponsor a craft fair on Saturday, Dec. 2, from 10 a.m. to 4 p.m. at the school.

There will be more than 75 vendors, as well as refreshments, including a bake sale, and a bucket auction.

Admission is free. For information, call 439-8674.

The school is on McGuffey Lane in Delmar.

## Five Rivers to host evening sky program

Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar will host an evening of sky watching and star lore with the Albany Area Amateur Astronomers on Friday, Dec. 1, at 7 p.m.

For information, call 475-0291.

## Firefighters to serve home-style breakfast

Onesquethaw Volunteer Fire Co. will serve a home-style breakfast on Sunday, Nov. 26, from 7 a.m. to noon at the Clarksville firehouse.

Adult meals are \$5 and children's meals are \$3. Kids under 5 eat for free.

# Libraries need community support

If you have watched the celebrity version of "Who Wants to be a Millionaire," you have seen comedian Drew Carey win more than half a million dollars to benefit his hometown library system.

Nope, he didn't donate the money to AIDS or cancer research, abused children, animal

The staff and board of the library wish you all good eating and a relaxing time to catch up on some reading over the Thanksgiving holiday.

We will be closing at 1 p.m. on Wednesday to allow our staff some extra time to bake the pies and stuff the bird. We will reopen at 10 a.m. on Friday.

Please stop in early and pick up

a new novel by a favorite author, a book cassette to listen to while you are cooking, or a family video to watch after the football game.

Take advantage of all your local library has to offer.

Barbara Vink

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



rights-or many other worthwhile causes, but to libraries.

Somehow, this impresses me. Carey is an enthusiastic library proponent who has helped to bring local libraries and their services and needs to the attention of the public.

Library services are extensive and may be surprising to those of you who are not regular patrons.

Everyone can find something they need at the library: instructions on remodeling the bathroom or how to buy stocks or a good used car, a weather forecast for Ireland, good restaurants on the Riviera, apartment rentals in San Francisco.

Whether you want to research a project, logon to the worldwide Web or just listen to a new CD by a favorite artist, you can do it here.

Public libraries open the doors to all the information of the universe. Pretty neat, huh?

The needs of the library are simple.

We need you to recognize the importance of the public library's contribution to your community, to utilize our services, and support us with your tax dollars at the budget vote every spring — or win us a million dollars on a television game show.

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**Girl Scouts selling cookies**

The Girl Scouts cookie sale is under way.

Girl Scouts from the Hudson Valley Council are taking orders for Girl Scout cookies through Nov. 26.

Cookies are \$3 a package, with proceeds benefiting local Girl Scout troops and a wide variety of council activities.

Customers can choose from eight varieties of Girl Scout cookies, including Capital District favorites, Thin Mints and Samoas.

Rounding out the list are Trefoils, Tagalongs, Do-Si-Dos, Lemon Drops, Low-Fat Apple Cinnamon's and this year, the Aloha Chip, a white chocolate macadamia nut cookie.

Girl Scout cookies can be ordered directly from participating Girl Scouts or by calling the Girl Scouts, Hudson Valley Council at 439-4936.

Girls will deliver cookies beginning in mid-January.

If you miss placing an order, Girl Scout cookies will also be available for purchase from mid-January through February at Girl Scout cookie booths at local businesses and shopping malls including Crossgates, Grand Union and the Empire State Plaza.

**Brochures can identify book donation sites**

Unfortunately we are not able to accept donations of used books at this time.

However, a brochure called "Donations Welcome" is available in the library that lists other local organizations that accept book donations. You will find it on the rack near the reference desk.



Each organization specifies its own terms of donation. Please check the brochure carefully for details.

The latest special edition of "footnotes," the library newsletter, was mailed to Bethlehem Central School District residents last week. Extra copies are available on the display table in the lobby and at the service desks. It contains current, detailed information about the building project.

Information about absentee ballots, fact sheets, architect's drawings and other materials are also available in the lobby. An architect's model is displayed on top of the old card catalogue.

A reminder that the referendum will be held on Tuesday, Dec. 19, from 9 a.m. to 9 p.m. here

at the library.

A final public forum is scheduled on Tuesday, Dec. 5, at 7 p.m.

The library will close at 5 p.m. Wednesday, Nov. 22, and remain closed through Thursday, Nov. 23. The library will be open from 9 a.m. to 5 p.m. on Nov. 24.

Regular hours resume on Nov. 25. We wish all our patrons a Happy Thanksgiving.

Louise Grieco

**DWI cases adjudicated in Town Court**

By JOSEPH A. PHILLIPS

Three individuals facing charges of driving while intoxicated (DWI) resolved those charges on Nov. 6 in Bethlehem Town Court — two of them entering pleas to reduced counts of driving while ability impaired (DWAI).

Carlos Gonzalez, 45, of 1641 Madison Ave., New York City, pleaded guilty to a DWI count stemming from his arrest after a collision with a police vehicle on Sept. 1.

He was fined \$500 and a \$95 state-mandated surcharge, and had his license revoked for a period of six months. A related charge of leaving the scene of a personal-damage accident was dismissed.

Pleading guilty to reduced DWAI counts were Harry J. Marshall, 56, of 960 Delaware Ave., Delmar, arrested on Aug. 17; and Roderick Kelly Winston, 30, of 21B Fairwood Apartments, Guilderland, arrested on Sept. 10.

Each had his license suspended for a period of 90 days, was fined \$300 and assessed a mandatory \$35 surcharge.

All three defendants were also ordered to undergo a drinking-driver remediation program and face a victim impact panel.

**Church schedules Thanksgiving service**

First Church of Christ, Scientist in Delmar will be holding a Christian Science Thanksgiving service on Thursday, Nov. 23, at 10 a.m.

Testimonies will be given, and child care is available.

The church is at 555 Delaware Ave. For information, call Kim Schoening at 439-2512.

**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.

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# Sports

## Bethlehem falls in state semifinals

### Stickwork



Dan Smith, foreground, and David Farber work on their puck-handling technique during a Bethlehem varsity hockey practice last Friday at the BIG Arena. The Eagles have a new head coach in Tom Dugan, who has worked with Bethlehem Youth Hockey in the past. Bethlehem opens its season Saturday when it hosts Burnt Hills-Ballston Lake in a league game at the BIG Arena.

By ROB JONAS

The unprecedented playoff run of the Bethlehem boys soccer team came to an end Saturday.

John Jay-East Fishkill (Section I) received two goals from **Brett Bernstein** on its way to a 4-0 win against the Eagles in the state Class A semifinals at Cicero-North Syracuse High School.

"They're a good team," Bethlehem coach **Brett Miller** said. "They could beat some college teams."

Bethlehem (15-4-3) stayed close to the top-ranked team in the state until the final 10 minutes, when John Jay scored twice to create its final margin of victory.

"We played pretty well," Miller said. "We gave up two goals late, but we pushed some people up (to create offense)."

Bernstein gave John Jay (24-0) the lead seven minutes into the game with a hard shot off an assist from **Eric Zegle**. A few minutes later, Zegle scored off a rebound to increase the lead to 2-0.

"The first goal and the second goal ... there was nothing any goaltender could have done," Miller said. "Those were great shots."

Bernstein was credited with his second goal of the afternoon late in the second half when his shot bounced off a Bethlehem

defender into the goal. **Nikolas Guzijan** tallied less than two minutes later to complete the scoring.

Bethlehem goaltender **Mike Nuttall** recovered from the early goals. The junior made 12 saves to keep the Eagles in the game.

Though the Eagles fell short of the Class A title game, they consoled themselves with the fact that they had gone further than any previous Bethlehem boys soccer team.

"We're very happy," Miller said. "The players) were a little disappointed, but on the bus ... everyone was pretty pleased with what they accomplished."

The list of accomplishments includes the school's first Section II title since 1974 and its first

regional victory. And, the Eagles achieved all of that with a starting lineup that featured several juniors including Nuttall and sophomore **Bob Barrowman**.

"We thought we'd be good this year, but we never envisioned anything like this," Miller said.

This may not be the last time Bethlehem reaches the state tournament. Though the Eagles lose 12 seniors to graduation, a repeat performance may not be out of the question with the addition of several players from a successful junior varsity team.

"We're returning five starters plus two kids who played a lot off the bench," Miller said. "There's also some good players who are coming up that are younger. We're excited about our future."



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### Eagles place 14th at Federation meet

The Bethlehem boys cross country team finished 14th at the New York State Federation meet Saturday at Bowdoin State Park near Poughkeepsie.

Dan Kohler finished 19th overall with a time of 16:28.1 for the Eagles, who had a team score of 325 points in the invitation-only meet.

Clarke Foley, who won the Section II Class A title three weeks ago, placed 52nd overall with a time of 17:02.1. **Doug Demarco** was 94th in a time of 17:25.6, **Geoff Decker** finished 160th in 18:02.8, and **Colin Dwyer** placed 176th in 18:12.5.

The Federation meet brings together the top cross country programs from the New York State Public High School Athletic Association, the Public School Athletic League and the Catholic High School Athletic Association.

Bethlehem's **Katie Parafinczuk** will take part in the Foot Locker regional Saturday at Van Cortlandt Park in New York City.

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# Cool cat



Emily Cole draws a picture of a cat at a Cats and Dogs in Books event at Voorheesville Public Library over the weekend. *Jim Franco*

# BCHS senior finalist in competition

By KATHERINE McCARTHY

Bethlehem Central High School senior Edward Barnard recently competed against four other finalists, plus three teams, in the Siemens Westinghouse Science and Technology Competition at Carnegie-Mellon University in Pittsburgh.

Barnard was one of 48 finalists chosen from an initial pool of more than 600 national applicants, the bulk of whom were from New England and the Middle Atlantic states.

Although his project was not the top winner, Barnard was happy that "Design Simulation and Fabrication of Surface Micromachines-Microvalves for Satellite Propulsion" was chosen as a regional finalist.

"I met a lot of the CEOs from Siemens and its subsidiaries, and a lot of professors from Carnegie Mellon were judges," Barnard said. "The president of Carnegie Mellon also talked to all of us about our projects."

Finalists were chosen geographically, and competitions were also held at Georgia Institute of Technology; Massachusetts Institute of Technology; the University of California, Berkeley; University of Notre Dame; and the University of Texas, Austin.

The final competition will be held in Washington, D.C., Dec. 9 to 11.

Barnard started his project the summer after his sophomore year, when he began working at the University at Albany's Institute for Materials Research and Applied Sciences. He is now taking George Seymour's science research class at the high school, although that's not where he first started his project.

"I have a job at the Institute for Materials Research and Applied Sciences," Barnard said. "I'm part of the research team. We've been using semiconductor technology, and I've applied that to designing a microthruster for satellite propulsion. I developed it on my own, and now I have prototypes of it that I've built."

Barnard is trying to make a

device comparable to something the defense department is working on at Cal Tech.

"I'm getting various help from other researchers," he said, "but am doing this without the funding and help that the Cal Tech people have."

Initially hired to do computer simulation, Barnard does other work besides his microthruster research. During the summer he

***I met a lot of the CEOs from Siemens and its subsidiaries, and a lot of professors from Carnegie Mellon were judges. The president of Carnegie Mellon also talked to all of us about our projects.***

Edward Barnard

works 20 hours; during the school year, he cuts down to eight.

James Castracane, director of technology at the Institute for Materials Research and Applied Sciences, has been Barnard's mentor for the last few years.

"Ed came on a class tour, and I met him in the hallway during the tour," Castracane said. "He called a couple of days later to ask if there was any work available, and I invited him in to talk. He did some summer intern work, one thing led to another, and he ended up with a paid position here."

"Ed's a good worker," Castracane said. "He's a computer guy, he knows how to do programming, and he got interested in microsystems, mechanical structures made on micron-sized scale."

## Antique group slates events

Delmar Progress Club's antique study group will sponsor a variety of programs in the upcoming months.

On Dec. 13 at 1 p.m., there will be a holiday gathering.

On Jan. 31 at 1:30 p.m., there will be a discussion of "Taghkanic

He had a prior interest in aeronautics, and we got talking about how microsystems might connect to aeronautical applications, and that led to his project working on very tiny valves."

When Barnard told Castracane he wanted to enter the Siemens Westinghouse competition, Castracane was very supportive.

"I thought the quality of his work would qualify for that," Castracane said. "We wrote up the application, and I was happy that he was a finalist."

Last year, his "Design Simulation and Fabrication of Surface Micromachines-Microvalves for Satellite Propulsion" project won awards at Rensselaer Polytechnic Institute's science fair, chief among them the Intel Young Scientist Award.

Intel now sponsors the Westinghouse science contest. When Siemens purchased Westinghouse, it established the Siemens Westinghouse Science and Technology Competition.

Barnard submitted his paper to that competition in August, and will submit it to the Intel contest by the end of this month.

"I've done more testing and research since I submitted the paper in August," he said. "I may have to modify it and make it better."

Barnard is starting to think about where he'd like to go to college next year. Right now, he's considering Johns Hopkins, Stanford or Cornell, where he has worked in the fabrication facility.

He may be unsure which college he'll attend, but Barnard is sure that he will continue with his research. Judging by the accolades it has already received, he's sure to be successful.

Baskets" with Barbara Roemer.

On Feb. 14 at 1:30 p.m., John Dyer will discuss "Abe Lincoln during the Civil War."

"What Is It?" day will be held on March 28 at 1:30 p.m.

Bring in your unknown pieces.

Diane Clark will discuss "Early Lighting" on April 18 at 1:30 p.m.

On May 23 at 1:30 p.m., Mary McClaine will talk about buttons.

And on June 20 at 1:30 p.m., there will be a discussion by Gladys Amos and Pat Lattimer on lace and handkerchiefs.

The group meets in the community room of Bethlehem Public Library in Delmar.



## Good Samaritan Senior Living

by Lee Bormann  
President/C.E.O.



### Cramping Your Style

Benign nocturnal leg cramps are associated with involuntary contraction of the calf muscle and an uncontrollable spasm. About 70% of older adults experience the phenomenon, which has unknown causes. Episodes usually last for seconds or minutes, but they may be frequent throughout the night. Pain can be mild to severe, and soreness often lingers. The disorder may not be dangerous, but it can be highly disruptive, leading to daytime drowsiness and fatigue. Because dehydration is thought to play a role, cramps can often be prevented by regularly stretching the calf muscles and by drinking 6 to 8 glasses of water daily. Persistent cramping may be treated with vitamin E or quinine, which is still available by prescription.

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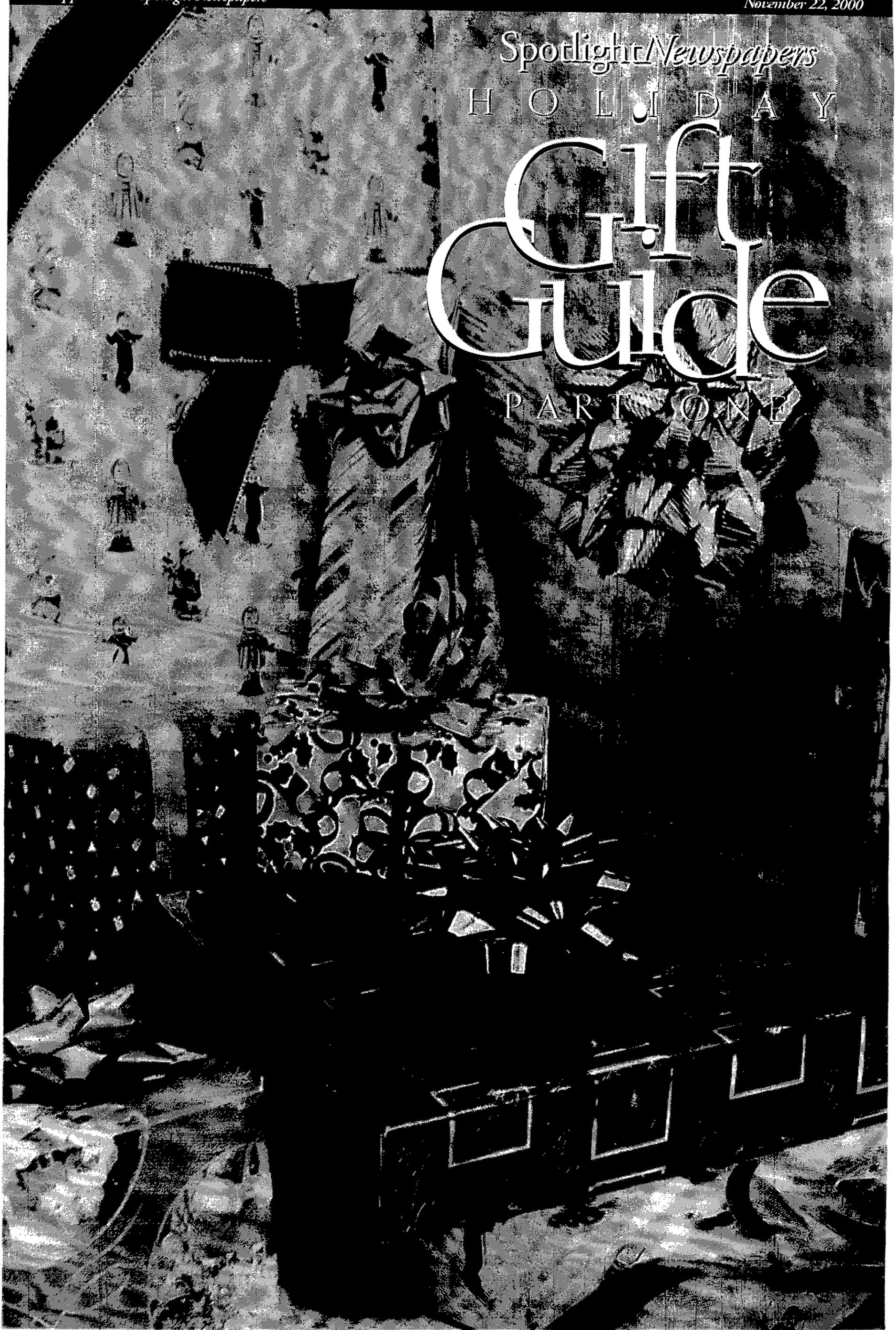
Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054. Letters can be faxed to 439-0609.

Spotlight Newspapers

H O L I D A Y

# Gift Guide

PART ONE



# A true vision for gift giving

By Leigh G. Kirtley

Students in the Albany City School District put their artistic talents to work to raise money to help other children with impaired vision.

Each year, The Sight Society of Northeastern New York known as the Lions Eye Bank at Albany, hosts a poster contest in a different region of their service area.

The contest, called "Through Their Eyes" challenges students in kindergarten through grade 12, to create an original picture depicting why they value being able to see.

"It's a child's point of view of the gift of sight," said Dr. Rudy Coletti, events coordinator at the Eye Bank.

Taking the contest one step further, the Eye Bank selected 12 winners and used of each of

their posters for a 12-month, 2001 calendar also called Through Their Eyes.

Proceeds from the \$10 calendar will be used by the Eye Bank to fund treatments and educational materials for children with eye problems.

"We didn't know where we would go with this; we've never done anything like this before," Coletti said. "The response from Albany city schools was terrific."

The Eye Bank received about 250 entries and local business owners helped select the 12 winners who were honored by Albany City Mayor Gerald Jennings.

All the posters were displayed for one week at the New York State Capital Building to promote National Organ and Tissue Donor Awareness.

"We selected some winners from every age group. It was



This drawing, by Albany High School senior Yelena Biberman was chosen for September on the calendar.

very difficult because the kids did such a good job," Coletti said.

He was also thankful to Benchmark Printing of Schenectady for their services in creating the full-color calendars. Coletti hopes to raise a few thousand dollars that would help purchase computer aids, braille books and educational games. He called them simple things that would make a big difference in helping a child with impaired vision.

Besides materials to improve everyday tasks, the Lions Eye Bank supplies donor tissues to physicians worldwide.

Founded in 1952, they are a

world resource for eye tissue for surgery and research.

"It's all thanks to the tremendous generosity of donor families. Something wonderful can come out of someone's tragedy," said Coletti.

Just one donor can help two people and becoming a donor is simple. In addition to filling in the back of your driver's license, Coletti encouraged people to speak with their families, because they are the ones who will have to make the ultimate decision.

Because their project was so successful, Coletti is planning to making another calendar for 2002.

Students from Catholic city schools will have an opportunity

to enter the poster contest and have their artwork displayed in the calendar.

Another way to show your support is to purchase one of the calendars.

The full-size wall calendars feature artwork from the 12 poster winners including their name, grade and teacher.

National and major religious holidays are also noted throughout the calendar for your convenience.

To purchase a calendar, send your return address along with a check or money for \$10 to the Lions Eye Bank of Albany, 35 Hackett Blvd, Albany, 12208.

You can also contact your local Lions Club for information.

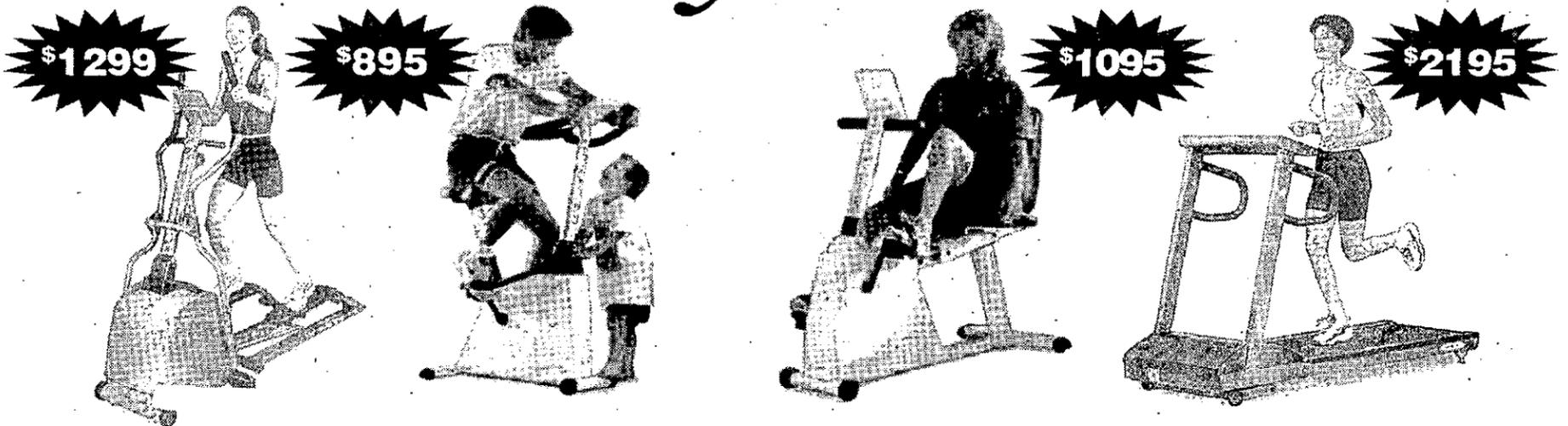
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IT ALL STARTS WITH A VISION

# Tips on sending the perfect package

Have you ever avoided sending a gift through the mail because you thought it might get damaged?

Or you sent a card and money because you thought sending a gift through the mail was too difficult?

Many people take the quick and easy, 'send a card' route, but why not send the perfect gift in the perfect package? It can be quite simple and really fun.

There are four basic parts to making the perfect package.

The first step is to choose the right box for shipping. Use a corrugated cardboard box rather than a two-piece box with a lid.

Even though you may have some old boxes in the attic, don't skimp; it may not provide enough protection during shipping. The box should be slightly larger than the items being shipped, which leaves space on all sides to cushion the items against jostling, dropping or damage.

And finally, make sure the

box is strong enough and large enough to cushion the material on all sides.

The second step is to protect the contents.

If there is more than one fragile item in the box, keep them separate from each other and away from the sides of the box.

**Postal carriers will not accept packages sealed with masking tape, electrical tape or cellophane tape.**

Use enough cushioning, several inches all around, so that the items don't move when you shake the box.

Try cushioning materials with bubble wrap rather than Styrofoam peanuts. The peanuts can be really messy, whereas the bubble wrap is neater and popping it can be lots of fun after unwrapping the gift.

The third step, closing the package and preparing for the

post office, is quite simple.

Postal carriers will not accept packages sealed with masking tape, electrical tape or cellophane tape.

Therefore, you need to close packages with mailing tape—not string or twine or any of the tapes mentioned above.

If package contents are heavy, use filament reinforced strapping tape for extra strength.

And fourth, make sure to properly label the outside of the package.

If you're not using a new box, completely remove or obscure the old address labels or box markings.

Using a permanent, water-resistant pen, write the address on a label, and place it on the top of the box.

If you use a PO box or rural address, include the recipient's phone number. Use clear tape over the label or handwritten



Packing a gift the right way can be rewarding and fun.

address to protect it from water and abrasion.

And in case of damage or loss of label, always place a duplicate address label inside the package.

Now your package is perfect and ready for shipment. Those who receive your packaged gift will admire your thoughtfulness and express their gratitude for taking time to actually send a present.

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- Grandma's Gift Shop - Albany
- Serendipity Gifts - Delmar
- Liz's Closet - Guilderland
- Unique Boutique - Guilderland
- Something Special - Stuyvesant Plaza
- Albany Memorial Hospital Gift Shop
- Yonder Farms - Albany
- Sutton's Market Place - Queensbury
- The Cinnamon Stick - Hammonds Port
- Adams Fairarre Farms - Poughkeepsie
- The Willow Tree - Saugerties
- Kittleberger Florist - Webster
- Bittersweet Country Collectibles - Stafford Springs, CT
- The Country Trunk - E. Greenbush
- Lady Emma's - Saratoga Springs
- Saratoga Cottage Design - Saratoga
- The Pilgrim Candle Co - Westfield, MA
- The JR League Holiday House
- Albany Country Club
- Fairwater Store-EBC - Groton, CT
- Samaritan Hospital Gift Shop
- Red Barn - Northville
- Bloomfields - Amsterdam
- Friends Lake Inn - Chestertown
- Pet Spa - Latham & Delmar
- Persnickety's - Clifton Park
- Country North - Hamilton, ME
- Just a Second - Scotia
- St. Peter's Hospital Gift Shop
- Sandra Sciria & Associates Sales Reps - Auburn
- Country Peddler - Greenwich
- Potter Hill Barn - Hoosick Falls
- Pomodoro - Skaneateles
- Apple Tree - Brockport
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## IT'S SNOW WONDER!

# Booksellers recommend perfect books

By Jennifer Arsenault

Giving the gift of reading never goes out of style.

But with millions of titles to choose from, finding the right book can be daunting.

Two area bookstores helped to narrow the possibilities a bit by sharing their gift book picks for this holiday season.

Book buyer Lily Bartels of Schenectady's Open Door Bookstore recommended these adult titles.

*And the Fans Roared* (\$49.95), by Joe Garner, which includes two CDs narrated by Bob Costas. The book is a true collector's item that highlights unforgettable moments in every major sport and features fabulous photos.

*Prodigal Summer* (\$26), by Barbara Kingsolver is set in southern Appalachia. This

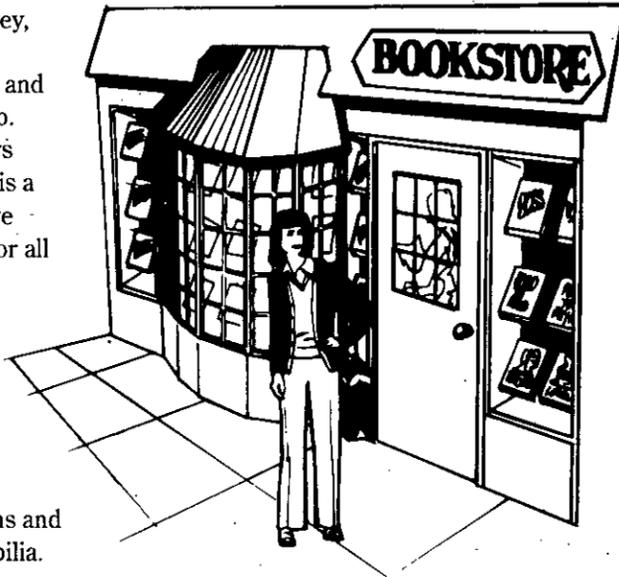
inspiring narrative celebrates human nature and nature itself.

*The Beatles Anthology* (\$60), was produced with full support of Paul McCartney, George Harrison and Yoko Ono. Reviewers said this is a must have volume for all fans.

This is the real story from personal reflections and memorabilia.

Open Door owner Janet Hutchison suggested a number of children's books.

The first is *Where Do Balloons Go? An Uplifting Mystery* (\$16.95), by Jamie Lee Curtis.



The book is described as a creative exploration of the life of a balloon, the humorous text and charming illustrations will stretch a child's imagination, (age 4 to 6).

*It's Raining Pigs & Noodles* (\$17.95), by Jack Prelutsky is a wonderful new collection from a well-loved poet. This volume will delight and entertain children, (age 5 and older).

*Newbery Girls; Selections from*

*Fifteen Newbery Award-winning Books Chosen Especially for Girls* (\$18), selected by Heather Dietz is an array of some of the best literature in America designed to inspire a girl (age 8 to 12).

If you are looking for some historical books for your kids try *Squanto's Journey, the Story of the First Thanksgiving* (\$16), by Joseph Bruchac who is a local Native American author. In this book Bruchac tells the story of Squanto who taught the pilgrims to survive in the rugged American land, (age 6-9).

The Open Door Bookstore is located at 128 Jay St. in Schenectady. These titles were featured in their store newsletter. The books can also be ordered on their Web site [www.opendoor-bookstore.com](http://www.opendoor-bookstore.com).

The staff of The Book House of Stuyvesant Plaza in Albany non-fiction picks for adults include the following.

*At Grandmother's Table; Women write about food, life, and the enduring bond between grandmother and granddaughters* (\$24.95), is edited by Ellen Perry Berkeley. More than a cookbook, it contains recipes and stories from women talking

about their grandmothers.

*Jazz, an Illustrated History of America's Music* (\$65), by Ken Burns & Geoffrey Ward.

This beautiful history is chock full of illustrations and photographs of jazz greats. "This is a great gift for anybody who loves jazz," said Book House floor manager Dan Schreffler.

*Sibley Guide to Birds, by the National Audubon Society* (\$35), written and Illustrated by David Allan Sibley. Designed to be the new standard in field guides, it's larger and has color illustrations.

*The Second World War* (\$29.95), by Stewart Binns and Adrian Wood is a hardcover book about World War II, full of color photographs and text.

For children, the staff recommended *Fairy Tales* told by Burlie Doherty, illustrated by Jane Ray. "It's a beautifully illustrated volume of traditional fairy tales retold in Doherty's writing," Schreffler said.

These staff picks will be available at a 20 percent discount at The Book House of Stuyvesant Plaza through the holiday season.

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# Giving can be beautiful this holiday

By Leigh G. Kirtley

Everyone likes to feel beautiful. This year, why not pamper that special person on list with a gift of beauty?

"Our most popular gift is the massage and facial package for just \$75," said Carol Hurry, who owns Scissors Cut Salon in Schenectady with business partner Debra Zadorian.

Normally, each one-hour service is \$55.

Recipients can choose to schedule them together or separately depending on what works best.

"It's a great deal and a beautiful gift after the stress of the holidays," she said.

Besides their full line of women's skin and hair care products, they also carry a complete line of men's products.

Anyone of these can be put together in a lovely gift package. Especially for men, Scissors carries a combination shampoo and body bar.

"It's a good gift for men who travel or to take to the gym," Hurry said.

Although Scissors is not a day spa, they do offer massages from a licensed massage

therapist, Sandy Woods.

She also offers two exclusive and very unique services. One is called lyposassage and the other orthobionomy.

"Lyposassage is a natural alternative to body contouring using deep massage and manipulation," Woods said.

Sessions are purchased in blocks of 18 and Woods said that most people notice an improvement after just five sessions.

Although lyposassage is not for everyone, it can help someone who is trying to lose inches.

Orthobionomy is a natural way of healing through manipulation and compression to a particular area of the body.

Gift-givers can purchase gift certificates for these or any other of Woods' services.

"Men especially love massages," she said.

If you're looking for a really big, beautiful gift in a small package, you may want to consider a Day of Beauty at Kimberley's-A Day Spa in

Latham.

For \$365, that special person on your list gets a full day, seven-hour beauty treatment beginning with a fresh fruit breakfast.

After a facial, seaweed body mask, manicure, pedicure and lunch, the day ends with a shampoo and style and complete make-up application.

Kimberley's has six other packages to choose from such as Kimberley's Heaven on Earth, which includes a facial, massage and manicure for \$132.

"Our gift certificates are very formal and come in a beautiful gift bag with Kimberley's tissue paper," said Kimberley Comiskey, owner.

"We have lovely gift cards, too. We make it as easy as possible," said Comiskey.

For the men, Comiskey said the number one best seller is the hydrotherapy and massage package, though this is something the women would enjoy as well.

Of course, most people like to receive more than just an envelope, so Comiskey recommends combining it with one of their many retail items.

In addition to hair care, they have a complete line of bath and body care products including bath salts and hand lotions.

They also have candles, stationary and luxurious spa robes.

"I love our French milled soaps. We have so many to choose from," she said.

If you are not sure what to select, the staff at Kimberley's is ready to help.

Whether you need something for your significant other or a beautiful gift for a co-worker, they can help.

"We have something for everyone," Comiskey said.

To make someone on your shopping list feel beautiful this holiday season, contact Scissors Cut Salon at 374-2208 or Kimberley's-A Day Spa at 785-5868.

**Our most popular gift is the massage and facial package for just \$75.**

Carol Hurry

## Shaker Society to open Christmas Craft Shop

Shaker Heritage Society (SHS) presents its annual Shaker Christmas Craft Shop through Wednesday Dec. 20.

The shop will be open Monday through Saturday from 9:30 a.m. to 4 p.m. at the 1848 Meeting House off Albany-Shaker Road in Colonie. The shop is a six-week continuous craft fair and fund-raiser

featuring quality items from more than 50 talented craftspeople with new items brought in weekly.

The shaker Museum Store is open year-round and features many unique items with Shaker county and colonial styling. Volunteers are needed to assist with customer service. To help out, call shop manager Pat Williams at 456-7890.

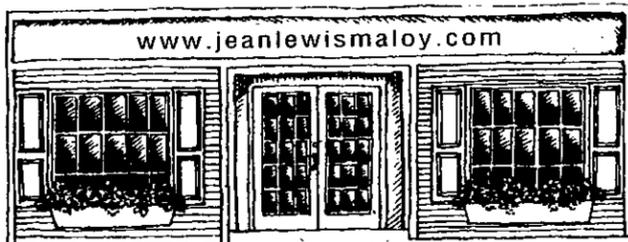
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# Gifts with high-tech hues are hot

Ice blues.  
Popping pinks.  
Eye-catching oranges.  
Don't look now, but these are just a few of the many "hot" new translucent hues that are rapidly replacing the traditional reds and greens that we've grown accustomed to seeing — particularly during the holiday season.

From houseware gifting items like microwaves and vacuums, to small electronics and beauty care supplies —

translucent products are trendy, high-tech and definitely in very high demand this holiday season.

So what's fueling the translucent trend and keeping Santa's elves so busy?

It appears the demand for translucent Christmas gifts may have been jump-started by the introduction of Apple's colored iMac.

Shortly after the iMac made its debut, a surge of rainbow colored electronic products

began filling store shelves — and consumers started snapping

for translucent products can be attributed to many different factors.

**Colored products are becoming another way in which consumers can express their individuality. Just as a person's clothing serves as an extension of personality, translucent and colored products can make a strong statement about who people are.**

Laurie Shumaker

"Colored products are becoming another way in which consumers can express their individuality. Just as a person's clothing serves as an extension of personality, translucent and colored products can make a strong statement about who people are. When they walk into a store, consumers like being given that option — and it appears many of

like drying your hair or vacuuming the carpet, seem unique and fun," she said.

While Generation X and Yers appear to be driving the supply and demand for fun bursts of Christmas colored products — tweenies and 20-somethings aren't the only ones clamoring for hot hues and more color this holiday.

Items sporting funky designs and see-through technology are also proving to be much more practical than the standard "cookie-cutter" gifts — an appealing thought for those of us over the age of 30.

Case-in-point — Dirt Devil recently introduced a new line of redesigned translucent vacuum cleaners that are available in several "hot" new colors and that also come equipped with bagless, see-through dirt containers. "It's a concept that we call 'Power You Can See,'" said Rick Farone, Dirt Devil's vice president of product development.

"We've found that with see-through containers consumers see the dirt that's been picked up — and that actually gives them a real sense of satisfaction and accomplishment," he said.

So what will come of the holiday "hue" hype?

The future of the translucent product appears to be solid. Major retailers agree that a rainbow of uniquely colored gifts will be found on many holiday gift lists in 2000.

So start your shopping early and if you think the "northern lights" will be the only colorful thing this year guess again.

them up.

From there, the see-through rage quickly spilled over into houseware products.

Today blue microwaves, see-through vacuum cleaners, tinted toasters and even colored kitchen sinks are common sights in homes across the country.

According to design expert Laurie Shumaker, the demand

for translucent products can be attributed to many different factors.

"In addition, we've found that people are captivated and motivated to use products that are appealing to the eye," said Shumaker.

"Whether it's a computer, a vacuum or a hairdryer, adding a splash of 'hi-tech' color, draws a person to the product and can actually make a mundane task,

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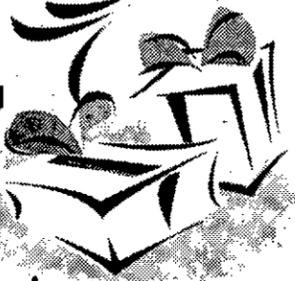
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# Stocking stuffers for the angler in your life

Santa knows who's been naughty and nice, but does he really know how to select the perfect holiday gift for the angler in your life?

More than likely, Santa could use a little help in the gift-giving department when it comes to selecting lures, rods, reels, tackle boxes, fillet knives and everything else anglers deem essential.

There are plenty of sure-fire ideas for stocking stuffers and other gift items that will warm the hearts of well-behaved anglers this holiday season.

Here are a few suggestions that you may want to consider. Fishing lures are essential to fishing, and therefore, make the perfect stocking stuffer for any angler.

The world's best-selling lure is the Rapala, which is available in a number of makes and colors that are guaranteed to attract

any kind of fish in any situation.

Put a smile on your angler's face by giving him or her the lure that has caught more world record fish than any other type of lure.

Everyone that fishes needs this small, inexpensive stocking stuffer in their tackle box.

About \$5 Singing Fish. Yes, fish really do sing. Big Mouth Billy Bass Singing Fish from Neo Communications is a wall-mounted largemouth bass that sings to the tunes of "Take Me to the River" and "Don't Worry Be Happy."

Featuring an animation technology, Billy Bass' lips are synchronized with the music, which makes him magically come to life.

Every angler needs a good fillet knife, and this year there's a wide variety from which to choose. The new Storm Super Slabber Fillet Knife features a

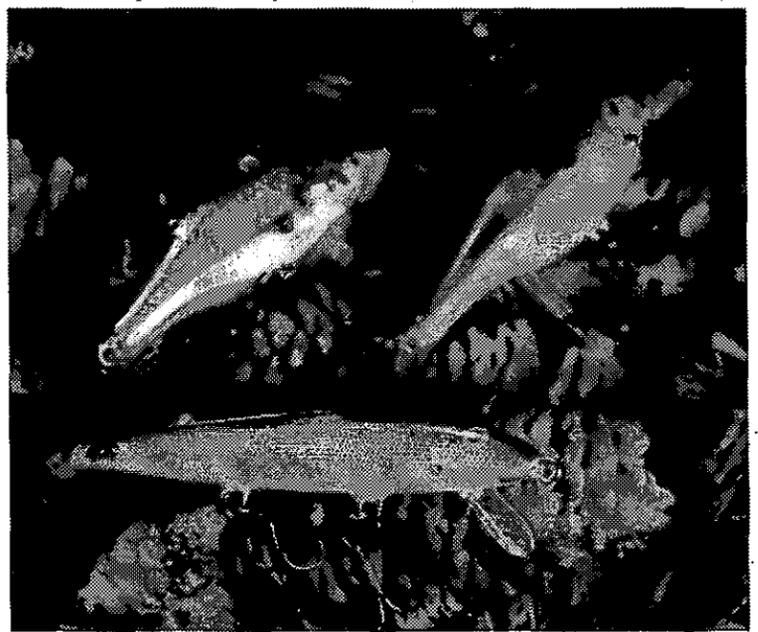
non-slip, soft-grip handle and an ultra-flex blade that allows for superior fillet craftsmanship. The Super Slabber is six inches long.

Created in the spirit of the original six-inch Fish 'n Fillet, the Rapala Signature Fillet Knife offers a waxed birch handle, engraved fish design and a hand-ground stainless steel blade.

Is your favorite angler's tackle box beginning to show signs of wear and tear? Then it's probably time to supply him or her with a brand new tackle box to hold all their precious fishing accessories.

There are many tackle boxes from which to choose Flambeau and Plano are the best known brands and offer a wide variety of tackle boxes to meet the needs of anglers at all skill levels.

For the angler who can't wait



Lure your loved one with these fish gifts.

for fishing season to begin, keep him or her informed with a subscription to a fishing magazine.

There are magazines for just about every type of angler, from those who love panfishing to those who dare venture for the ever-elusive muskie.

As for good, all-around fishing-only titles, the best bets are "In-Fisherman" or "North American Fisherman." For bass anglers, try "Bassmasters."

Shoppers may also want to stop by a local tackle shop to see if there are any local or regional newspapers or magazines your angler may enjoy.

# Keep holiday magic alive

Adults and kids alike are looking forward to the holiday release of the live-action comedy, Dr. Seuss' How the Grinch Stole Christmas, directed by Ron Howard and starring Jim Carrey as the Grinch.

Enjoying the delightfully off-kilter world of this Dr. Seuss classic is one way families can make the holidays more fun and less stressful.

Here are some other helpful tips for this holiday season.

- Take advantage of holiday services in your local mall such as free gift-wrapping and child care during holiday shopping sprees.
- Avoid last year's delivery delays by ordering early from your favorite dot-com.
- Remember to eat healthy snacks of fruits and nuts between holiday errands to give

you an extra energy boost.

- Ask for gift receipts from cashiers to allow friends and family to easily return or exchange presents.



- If you're hitting the road during the holidays, let your favorite department stores do the legwork. Shop on their Web sites and have gifts shipped directly to your travel destination.
- Coordinate your family's "wish lists" online with providers such as Buy.com. This

interactive "wish list" combines classic holiday lists with the convenience of online technology that includes books, art, music, kitchen, electronics, toys and beauty.

- Everyone looks to donate during the holidays, but who can find time?

Check out local malls for stores participating in collections for charities such as Toys for Tots, letting you complete your holiday shopping and keep the true holiday spirit.

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# Keep holidays simple

With holiday shopping lists and personal tastes displaying a dizzying diversity, experts from The Emily Post Institute, America's foremost authority on etiquette, have some advice for coping with what is threatening to become a treacherous task.

"Gift-giving during the winter holiday season seems to consume our every thought, action and deed," said Peggy Post, director of the Emily Post Institute.

"For many, selecting the right gift for the right person is more confusing than ever," said Post.

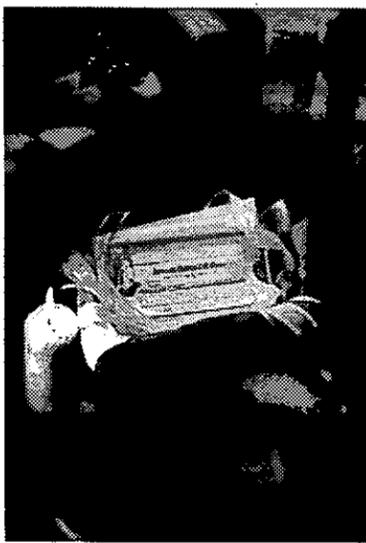
To help alleviate some of the stress, Post offers her "Top 10" holiday gift-giving tips.

## Freedom of choice

Monetary gifts allow the recipient the freedom to select what he or she most wants. Gift checks, for example, are an elegant, thoughtful alternative to cash or checks and come attractively packaged in a gold envelope with a distinctive gift card.

## Good deeds

If you're short on cash, give a "coupon" for your time, such as



Monetary gifts allow recipients the freedom to select what they want.

"cleaning out the garage with dad" instead.

## Luck of the draw

Institute a holiday draw where each family member is assigned one recipient for whom he or she purchases a gift.

## Personalized updates

Faraway relatives and friends might appreciate a heartfelt note and photo from you and your family over a gift.

## Creative accompaniments

For the connoisseur, consider creative gifts that allow them the freedom to choose. Give a wine lover a cork screw and wine coaster with an gift certificate and a message indicating that recipients should choose their favorite bottle of wine.

## Be prepared

Have a few generic holiday gifts such as candles or stationery on hand as last-minute hostess gifts, or when you receive an unexpected gift and want to reciprocate.

## The early bird

If you see something perfect for someone, pick it up ahead of time regardless of the date.

## Office tokens

Small gifts for co-workers, such as baked goods and office trinkets, are fine. A boss might acknowledge the staff with small presents such as gift certificates, books, or a plant.

## Boss basics

It really isn't appropriate to give the boss a gift unless you've worked for the same boss for years or if everyone wants to chip in for something not overly personal or extravagant.

## Good business practices

If you are planning to send gifts to clients or business acquaintances, check that their company doesn't prohibit accepting gifts.

A donation to your client's favorite charity is one way around this dilemma.

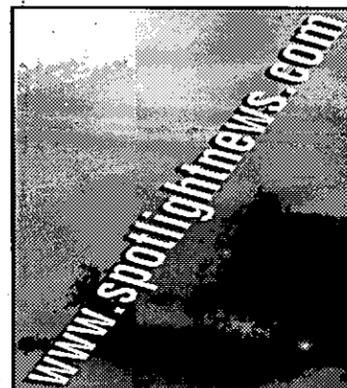
## POOL TABLES

WHEN WAS THE LAST TIME YOUR FAMILY SPENT A NIGHT TOGETHER AROUND THE TABLE?

Today, family get-togethers can be a challenge. May we suggest something equally challenging?

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# Handmade gifts show you care

By Jennifer Arsenault

You don't have to be a professional potter to create custom-painted ceramic gifts this holiday season. A local pottery store is dedicated to making creating hand-painted pieces easy and fun.

Color Me Mine in Albany, which celebrates its third anniversary carries more than 500 unpainted ceramic pieces, including seasonal items like ornaments, Santa boxes, menorahs and dreidels.

For a studio fee of \$6 per hour, plus the cost of a piece, which can range from \$5 to \$65, Color Me Mine's resources and staff expertise are at your disposal.

"You don't have to be an artist to come in here, 99 percent of our customers have never painted ceramics before," said Amy Mazzotta, who owns the store with her husband Carmen.

"There are lots of simple techniques that we can walk you through," she said.

The store's decorating stock includes 30 glazes, over 25,000 graphics from a design computer, Color Me Mine

technique sheets for painting ideas, brushes, stencils, sponges, smocks and design books.

After you've finished decorating your piece, the store fires in their kiln, which usually takes about three to four days.

Because the store expects a large holiday clientele, Dec. 20 will be the cutoff date for guaranteeing a fired piece by Christmas.

Color Me Mine can be reserved for parties, and they also go off site to schools, functions and corporate events.

The store is also getting involved in fund-raising through a project that allows groups to purchase supplies at a discounted price and install finished tiles on a wall.

The store also plans to add a gift gallery of finished pieces hand-painted by the staff and other gift items.

The Stryvesant Plaza location is one of more than 50 Color Me Mine franchises throughout the country, but the only one in the state.

If you would like store hours or information on Color Me Mine call 446-0870.

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# Making progress



Salvation Army program director Barbra Silies and Delmar Progress Club president Mary Richards show off some of the 150 Christmas stockings made by members of the Delmar Progress Club.

# Smile you're on a PC camera

Now there's a reason to smile and say "cheese" when at your PC. It's a hot little accessory called a PC camera and it makes a great gift this holiday.

Also known as webcams, these cameras are becoming a staple among PC owners. InfoTrends Research Group predicts that within the next three years, more than 50 percent of all PCs will include a PC camera.

With the typical PC camera, people can make video phone calls and attach pictures and video to e-mail.

Recent advances now make it possible for the PC camera to tag along to backyard barbecues, softball games and family vacations.

A leading maker of PC cameras recently introduced the Intel Pocket PC Camera.

The new PC camera can take Internet-ready photos and record video at-and away from the PC.

"Unleashing the PC camera gives consumers more freedom and flexibility to take snapshots and video anywhere and share them with family and friends over the Internet within

minutes," said Don Whiteside of Intel Corporation.

With this new breed of detachable PC cameras, people can communicate in fast and fun new ways.

A vacationing family can send a daily photo journal of their Grand Canyon adventure or cross country road trip to friends and relatives over the Internet.

Creative kids can shoot photos at a family reunion, print quick copies from a PC and send everyone home with a family tree memento.

First-time homeowners can create one-of-a-kind change-of-address cards by recording and narrating a guided tour of their new home and posting the video to a personal home page.

College students can shoot Internet-ready photos of their dorm rooms, the campus grounds and neighborhood landmarks to send in e-mail to faraway family and friends.

The Intel Pocket PC Camera, retails for \$149 and comes with a comprehensive suite of software, batteries, carrying case and wrist strap. For information, visit [www.intel.com/pccamera](http://www.intel.com/pccamera).

# Chamber slates holiday mixer

The Guilderland Chamber of Commerce will hold its annual holiday mixer Wednesday, Dec. 6, from 5:30 to 7 p.m. at the Best Western-Soverign Hotel at 1228 Western Ave.

Attendees are asked to bring toys for children age 2 to 14, which will then go to children in the Wildwood program. Music will be provided by the singing group Serendipity.

The mixer is open to the public, and tickets are \$3 for members and \$6 for non-members.

Reservations should be made by Dec. 4 by calling 456-6611, sending a fax to 456-6690 or sending an e-mail to [info@guilderlandchamber.com](mailto:info@guilderlandchamber.com). People donating door prizes should let the chamber know when they make reservations.



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# NYSTI show is holiday classic

The NYS Theatre Institute celebrates its 25th holiday season with a new production of "Miracle on 34th Street" by Valentine Davies.

Alyson Lange plays the role of young Susan, who likes Kris Kringle (John Romeo) a lot, even though she is skeptical that he is really Santa Claus.

Elisabeth S. Rodgers plays Susan's mother Doris who thinks Kris might really be crazy.

Timothy Booth is "Uncle Fred" a family friend who believes that Faith is believing

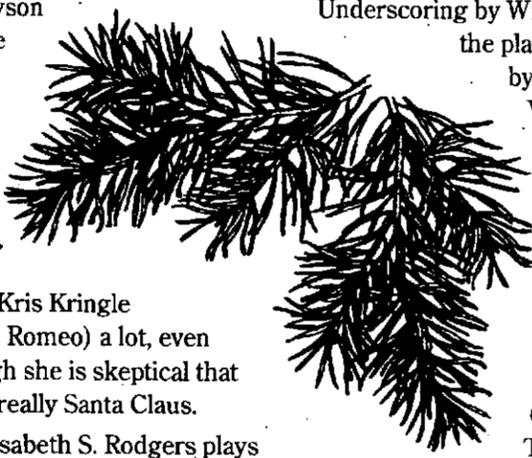
in things when common sense tell you not to.

Adapted for the stage by the New York State Theatre Institute with original music and Underscoring by Will Severin, the play is directed by John Vreeke.

Opening Nov. 26 at the Schacht fine arts center of Russell Sage College in Troy, the

production will continue through Dec. 15.

For tickets and easy directions to the theater, call the NYSTI Box office (voice and TDD) (518) 274-3526.



NYSTI's holiday show begins this week and runs through Dec. 15.

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# A feel good gift for kids

Going to the doctor is a common part of childhood.

In most cases, the visits are routine with nothing more happening than an examination and the child goes home with a lollipop.

However, such visits may cause some young children to feel anxious.

To help ease these fears, many pediatricians decorate their offices and waiting rooms with bright colors and friendly animals, and provide games and children's reading material while families wait.

Fortunately, by tapping a child's imagination and letting him or her be the doctor, parents may be able to further allay fears.

One way to do so is with a



A favorite doll can help ease children's fears about the doctor.

check-up.

Check-up Ernie, developed by Fisher-Price, gives children the chance to don the stethoscope and give their pal a physical.

As part of their play, the "young interns" can

- Listen to Ernie's heart and hear a real-sounding beat or a silly frog "ribbit";

- Help Ernie blow his nose and hear a honk as his ears wiggle;
- Take Ernie's temperature;
- Bandage up pretend cuts, and hear an appreciative "My boo-boo is all better" when the bandage comes off.

In this way children can become more comfortable with the doctor's office and less anxious when it comes time for an exam.

friendly playmate who's a willing patient, happy to have the child's special brand of TLC.

Now children have a new way to play doctor with the first doctor's kit that comes complete with the patient - a cuddly friend that kids know by name, who responds with fun silly phrases, sounds and actions as kids give him his

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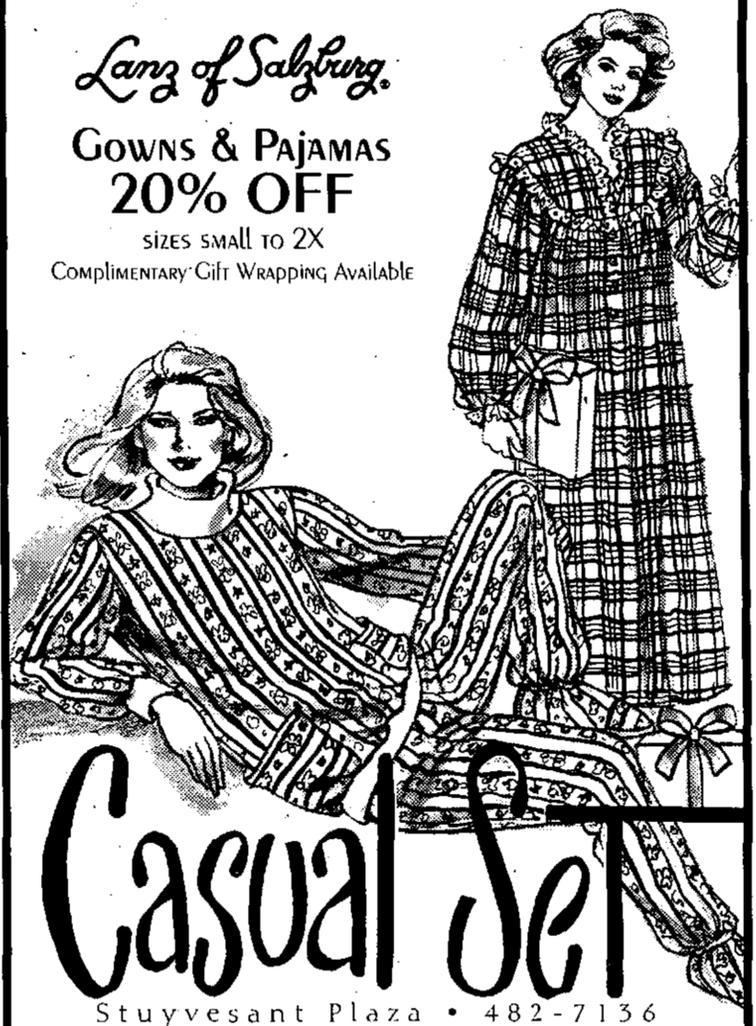
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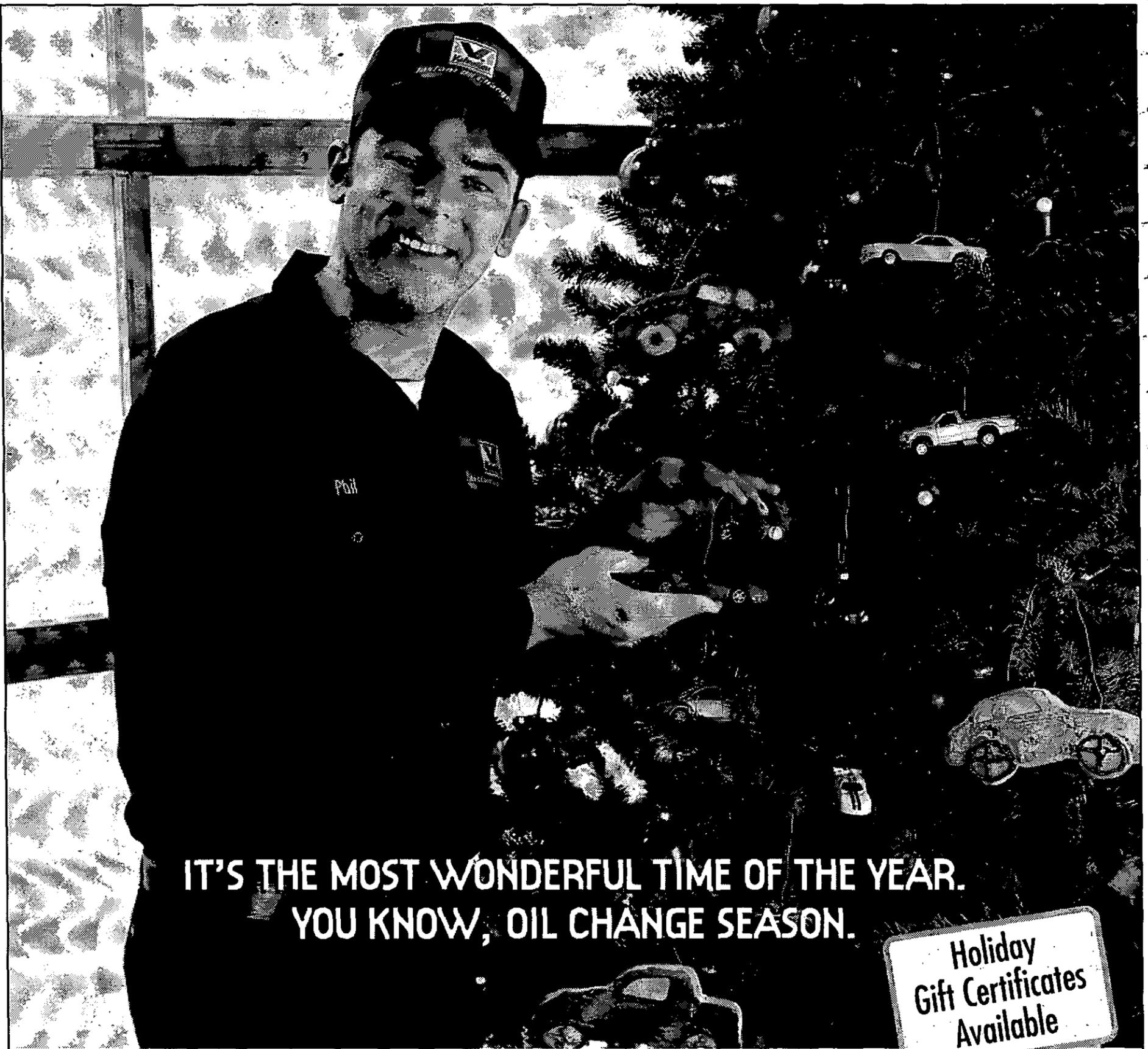
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# Board

(From Page 1)

all students would have to earn a Regents diploma to graduate, which meant that everyone would have to take, and pass, the English Regents examination at the end of grade 11.

With the new state mandates in mind, Bango and high school administrators decided to only offer electives in 12th grade, and to concentrate in 11th grade on making sure that everyone was prepared for the English Regents exam.

"Electives are harder to coordinate," Bango told the board. "Full year courses help to establish a ... community of learning, and foster strong student-teacher relationships."

Bango showed the board course curriculums that he, along with the English faculty, and Assistant Superintendent John McGuire, had put together to cover the major areas covered by the Regents — reading comprehension, writing, vocabulary and grammar.

Superintendent Les Loomis called Bango's leadership in designing the new courses "skillful, subtle, and sensitive."

"It isn't easy to guide a department through something like this," Loomis said.

Bango and the English department designed each full-year course of study to include a small number of required texts, and a large number of optional texts and text areas among which teachers can choose.

"These (subject curriculum outlines) are extremely useful to new teachers in particular," Bango said.

"The outlines are, of course, only suggestions ... as teachers get used to a text, they will develop their own approach to it," Bango added.

Board member Stuart Lyman was so impressed with Bango's work that he wondered if the English department had produced "a copyrightable product."

McGuire said that the board had considered that possibility, but ultimately decided against it.

Following Bango, Communications Coordinator Jessica Kennedy gave a talk on the initiatives she was taking, in

particular with the district's Web site.

"I want to let the community in a little more on the decision-making process the board goes through," Kennedy said. "People should be able to see not just the end result, but also how it came about."

Kennedy said she would use the Web site to provide the sort of up-to-date information that the district's monthly newsletter, "Highlights," could not.

"The Web site should fill in gaps in communication between the district and the town — gaps

that print newsletters have trouble reaching," Kennedy said.

She said that her goals had been guided by goals the district sets for itself each year. This year, she has focused on showing what the district has been doing to prepare to meet the state's new requirements.

The board had many suggestions for Kennedy, from putting profiles of teachers on the Web, to using the Bethlehem Public Library's public access channel to broadcast board meetings and other district events.

## Bethlehem Public Library slates December activities

The Bethlehem Public Library at 451 Delaware Ave. in Delmar has slated the following events for December.

- Dec. 1, 10:30 a.m.: The short children's films "The Little Engine That Could," "Charlie Needs a Cloak," "Goodnight Gorilla" and "Brave Irene" will be shown for children age 3 to 6.

The program lasts about 30 minutes.

- Dec. 1, 2:30 p.m.: "Homeschoolers' Intro to the Big 6" is designed to help students learn homework strategies. For homeschoolers in grade four and up with their parents.

- Dec. 3, 2 p.m.: Singers for Enjoyment — a 30-voiced mixed choir, directed by Bob Caruthers, will perform holiday favorites.

- Dec. 4, 7:30 p.m.: Local author and College of Saint Rose professor Hollis Seamon will read from her book *Body Work*, a collection of 15 stories.

- Dec. 8, 10:30 a.m.: Mother Goose classics will be retold for

children 22 to 35 months.

- Dec. 9, 10:30: Saturday Storybreak — Winter Tales songs and a craft for children 3 to 6.

- Dec. 14, 7:30 p.m.: Great Books Discussion Group of Delmar will discuss portions of Aristotle's *Politics*.

Copies are available at the reference desk for in-library use.

- Dec. 17, 3:30 p.m.: The Boy who Went to Visit the North Wind — Bells and Motley (Sondra and John Bromka) will perform this participatory folk tale accompanied by Celtic harp.

Families and children in pre-K and up. No babies.

- Dec. 30, 11 a.m.: New Year's at noon — Festive singing, dancing, refreshments and stories for preschoolers and families.

Registration is required for all programs except the choir performance on Dec. 3

For information or to register, call 439-9314.

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# Shampooodle



434-3020

We're going to open Saturday, December 2! Yowlhoo! All the details on insert so look for the pink thingy! Write down the date so you won't forget to stop by and check us out. We'll show you how it works!

Special thanks to **Scott Travis** for working at least three jobs to get the doggies takin' care of and extra special thanks to **Frank Travis**, who had to retire so he could keep up with all of his kids' projects. Frank, next we plan on building a 4,000 square foot log cabin — by scratch — so rest up! ☺

## Thanksgiving bash set

Coeymans Fire Company and the Ravena Knights of Columbus will hold a joint Thanksgiving eve bash today, Nov. 22, starting at 9 p.m. at the Knights of Columbus Hall on Main Street.

The evening of music and fun, with entertainment provided by D.J. Billy Hardy, will benefit both organizations.

### High school plans blood drive

RCS Senior High School will hold its annual Red Cross blood drive on Tuesday, Nov. 28, from 7:30 a.m. to 1 p.m.

### Special ed parent group to meet

RCS Special Education Parent Support Group will meet on Wednesday, Nov. 29, at 7 p.m. at the middle school.

The topic will be "Parent-to-Parent Organization."

### Library to offer computer classes

RCS Community Library is hosting an introduction to computers for seniors beginning on Wednesday, Nov. 29.

The course, which will meet on Wednesdays at 11 a.m., will consist of three lessons designed to provide a relaxed and easy introduction to the basics of computers, e-mail and the Internet.

### NEWS NOTES

**Selkirk**  
**South Bethlehem**  
Linda Marshall  
756-3520



Another computer course, Internet for Beginners, will be held Wednesdays at 11 a.m. and Tuesdays at 7:30 p.m.

To register, call the library at 756-2053.

### Origami workshop scheduled at library

Come on down to RCS Community Library on Saturday, Nov. 25, at 11 a.m. for an origami workshop.

Crafters ages 9 through adult are welcome to attend.

### Historical association slates holiday tea

Bethlehem Historical Association will host a silver holiday tea on Sunday, Dec. 3, from 1 to 4 p.m. at the Cedar Hill Schoolhouse Museum on River Road in Selkirk.

### Pottery shop expands

Picket Pottery in New Baltimore has expanded its hours for the holidays. The shop is open Tuesday through Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 4 p.m. For information or directions, call 756-3252.

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*Members and the Public are Cordially Invited to the*

*Bethlehem Historical Association*

*Annual Holiday Silver Tea*

*Sunday Afternoon  
December 3, 2000  
1-4 p.m.*



*At the Museum*

Corner of Rt. 144 and Clapper Road, Selkirk

Decorations by the Members of the Historical Association

# Obituaries

## John Longley

John F. Longley, 91, of Slingerlands died Sunday, Nov. 12, at Albany Medical Center Hospital. A longtime resident of Slingerlands, he was a graduate of Massachusetts Institute of Technology, with a master's degree in electrical engineering.

Before World War II, he worked for New York Telephone Co. in central New York.

Mr. Longley was a second lieutenant in the Army Signal Corps, serving in Great Britain. He retired from the Air Force Reserve as a lieutenant colonel.

He also retired from New York Telephone Co.

He had been actively involved in the Slingerlands Fire Department, serving as chairman of the board of fire commissioners for nine years. He was a member and former president of the Bethlehem Second Milers.

Survivors include his wife, Lillian Longley; three sons, Robert Longley and Richard Longley, both of Delmar and David Longley of Anchorage, Alaska; seven grandchildren; and seven great-grandchildren.

Arrangements were by the Meyers Funeral Home in Delmar.

Services were from St. Peter's Episcopal Church in Albany.

Contributions may be made to the Slingerlands Fire Department, New Scotland Road, Slingerlands 12159.

## Sylvester Bower

Sylvester Joseph Bower, 90, of Slingerlands died Monday, Nov. 13, at St. Peter's Hospital in Albany.

A Buffalo native, he was a graduate of Canisius High School and the University of Buffalo.

He was an Army veteran of World War II, serving in the 65th Infantry Division in France, Germany and Austria.

Mr. Bower worked for the state Health Department, the state Civil Defense Commission and the state Department of Parks and Recreation, before he retired.

He was a member of the Bethlehem Lions Club, serving as secretary, treasurer and editor of the monthly bulletin. He was also volunteer treasurer for the auxiliary at Albany Medical Center Hospital.

He was a communicant of the Church of St. Thomas the Apostle in Delmar.

Mr. Bower was a charter member of the Slingerlands Players.

Survivors include a dear friend, Helen Hyney.

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

Arrangements were by the Tebbutt Funeral Home.

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

## Eleanor Munro

Eleanor H. Munro, 80, of Delmar died Sunday, Nov. 12, at her home.

She was a graduate of Bethlehem Central High School and Canton State College.

Mrs. Munro worked as a dietician for Albany Medical Center Hospital. She also worked as a teacher's aide at Glenmont Elementary School.

She was very active in Delmar Reformed Church, where she taught Sunday school for more than 15 years.

She was the widow of J. Robert Van Allen and Donald L. Munro.

Survivors include two sons, Gary Van Allen of Port Ewen, Ulster County, and John VanAllen of Abington, Pa.; a daughter, Barbara Sperbeck of Keene, Essex County; a stepdaughter, Donna Munro of Miami, Fla.; nine grandchildren; and six great-grandchildren.

Services were from the Applebee Funeral Home in Delmar and Delmar Reformed Church.

Burial was in Elmwood Cemetery in Selkirk.

Contributions may be made to Delmar Reformed Church, 386 Delaware Ave., Delmar 12054 or the American Kidney Fund, 6110 Executive Blvd., Suite 1010, Rockville, Md. 20852.

## Mabel Conklin

Mabel J. Conklin, 76, of Delmar died Wednesday, Nov. 15, at St. Peter's Hospital in Albany.

Born in Plattsburgh, she had worked for the former John G. Myers department store in Albany. She had also worked for the Aurania Club in Albany.

Survivors include her husband, Kenneth Conklin; a stepdaughter, Patricia Bresien of Buffalo; a stepson, Richard Conklin of Ohio; two sisters, Bernice Brinser of Ohio and Florence Beuth of Kingston; and five stepgrandchildren.

Services were from the Tebbutt Funeral Home in Albany.

Entombment was in Memory's Garden in Colonie.

Contributions may be made to the American Heart Association, 440 New Karner Road, Colonie 12205.

## Luella Sagendorf

Luella M. Tiffany Sagendorf,

86, of Williamstown, Mass., and formerly of Slingerlands, died Wednesday Nov. 15, at Willowood Nursing Home in Williamstown.

Born in Canaan, she was the widow of Stanley Sagendorf.

Survivors include a niece and several nephews.

Services were from the DeGraaf-Bryce Funeral Home in West Sand Lake.

Burial was in Canaan Center Cemetery in Canaan.

## Five Rivers sets talk on pine barrens

Five Rivers Environmental Education Center will host a presentation on the jack pine barrens of Clinton County on Monday, Dec. 4, at 7:30 p.m.

The program will be presented by Neil Gifford, an ecologist with the Nature Conservancy, and will discuss his studies of the avian community dynamics of the pine barrens and the surrounding hardwood forest.

The pine barrens are unique in their dependence on repeated wildfires to maintain them.

Five Rivers will host a pre-talk holiday party at 7 p.m.; all are welcome.

## Bethlehem Tomboys to hold registration

Bethlehem Tomboys Softball League will hold registration for the 2001 season on Saturday, Dec. 2, from 9 a.m. to noon at Bethlehem town hall.

The league is open to girls grades one to 12. First-time registrants must have a copy of their birth certificate.

Practices start in April and league games generally run from May through early July.

Parent volunteers are needed to serve on the board of directors, or to serve as boosters, managers/coaches, grounds-keepers or fund-raisers.

For information, call 439-0904.

## No parking reminder

The Bethlehem Police Department reminds residents that the town's "No Parking" ordinance is in effect and will remain so through April 15.

The ordinance prohibits vehicles from parking on town streets and highways between the hours of 1 and 7 a.m.

Vehicles in violation of the ordinance may be ticketed and/or towed at the owner's expense.

## Historical group announces programs

The Bethlehem Historical Association will sponsor a variety of programs in upcoming months at the Cedar Hill Schoolhouse Museum on River Road in Selkirk.

- Dec. 3 from 1 to 4 p.m. — annual holiday silver tea.

- Jan 18 at 2 p.m. — Supervisor Sheila Fuller will present the State of the Town of Bethlehem.

- Feb. 15 at 2 p.m. — Jean Tomlinson will talk about souvenir spoon collecting.

- March 15 at 2 p.m. — Charles Semowich will present a program on American furniture.

- April 19 at 7:30 p.m. — Lois Dillon will be the quest speaker. Her topic will be "Remembering the China Traders."

For information about any of the events, call 767-9432.

## Party planned for Coach Neff

A thank-you party to honor recently retired Bethlehem Central High School boys varsity swim team coach Ken Neff is being planned for Friday, Nov. 24, starting at 6 p.m. at Normanside Country Club in Elsmere.

Neff led varsity swim teams to 14 sectional championships before retiring as coach earlier this year.

All members of teams coached by Neff, as well as swimmers' families, and friends and supporters of BCHS swimming are invited.

For information, call Liz Strickler at 439-5468 or Mary Fiess Shaffer at 439-7261.

## Delmar couple offer dance lessons

Rich and Nancy Mendick of Delmar are teaching swing dance lessons on Tuesdays at the Troy Elks Lodge.

Beginner lessons are taught at 7 p.m., and Beginner Night Club two step lessons will be taught at 8:30.

For information, call 767-0511.

## RCS library slates activities

Ravena-Coeymans-Selkirk Community Library has announced a variety of activities for upcoming weeks.

- Wednesdays at 11 a.m. — Internet for Beginners will provide a small-group, hands-on lessons for Internet starters.

- Saturday, Nov. 25, at 11 a.m. — Learn a new and easy paper-folding craft, based on origami, as you create holiday greeting cards. Appropriate for crafters ages 9 through adult.

- Thursdays at 11 a.m. — Activities and crafts follow each story time for preschoolers. Programs last 30 to 45 minutes.

For information, call 756-2053.

## Holiday closing

Bethlehem Public Library, 451 Delaware Ave., will close at 5 p.m. on Wednesday, Nov. 22, for the Thanksgiving holiday.

The library will be closed on Thursday, Nov. 23, and open from 9 a.m. to 5 p.m. on Friday, Nov. 24.

## 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.

## Special on WMMT CHANNEL 17

Great Performances: Chuck Jones:  
A Life in Animation  
Wednesday, 8 p.m.

Arthur's Perfect Christmas  
Thursday, 8 p.m.

Touring Italy  
Friday, 8:10 p.m.

Manilow Live!  
Saturday, 8:10 p.m.

Three Tenors Christmas Concert  
Sunday, 8:55 p.m.

James Last: Gentleman of Music  
Monday, 8:40 p.m.

Sting: Brand New Day  
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## Salley, Bylsma marry in Scotland



Jessica Harper Zafiriou

### Harper, Zafiriou wed

Jessica Todd Harper, daughter of Dr. Gregory and Lorraine Harper of Allentown, Pa., and formerly of Delmar, and Christopher Marshall Zafiriou, son of Dr. Oliver and Marsha Zafiriou of Falmouth, Mass., were married Oct. 21.

The ceremony was performed by the Rev. Sandra Arrington at St. Paul's Episcopal Church in Rochester.

A reception followed at the Genesee Valley Club, also in Rochester.

The maid of honor was Rebecca Harper, sister of the bride.

Bridesmaids were Sandra Medinilla, Sybil Prince and Emily Walling.

The best man was Seth Hedderick.

Ushers were Jason Denham, Steven Konezny, Adam Talman, Adam Prince, Tyson Prince, Kathryn Sharpe, Sally Van de Water and Allison Wenger.

The bride is a graduate of Emma Willard School and Bryn Mawr College.

She is studying for a master's degree in photography at Rochester Institute of Technology.

The groom is a graduate of Haverford College.

He plans to attend Carnegie Mellon University's Graduate School of Industrial Administration.

After a wedding trip to

Mary Lou Salley, daughter of Paul and Marguerite Salley of Shreveport, La., and Chadd Bylsma, son of Rick and Vicki Bylsma of Delmar, were married Aug. 4.

The groom is the grandson of June Lee-Mengel of Delmar and Charles Lee of Florida and John and Jean Bylsma of Berne.

The ceremony was performed at Rosdhu House on the banks of Loch Lomond near Luss, Scotland.

A reception followed at Loch Lomond Golf and Country Club.

The maid of honor was Amy Augustine.

Bridesmaids were Heather Cross and Nicole Salley Smith.

The best man was Chad Sprinkel.

The groomsman was Michael Bylsma, brother of the groom.

The bride is a graduate of Tulane University and Paul Hebert Law Center at Louisiana State University.

The groom is a graduate of Albany Academy. He is a student at Louisiana State University.

After a wedding trip in Scotland, the couple lives in Shreveport.



Chadd and Mary Lou Bylsma

Toronto, the couple lives in Rochester.

### 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.



### Bethlehem Auto Service

## AUTO FACTS

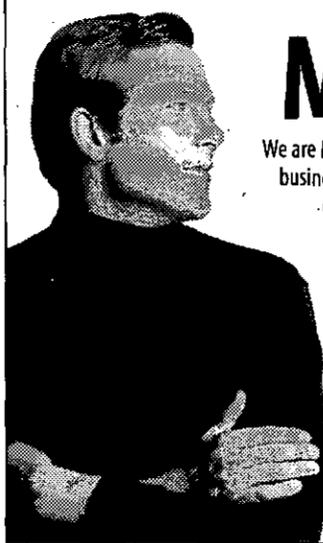
by John Quirk

### All Pumped Out

If you turn the ignition key to your vehicle and the engine cranks without firing up the engine, it may be that the fuel pump is no longer capable of forcing fuel forward with sufficient pressure. Aside from this no-start condition, a bad fuel pump may also be responsible for such driveability problems as momentary cutting out, hesitation, low power, and stalling. These fuel pump-related problems may occur as early as 60,000 miles on the odometer or, more commonly, over 100,000. In many cases, the culprit behind fuel pump failure is a fuel filter in need of more frequent replacement. Simply put, a plugged fuel filter makes the fuel pump work harder than necessary, thereby short-

ening its life expectancy. If your vehicle exhibits the symptoms noted in this week's column, it may be due to a malfunctioning fuel pump. You rely on your vehicle to get to work, bring children to school, and vacation. By having your vehicle professionally inspected every 3,000 miles, you help extend its life and retain its market value. At BETHLEHEM AUTO SERVICE, our A.S.E. certified Technicians use the latest computerized technology to inspect every component of your car or truck. Keep your car running smoothly this holiday season. Call us at 426-8414, or visit us at 62 Hannay Lane in Glenmont off Rt 9W behind Stone Ends. Business hours are Mon.-Fri., 7-6

HINT: Another cause of fuel-pump burnout is failure to keep it immersed in gasoline to cool it. To do so, try to keep your gas tank half full.



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## Community



### Girl Scouts selling cookies

Girl Scouts from the Hudson Valley Council are taking orders for Girl Scout cookies through Nov. 26. Cookies are \$3 a package, with proceeds benefiting local Girl Scout troops and a wide variety of council activities.

Cookies can be ordered directly from participating Girl Scouts or by calling 439-4936. Girls will deliver cookies beginning in mid-January. They will also be available from mid-January through February at Girl Scout cookie booths at local businesses and shopping malls.

# Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

## Holiday Season under way with area festivals

By JOHN BRENT

Two annual events in the Capital District seem to bring home the idea that the holiday season is officially upon us.

The Festival of Trees, now in its 17th year, opens this week and continues through Sunday, Nov. 26.

The event, which benefits the Albany Institute of History and Art, is organized by the Women's Council, a volunteer group whose activities support the institute. Due to the construction and renovation taking place at the Washington Avenue museum, the festival will once again take place at Bulmer Technology Center at Hudson Valley Community College in Troy.

The centerpiece of the four-day event is the forest of resplendently decorated holiday trees. The trees are adorned by area businesses, nonprofit organizations, schools, individuals and families. The theme of this year's festival is "Celebrating Traditions."

Other traditional features of the festival are a holiday model train display, doll houses, photos with Santa, a greens boutique, the museum gift shop and refreshments.

New features added this year will be an Opportunity Tree which

will be raffled to a lucky winner and Hanukkah and Kwanzaa tables where information will be available about these holiday traditions.

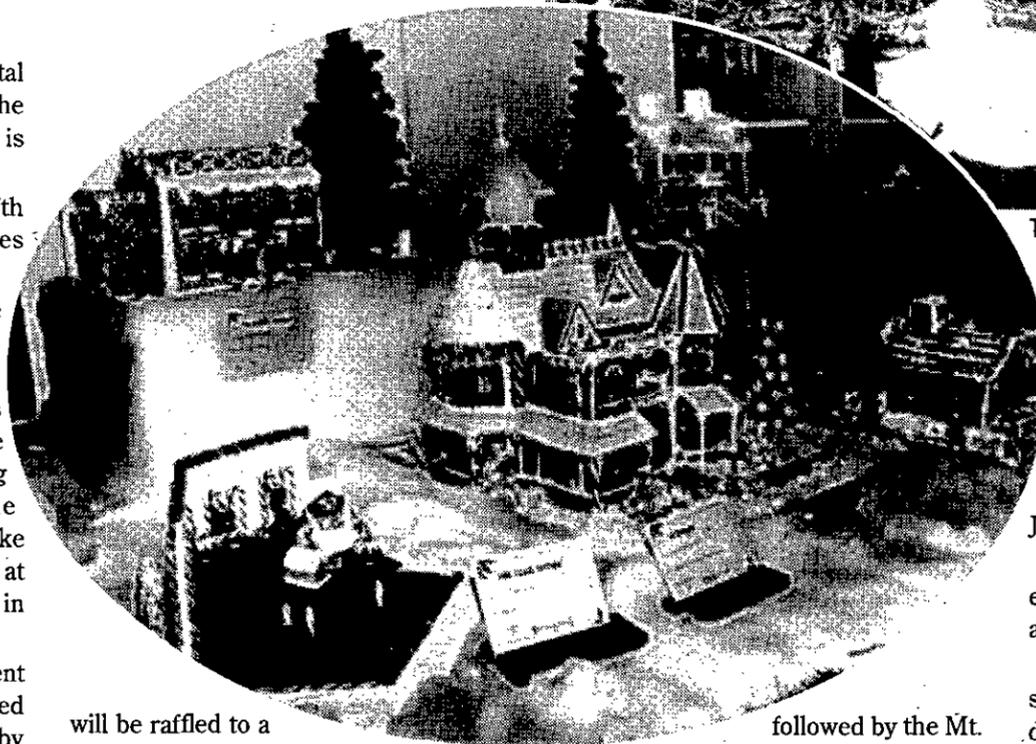
Also live entertainment will be on hand Friday, Saturday and Sunday. Storyteller Mary Murphy appears at 10:30 a.m. and 3 p.m. on Friday, Capital Chamber Artists perform at noon, Andy Morse will entertain with fun and silly songs at 2 p.m. and holiday music by Capital Community Voices takes the stage at 5 p.m. Friday entertainment concludes with Ben Murray and Siobhán Quinn, a folk and blues duo, at 6 p.m.

Saturday performers include Cavanaugh and Kavanaugh at 10:30 a.m., Joe "Magic" Goode at noon, Rensselaer County Swing Girls at 2 p.m., musical selections by Capital Pride Singers at 3.

At 4 p.m. Middle Eastern music by Habiba is performed



The Festival of Trees, an annual event benefiting the Albany Institute of History and Art features beautifully decorated holiday trees and, left, the ornate houses of Gingerbread Lane among other attractions.



from all over look forward to this wonderful drive through Washington Park," said Albany Mayor Gerald Jennings.

The drive-through begins at the park entrance located on Madison Avenue across from New Scotland Avenue.

The professionally coordinated light show features more than 50 illuminated displays and scenes. Thousands of individual lights are synchronized to bring many of the exhibits to animated life.

A gingerbread man leaps over the road as motorists pass underneath while, nearby, a penguin family gathers for a holiday dinner.

Some of the surprises in this year's light show feature wild animals "roaming" about the area. There's a frog leaping about the lake in the park, sometimes lighting for a moment on a lily pad.

Around the bend, you might see an alligator and even a brontosaurus coming through the trees.

At the end of the drive, visitors are encouraged to visit the lake house, for the purposes of this event transformed into a wondrous Animal Kingdom. One can enjoy a cup of hot chocolate and other refreshments and there's a craft show for holiday shopping.

Santa will be on hand to greet young people through Dec. 23 at the lake house.

The light show opens Nov. 24 and continues through Jan. 1. Admission to the park is \$7 per car on Monday through Thursday and \$9 on Friday, Saturday and Sunday. Buses are \$40 and limos are \$15.

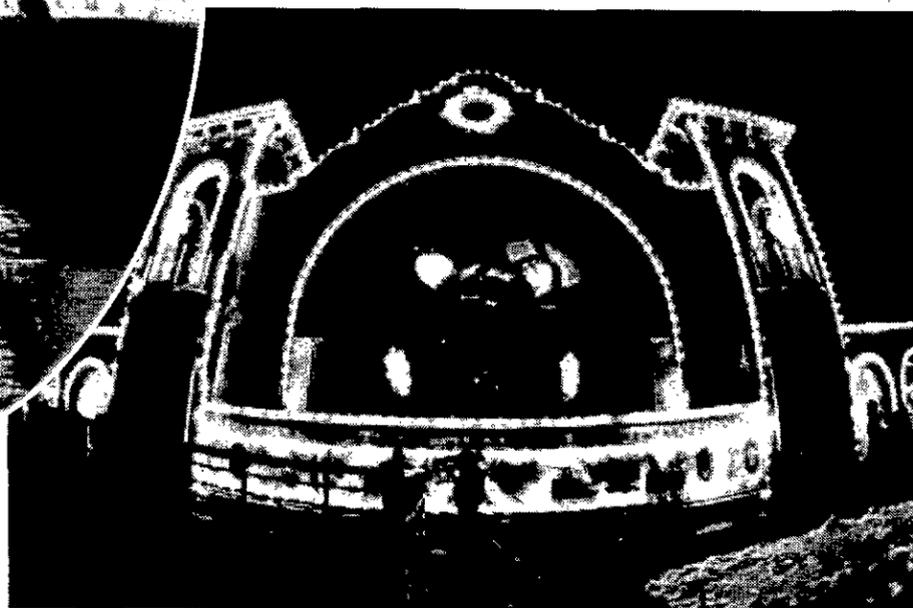
There are also horse-drawn carriage rides to bring people through the displays. Under the auspices of Albany Carriage Service, the rides begin most evenings at the Madison Avenue entrance. Call 465-5973 for information on the carriage rides including fees and scheduling.

Proceeds from the event benefit the programs of Police Athletic League which is beginning its 13th year of providing young people with healthy and positive activities.

For information and up-to-the minute details on special events at Capital Holiday Lights, call 446-4000, ext. 8400.



Washington Park in Albany comes to life with the holiday spirit as the fourth annual "Capital Holiday Lights in the Park" display opens on Friday.



# ARTS and ENTERTAINMENT

## Theater

**MIRACLE ON 34TH STREET**  
new production of holiday classic, New York State Theater Institute, Schacht Fine Arts Center of Russell Sage College, Troy, through Dec. 14, \$17, \$14 for seniors and students, \$8 for children under 13. Information, 274-3256.

**KING O' THE MOON**  
Over the Tavern, Part II, Capital Repertory, 111 N. Pearl St., Albany, through Dec. 17, \$21 to \$34. Information, 445-7469.

**NUNCRACKERS**  
"Nonsense" holiday show, Albany Civic Theater, 235 Second Ave., weekends Dec. 1 to 17, \$15. Information, 462-1297.

**MASS APPEAL**  
religious drama, Curtain Call Theater, 210 Old Loudon Road, Latham, through Dec. 23, \$15. Information, 877-7529.

the Irish American Heritage Museum, Crowne Plaza Hotel, Albany, Dec. 7, 7 p.m., \$60 includes dinner and pre-show reception. Information, 432-6598.

## Visual Arts

**NEW YORK STATE MUSEUM**  
The Collector as Bookbinder, through Dec. 31, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

**SCHENECTADY MUSEUM**  
Through our Eyes, works by black photographers, through Jan. 7, plus permanent collections, Nolt Terrace Heights. Information, 382-7890.

**ALBANY CENTER GALLERIES**  
23 Monroe St., works by Deborah Zlotzky, Mimi Czajka Graminski and Robert Longley, through Dec. 29. Information, 462-4775.

**ALBANY INTERNATIONAL AIRPORT GALLERY**  
Sankofa: 25 Years of Black Dimensions in Art, through Nov. 27. Information, 242-2240.

**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

**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.



## Music

**STYLISTICS**  
with Blue Magic and Harold Melvin's Blue Notes, Palace Theater, North Pearl Street and Clinton Avenue, Albany, Nov. 24, 8 p.m., \$25.50 and \$27.50. Information, 465-4663.

**DAVE VAN RONK**  
The Van Dyck, 235 Union St., Schenectady, Dec. 1, 7 and 9:30 p.m., \$15. Information, 381-1111.

**CYRUS CHESTNUT TRIO**  
The Van Dyck, 235 Union St., Schenectady, Dec. 2, 7 and 9:30 p.m., \$22. Information, 381-1111.

**STEVE TURRE**  
with Sextet with Strings, Troy Savings Bank Music Hall, State and Second streets, Dec. 1, 8 p.m., \$20. Information, 273-0038.

**MEDESKI, MARTIN AND WOOD**  
Palace Theater, North Pearl Street and Clinton Avenue, Albany, Dec. 1, 8 p.m., \$21.50. Information, 465-4663.

**NEWGRANGE**  
with the Wayfaring Strangers, Troy Savings Bank Music Hall, State and Second streets, Dec. 2, 7:30 p.m., \$22. Information, 273-0038.

**WINTER, FIRE AND SNOW: A CELTIC CHRISTMAS**  
with singer Marie McVicker and the Farrell School of Irish Dance, benefit for

**HYDE COLLECTION**  
Warren Street, Glens Falls, "Picturing Gentility: Portraits of Women in American Art," through Dec. 3. Information, 792-1761.

**LOCAL COLOR ART GALLERY**  
961 Troy-Schenectady Road, Latham, featuring works by Colonie Art League artists. Information, 786-6557.

## Call For Artists

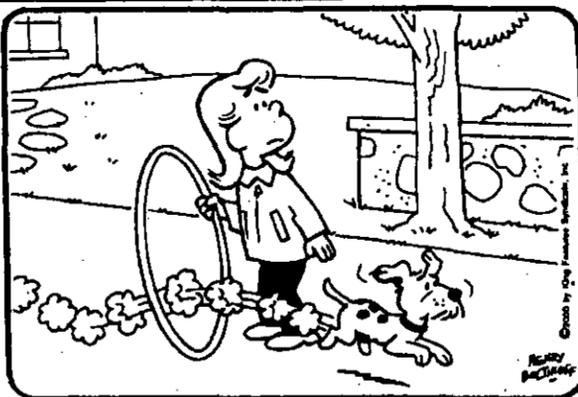
**AUDITION**  
for parts for 10 men in Albany Civic Theater's March production of "Gross Indecency — The Three Trials of Oscar Wilde," Dec. 4 and 5, 7 p.m., 235 Second Ave. Information, 731-6760.

**DELMAR COMMUNITY ORCHESTRA**  
openings in the string, horn and percussion sections. Information, 439-7749.

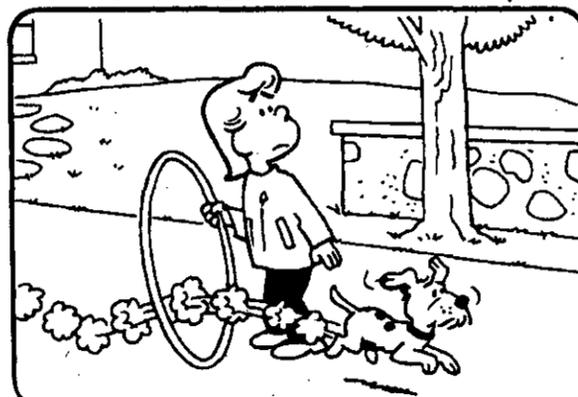
**COLONIE TOWN BAND**  
several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

**COLONIE CENTENNIAL BRASS CHOIR**  
openings for brass players, rehearsals on

## HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Spot is missing. 2. Turandot is missing. 3. Bush is missing. 4. Window is moved. 5. Hair is shorter. 6. Wall is longer.

Check Automotive Classifieds on the Web at [www.spotlightnews.com](http://www.spotlightnews.com)

## MAGIC MAZE NUTS, BOLTS & SCREWS

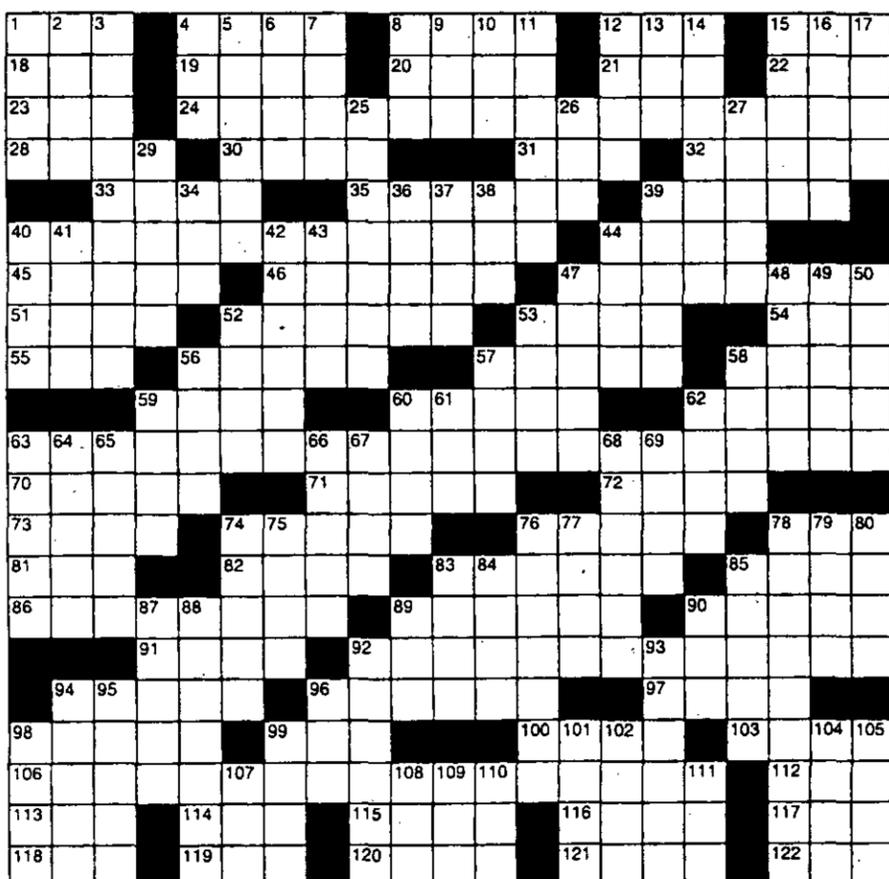
K C Z X V T R P N L J T H E C  
A Y W W E R C S T E S H V T T  
T R P T L O B E Y E W U L L L  
J A C K S C R E W E N M O O O  
L K I G E C W B R Z X B C B B  
W U S R P E O C M L E N K G G  
J I W E R C S G A L G U N N N  
E D B C A P L U G N U T U I I  
Y X S W A U T G S Q P O T K R  
W E R C S D O O W I N G N U T  
T L O B U T L O B D A E D N L

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- Cap screw
- Deadbolt
- Eye bolt
- Jackscrow
- Kingbolt
- Lag screw
- Locknut
- Lug nut
- Ringbolt
- Screw eye
- Setscrew
- Thumbnut
- Toggle bolt
- Wing nut
- Wood screw

©2000 King Features, Inc.

## The Super CROSSWORD



- ACROSS**
- 1 Herd word
  - 4 Gator's cousin
  - 8 Forest father
  - 12 Chicken — king
  - 15 Shake-spearean snake
  - 18 Dadaism founder
  - 19 Neighbor of Kentucky
  - 20 Sign of sanctity
  - 21 Postman's Creed word
  - 22 '64 Ronny & the Daytonas hit
  - 23 Mouth piece?
  - 24 HARRISON
  - 28 Beer ingredient
  - 30 Reveal
  - 31 Bargain
  - 32 Former African nation
  - 33 Apiece
  - 35 Pancakes-to-be
  - 39 Shade of green
  - 40 HOOVER
  - 44 Artist Magritte
  - 45 Out of place
  - 46 In addition
  - 47 Rampur royalty
  - 51 Tender
  - 52 PC key
  - 53 Tiberius' threads?
  - 54 '60s chic
  - 55 Symbol of industry
  - 56 Went white
  - 57 Time for chores?
  - 58 Silt on a sunfish
  - 59 "Fatha" Hines
  - 60 Teapot part
  - 62 Ersatz emerald
  - 63 ADAMS
  - 70 Cisco, to Pancho
  - 71 Sudden attacks
  - 72 Something to skip?
  - 73 Campbell of "Party of Five"
  - 74 Doll up
  - 76 "The Jungle Book" character
  - 78 — Na Na
  - 81 Justice Fortas
  - 82 "Death in Venice" author
  - 83 Aromatic plant
  - 85 Court-martial candidate
  - 86 "Corn-huskers" poet
  - 89 Like lava
  - 90 Stage stuff
  - 91 Take a breather
  - 92 JACKSON
  - 94 Wrap
  - 96 Singer Brook
  - 97 Like kids at Christmas
  - 98 Bobbin
  - 99 Sargasso Sea swimmer
  - 100 Humorist Oden
  - 103 Violin part
  - 106 KENNEDY
  - 112 Comic Charlotte
  - 113 Fido's morsel
  - 114 "Ab —"
  - 118 Director Craven
  - 119 Faux —
  - 120 Trick stick
  - 121 Looked at
  - 122 — es Salaam
- DOWN**
- 1 Palliative
  - 2 "Turandot" tune
  - 3 Upset entity
  - 4 Dot follower
  - 5 Beat
  - 6 Seine feeder
  - 7 Monastery garb
  - 8 Mother or grandmother
  - 9 Make a doily
  - 10 Herriot title start
  - 11 Peanut
  - 12 Kim or Kaufman
  - 13 — Alamos, NM
  - 14 "Raising —" ('87 film)
  - 15 Certain marble
  - 16 Unyielding
  - 17 Study closely
  - 25 Made a passage
  - 26 Capek play
  - 27 Michael of "Dynasty"
  - 29 Stocking shade
  - 34 Director's cry
  - 36 Without — (daringly)
  - 37 Communications word form
  - 38 — Aviv
  - 39 "Frederica" composer
  - 40 Jet-setter's need
  - 41 Shortly
  - 42 Spanish specialty
  - 43 Land in the sea
  - 44 Sheldon's — of Angels
  - 47 State words?
  - 48 Pennsylvania sect
  - 49 Nick of "O&A"
  - 50 Gentleman of leisure?
  - 52 Jeanne —
  - 53 Strained
  - 56 El —, TX
  - 57 "Gig" author
  - 58 Stare stupidly
  - 59 Brink
  - 60 TV's — City
  - 61 Third degree?
  - 62 "Oh My —" ('53 song)
  - 63 Turner and Wood
  - 64 Basic organism
  - 65 David of "The Bishop's Wife"
  - 66 Pitchfork part
  - 67 Bring home the bacon
  - 68 Salad staple
  - 69 Bagel or bialy
  - 74 Cause a chuckle
  - 75 Move like a mouse
  - 76 Aphid apparatus
  - 77 Place for a patch
  - 78 Walked like a buccaneer
  - 79 Nest or burrow
  - 80 Free spray
  - 83 Baptism site
  - 84 Nevada city
  - 85 Neon relative
  - 87 Salivate
  - 88 Hotel employee
  - 89 "Nowhere —" ('66 hit)
  - 90 Appreciated, in the '50s
  - 92 Cowardly
  - 93 City in Pakistan
  - 94 Fern feature
  - 95 Reggae's — and the Maytals
  - 96 You can retire on it
  - 98 Old tub
  - 99 Baseballer Slaughter
  - 101 4,840 square yards
  - 102 Command to Fido
  - 104 Williams of "Pete and Gladys"
  - 105 Gourmet Graham
  - 107 Clark's "Mogambo" co-star
  - 108 Thurman of "Jennifer 8"
  - 109 He's a doll
  - 110 Gridiron position
  - 111 Florid

# The Spotlight CALENDAR

Wed. 11/22

Thurs. 11/23

Sat. 11/25

### BETHLEHEM YOUTH EMPLOYMENT SVCS.

Parks and Recreation Office, Elm Avenue Park, 6:30 - 9 p.m. Also Tues., 2-4:30 p.m. Information, 439-0503.

### SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

### BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

### BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

### TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

### NEW SCOTLAND 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.

### THANKSGIVING

### BETHLEHEM AA MEETINGS

Please call to verify holiday schedule. Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

Fri. 11/24

### BETHLEHEM PARTY FOR COACH NEFF

Thank-you party honoring BCHS boys varsity swim coach Ken Neff; members of teams, families, friends and supporters of swimming program invited. Normanside Country Club, Salisbury Road, Elsmere, 6 p.m. Information, 439-5468 or 439-7261.

### 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.



### BETHLEHEM PROGRAM AT FIVE RIVERS

Discussion of life style and habitat of wild turkeys, and exploration of Wild Turkey Trail. Five Rivers Environmental Education Center, Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

### CHRISTMAS BAZAAR

Handcrafted gifts, baked goods, white elephant items for sale; lunch will be served. First United Methodist Church, 68 Maple Ave. (Route 85A), Voorheesville, 9 a.m. - 2 p.m. Information, 765-2693.

Sun. 11/26

### HOME-STYLE BREAKFAST

Sponsored by Onesquethaw Volunteer Fire Co. Clarksville Fire House, Route 301, Clarksville, 7 a.m.-noon. Adults \$5, children \$3, under 5 free.

### FLEA MARKET & CRAFT FAIR

Indoor flea market; Bethlehem Elks Lodge, 1016 River Road, Selkirk, 8 a.m.-3 p.m.; kitchen open at 8 a.m. Information, 767-2836.

### 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. Onesquethaw 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.

### THE DRAGON'S EGG

Welsh language group of the Saint David's Society of the Capital District, New Scotland Presbyterian Church, 2010 New Scotland Road, 2:30 to 5 p.m.

Information, 861-6976.

Mon. 11/27

### BETHLEHEM MOTHERS' TIME OUT

Christian fellowship group for mothers of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 to 11 a.m. Information, 439-9929.

### DELMAR KIWANIS

Days Inn, Route 9W, 6:15 p.m. Information, 439-24377 or 439-6952.

### INDOOR PISTOL SHOOTING

Albany County Pistol Club, Winne Place, 7 to 9 p.m. Also Tuesday. Information, 439-0057.

### EXPLORER POST 157

For boys and girls 14-21, focusing on environmental conservation. Weekly, 310 Kenwood Ave., Delmar, 7:30-9 p.m. Information, 439-4205.

### DELMAR COMM. ORCHESTRA

rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

### NEW SCOTLAND QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

Tues. 11/28

### BETHLEHEM TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

### BETHLEHEM AARP

chapter meeting, Bethlehem Town Hall, 445 Delaware Ave., Delmar, 1 p.m.

### TAKE POUNDS OFF SENSIBLY

Glenmont Community Church, Weiser Street, 6 p.m. weigh-in, 6:30 p.m. meeting. Information, 449-2210.

### BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

### DELMAR ROTARY

Howard Johnson's, Route 9W. Information, 439-9988.

### NEW SCOTLAND NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m.

### ZONING BOARD OF APPEALS

town hall, Route 85, 7 p.m. Information, 765-3356.

### V'VILLE VILLAGE BOARD

village hall, 29 Voorheesville Ave., 8 p.m. Information, 765-2692.

Wed. 11/29

### BETHLEHEM YOUTH EMPLOYMENT SVCS.

Parks and Recreation Office, Elm Avenue Park, 6:30 - 9 p.m. Also Tues., Thurs., 2-4:30 p.m. Information, 439-0503.

### 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.

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

### LEGAL NOTICE

#### ARTICLES OF ORGANIZATION OF ROUTE 9 REALTY, LLC

Under Section 203 of the Limited Liability Law  
FIRST: The name of the limited liability company is ROUTE 9 REALTY, LLC.  
SECOND: The county within this 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:

### LEGAL NOTICE

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 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 P.O. Box 1317, Latham, New York 12110.  
FIFTH: The name and street address within this state of the registered agent of the limited liability company upon whom and at

### LEGAL NOTICE

which process against the limited liability company can be served is Joseph W. Zappone of Zappone & Fiore Law Firm, 6 Century Hill Drive, Latham, New York 12110.  
SIXTH: The effective date of the Articles of Organization are effective as of the date of filing.  
SEVENTH: The limited liability company is to be managed by one or members.  
EIGHTH: If all or specified members are to be liable in their capacity as members for all or specified debts, obligations or liabilities of the limited liability company as authorized pursuant to Section 609 of the Limited Liability Company Law, a statement that all or specified members are so liable.  
IN WITNESS WHEREOF, this certificate has been subscribed this 30th day of October, 2000, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. Bryan J. Goewey, Organizer (November 22, 2000)

### LEGAL NOTICE

SIXTH: The business purposes of this limited liability company are to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law; provided, however, that the limited liability company is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency or other body without first obtaining the consent of such body.  
IN WITNESS WHEREOF, this certificate has been subscribed this 9th day of June, 2000, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S. Stephen J. LaPoint, Organizer 10 Lois Lane Loudonville, New York 12211 (November 22, 2000)

### LEGAL NOTICE

by: DRL, LLC, General Partner BY: S/ Donald R. Led Duke, Member (November 22, 2000)

### LEGAL NOTICE

ABODE BLUE CHIP, LLC, Notice of formation of a domestic Limited Liability Company (LLC). Articles of Organization filed with the New York Secretary of State on October 4, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 52 Corporate Circle, Albany, New York 12203. (November 22, 2000)

### LEGAL NOTICE

Articles of Organization for Stuff Etc., LLC were filed with the Secretary of State of New York on August 3, 2000. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and the Secretary of State shall mail copy of process to the LLC, 42 Montrose Drive, Delmar, NY 12054. Purpose: For any lawful purpose. (November 22, 2000)

### LEGAL NOTICE

Group Consult Management LLC was filed with SSNY on 11/10/00. 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: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose. (November 22, 2000)

### LEGAL NOTICE

Il Moro Di Venezia LLC was filed with SSNY on 11/10/00. Office: Albany County. SSNY designated

### LEGAL NOTICE

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. (November 22, 2000)

### LEGAL NOTICE

Name of LLC: THRU VIEW, LLC. Arts. of Org. filed NY Sec. of State 9/13/00. Princ. off. loc. in ALBANY Cty. Sec. of State designated as agent of LLC upon whom process against it may be served. The Secretary of State shall mail a copy of process to: Blakeman & Associates, 108 S. Franklin Ave., P.O. Box 188, Valley Stream, NY 11580. Purpose: Any lawful activity. (November 22, 2000)

### LEGAL NOTICE

Notice of Application for Authority of VERIZON WIRELESS MESSAGING SERVICES, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 6/13/00. LLC organized in Delaware (DE) on 4/12/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporate System, 111 8th Ave., NY, NY 10011, the registered agent of LLC upon whom process against it may be served. Office address of LLC in DE: c/o Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801-1196. Copy of Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: Provide telecommunications products & services to the public and conduct any business permitted under applicable law. (November 22, 2000)



**元寶屋**  
**DUMPLING HOUSE**  
Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.  
Eat in or Take Out. Open 7 days a week.  
458-7044 or 458-8366  
120 Everett Road, Albany • (Near Shaker Road)

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**23rd ANNUAL INDIAN RIVER CITRUS FRUIT SALE**

- NAVAL ORANGES
- PINK GRAPEFRUIT
- ORLANDO TANGELOS

2/5 and 4/5 Bushels and Mesh Bags available  
For information on prices and pickup Call: June Tidd 767-9927 or Joan Pavelka - Smith 756-7572 Available about December 8th

**UNITED METHODIST CHURCH**  
Willowbrook Avenue, South Bethlehem, New York



**LEGAL NOTICE****LEGAL NOTICE**

Notice of Application for Authority of BellSouth Wireless, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/11/00. LLC organized in Georgia (GA) on 9/30/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Joaquin R. Carbonell, 1100 Peachtree St., Suite 1000, Atlanta, GA 30309, the office address of the LLC is the jurisdiction of organization. Copy of Arts. of Org. on file with GA Secy. of State, Corps. Div., Two Martin Luther King, Jr. Drive, Suite 315, West Tower, Atlanta, GA 30334. Purpose: any lawful business, including, but not limited to: (a) the acquisition, development, ownership and operation of businesses engaged in the Domestic provision of mobile wireless voice and data services utilizing radio frequencies licensed by the FCC for the provision of Cellular Service, PCS Service, Wireless Data Service, Air-Ground Service, Satellite Services and Part 27 Service; and (b) business activities customarily ancillary to the provision of any of the foregoing. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of SRG-I, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 11/1/00. LLC organized in Delaware (DE) on 10/30/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent of LLC upon whom process against it may be served. Principal office address of LLC: 150 West Church Ave., Maryville, TN 37801. Copy of Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: own, operate, manage food service facilities. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of BellSouth Cellular National Marketing, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/13/00. LLC organized in Georgia (GA) on 10/2/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Joaquin R. Carbonell, 1100 Peachtree St., Suite 1000, Atlanta, GA 30309, the office address of the LLC in the jurisdiction of organization. The registered agent of LLC upon whom process against it may be served. The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207. Copy of Arts. of Org. on file with GA Secy. of State, Corps. Div., Two Martin Luther King, Jr. Drive, Suite 315, West Tower, Atlanta, GA 30334. Purpose: telecommunications. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of ITI Information Technology Institute (New York), LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 9/15/00. LLC organized in Delaware (DE) on 7/14/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: CSC (Corporation Service Co.), 80 State St., 6th Fl., Albany, NY 12207. Principal office address of LLC: 1200 17th St., Suite 2800, Denver CO 80202. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of AIMCO Chelsea Member, L.L.C., a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/11/00. LLC organized in Delaware (DE) on 10/10/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY

**LEGAL NOTICE**

shall mail copy of process to: Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Office address of LLC in DE: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: acquisition and management of real property. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of AIMCO Chelsea Land, L.L.C., a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/11/00. LLC organized in Delaware (DE) on 10/10/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Office address of LLC in DE: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: acquisition and management of real property. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of AIMCO Chelsea Ridge, L.L.C., a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/11/00. LLC organized in Delaware (DE) on 10/10/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Office address of LLC in DE: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: acquisition and management of real property. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of nll communications, Ltd., a foreign limited partnership (LP). Fictitious name in NY State: nll communications, L.P. App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 8/15/00. LP organized in Texas (TX) on 6/26/00. NY office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. Office address of LP in TX: 1717 N. Loop 1604 East, Suite 250, San Antonio, TX 78232. Name and address of each general partner is available from SSNY. Copy of Cert. of LP on file with TX Secy. of State, Corp. Section, James E. Rudder Bldg., 1019 Brazos, Rm. 105, Austin, TX 78701. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of Exostar LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/3/00. LLC organized in Delaware (DE) on 7/13/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Andersen Consulting, 11951 Freedom Dr, Reston, VA 21090. The registered agent of LLC upon whom process against it may be served: Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. Office address in DE: c/o CSC, 2411 Centerville Rd., Ste. 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

Notice of formation of limited liability company (LLC). Name: NEW YORK MARKER, LLC. Arts. of Org. filed with Secy. of State of

**LEGAL NOTICE**

N.Y. (SSNY) on 10/3/00. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Frank R. Rinaudo, Jr., 152 W. 57th, 46th Fl., NY, NY 10019, the registered agent of LLC upon whom process against it may be served. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

Notice of Application for Authority of Dialysis Services, L.L.C., a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 10/4/2000. LLC organized in Maryland (MD) on 7/29/1993. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of the LLC upon whom process against it may be served. Office address in MD: 1589 Sulphur Spring Rd., Bldg. E, Ste. 109, Baltimore, MD 21227. Copy of Arts. of Org. on file with State Dept. of Assessments & Taxation, 301 W. Preston St., Baltimore, MD 21201. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

OZER ADVANCED TECHNOLOGIES, LLC was filed with SSNY 09/01/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. Purpose: any lawful purpose. The address which SSNY shall mail any process against the LLC is: 12 Overlook Drive, Voorheesville, NY 12186. (October 11, 2000) (November 22, 2000)

**LEGAL NOTICE**

POSTPONED FROM NOVEMBER 21, 2000 TO ALLOW FOR PROPER LEGAL NOTICE IN "THE SPOTLIGHT". NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, December 05, 2000, at the Town Offices, 445 Delaware Ave., Delmar, New York, at 7:30 p.m., to take action on the application of Milltowne Plaza, Inc., 711 West St., Duxbury, MA 02332, for approval by said Planning Board of a 95 lot subdivision of a 101 acre parcel located on the southwesterly side of Wemple Rd. and approximately 800 feet northwest of its intersection with US Rt. 9W, as shown on map entitled, "Preliminary Plan, MILLTOWNE PLAZA SUBDIVISION, Wemple Road, Town of Bethlehem, County of Albany, State of New York", dated 01/24/99, revised to 10/19/00 and made by Hart Engineering, Rensselaer, NY. Douglas Hasbrouck Chairman, Planning Board NOTE: Disabled individuals who are in need of assistance in order to participate in the public hearing should contact David Austin at 439-4131. Advance notice is requested. (November 22, 2000)

**LEGAL NOTICE**

R. PATEL ENTERPRISES, LLC, Notice of formation of a domestic Limited Liability Company (LLC). Articles of Organization filed with the New York Secretary of State on September 11, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1500 Second Avenue, Watervliet, New York 12189. (November 22, 2000)

**LEGAL NOTICE**

The limited liability company, Capital Region Senior health System, LLC was formed on September 25, 2000 by Michael A. Blase, Jr. The address of the company 200 Truax Lane in the Town of Guilderland and County of Albany. The Secretary of State is designated as agent of the company upon whom process can be

**LEGAL NOTICE**

served. The purpose of the company is to provide management services to assisted living facilities. (November 22, 2000)

**LEGAL NOTICE**

VANGUARD-FINE RETAIL STORE LEASING, LLC was filed with SSNY on 10/26/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 2050 Western Ave., Suite 201, Guilderland, NY 12084. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is GAMES OF ROTTERDAM, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 31, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 650 Central Avenue, Albany, New York 12206. (November 22, 2000)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

NAME: BANAHAN CONSTRUCTION, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/13/00. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o William H. Banahan, 551 Old Quarry Road, Selkirk, New York 12158. Purpose: For any lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)**

Name: Port Jefferson 2000, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/27/00. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Corporation Service Co., 80 State St., 6th Fl., Albany, NY 12207. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

The name of the limited liability company is FTHG DEVELOPMENT, LLC (hereinafter referred to as the "Company"). Articles of Organization of the Company were filed with the Secretary of State on October 3, 2000. The office of the Company is to be located in Albany County. 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 46 Swatling Road, Latham, New York 12110. The purpose of the business of the Company is ownership and operation of a mobile home trailer park, and any other lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is FIRST COLUMBIA SAMARITAN, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 30, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 26 Century Hill Drive, Suite 101, Latham, New York 12210-2128. (November 22, 2000)

**LEGAL NOTICE****NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

NAME: BARBI ZAKIN EVENTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/13/00. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Kenneth Zakin, 370 East 76th Street, Suite B503, New York, New York 10021. Purpose: For any lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)**

Name: Empire Management Services, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 9/28/00. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Empire Management Services, LLC., Business Office, 1529 Central Ave., Suite 101, Albany, NY 12205. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is JMJ REALTY LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 17, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1716 Central Avenue, Albany, NY 12205. (November 22, 2000)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

NAME: 1207 CENTRAL REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/28/00. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 22 Schuyler Road, Loudonville, New York 12211. Purpose: For any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

402 PROPERTIES, LLC was filed with SSNY on 9/11/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, c/o PMB 229, Brooklyn, NY 11211. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

YEAR2KEY LLC was filed with SSNY on 11/1/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State St., Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

WESTMEATH LLC was filed with SSNY on 10/24/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State St., Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

HARVEY LLC was filed with SSNY on 10/26/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O.

**LEGAL NOTICE**

address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, Albany, NY 12207. The registered agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

SHANNON TRADING LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

KINSALE SERVICES LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

WOODBROOK TRADING LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

WESTPORT LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

TOMAS CONSULTING LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

WATERFORD SERVICES LLC was filed with SSNY on 10/20/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

TOPAZ TRADING LLC was filed with SSNY on 10/24/00. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The Registered Agent is USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (November 22, 2000)

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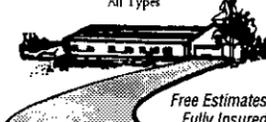
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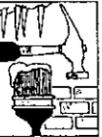
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**LEGAL NOTICE**

**NOTICE OF PUBLICATION**

ELECTRONICS WORLD LLC was filed with SSNY on 10/20/00. 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. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

SUN DAT@ CONSULTING LLC was filed with SSNY on 10/6/00. 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: Spalendorweg 20, P.O. Box 109, 4009 Basel, Switzerland. The Registered Agent is USA Corporate Services Inc. at 46 State St., 3rd Floor, Albany, NY 12207. Purpose: any lawful purpose. (November 22, 2000)

**NOTICE OF PUBLICATION**

REAL ESTATE MANAGEMENT LLC was filed with SSNY on 10/18/00. 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, 30 East 40th Street, New York, NY 10016. The Registered Agent is Company Filings Int'l LLC at the same address. Purpose: any lawful purpose. (November 22, 2000)

**LEGAL NOTICE**

**NOTICE PURSUANT TO LIMITED LIABILITY COMPANY LAW §206**

(1) The name of the Limited Liability Company is: EMD Holding Co., LLC  
 (2) The Articles of Incorporation were filed with the Secretary of State on October 17, 2000.  
 (3) The limited liability company is located in Albany County.  
 (4) The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served and the following is the post office address to which the Secretary of State shall mail a copy of any process against it served upon him or her:  
 23 Elk Street  
 Albany, New York 12207  
 (5) the character and/or purpose of the limited liability company is to own, lease, rent, and maintain real and personal property. (November 22, 2000)

**RESOLUTION**

**BOARD OF EDUCATION BETHLEHEM CENTRAL SCHOOL DISTRICT CALLING FOR SPECIAL SCHOOL DISTRICT MEETING AND CONCERNING MATTERS RELATING THERETO**  
 WHEREAS, the facilities of the Bethlehem Public Library are in need of repair and improvement; and  
 WHEREAS, the Bethlehem Public library Board of Trustees requested that the Bethlehem Central School District call a Special School District Meeting of qualified voters for purposes of voting on proposed alterations, repairs and improvements to the Bethlehem Public Library; and  
 WHEREAS, the Bethlehem Central School District desires to call a Special School District Meeting of qualified voters for the purposes set forth below;

**LEGAL NOTICE**

NOW, THEREFORE, BE IT RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that a special school district meeting of the qualified voters of said School District shall be at the Community Room of the Bethlehem Public Library, 451 Delaware Avenue, Delmar, New York, in said School District on the 19th day of December, 2000, for the purpose of voting by voting machines upon the proposition hereinafter set forth. Polls for the purpose of voting will be kept open between the hours of 9:00 a.m. and 9:00 p.m., prevailing time; and  
 BE IT FURTHER RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that the notice of said special school district meeting, including the proposition to be voted upon, shall be in substantially the following form, to wit:  
**NOTICE OF SPECIAL SCHOOL DISTRICT MEETING**  
 Bethlehem Central School District Albany County, New York  
 The Board of Education of the Bethlehem Central School District, Albany County, New York hereby gives notice that a special school district meeting of the qualified voters of said School District shall be held at the Community Room of the Bethlehem Public Library, 451 Delaware Avenue, Delmar, New York, in said School District on the 19th day of December, 2000, for the purpose of voting by voting machines upon the proposition hereinafter set forth. Polls for the purpose of voting will be kept open between the hours of 9:00 a.m. and 9:00 p.m., prevailing time.  
 "Shall the School District be authorized to make alterations, repairs and improvements to the Bethlehem Public Library including renovation of the existing library facility and completion of its second floor, together with temporary relocation expenses, purchase of furnishings or equipment, and the grading or improvement of the site within existing property boundaries, at a maximum estimated cost of \$8,500,000.00, appropriating said amount therefor and authorizing the issuance of not more than \$8,500,000.00 serial bonds of the School District to finance such cost, and that the cost of financing such improvements shall be raised by the levy of a tax to be collected in annual installments, which tax may be partially offset by state building aid that might become available therefor?"  
 BE IT FURTHER RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that the aforesaid proposition will appear on the ballot labels of the voting machines and on the absentee ballots for qualified voters of said School District;  
 BE IT FURTHER RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that qualified voters of said School District may apply for absentee ballots at the School District clerk's office and that a list of persons to whom absentee ballots have been issued will be available for inspection in the School District clerk's office during each of the five days prior to the day of the election, except Sundays, and that this same list will be posted at the polling place.  
 BE IT FURTHER RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that in accordance with Local Finance Law Section 41.10, the maximum estimated cost of the aforesaid proposition is \$8,500,000.00 and, assuming approval thereof, said School District will appropriate said amount therefor and authorize the issuance of \$8,500,000.00 serial bonds to finance said cost and that the cost thereof shall be raised by the levy of a tax to be collected in annual

**LEGAL NOTICE**

installments.  
 BE IT RESOLVED, by the Board of Education of the Bethlehem Central School District, Albany County, that this Notice of Special School District Meeting shall take effect immediately and be published in full at least forty-five (45) days prior to the Special School District Meeting once each week for four (4) weeks in two (2) newspapers of general circulation within said School District.  
 Adopted: November 1, 2000  
 District Clerk  
 (November 22, 2000)

**LEGAL NOTICE**

**VERDOY FIRE DISTRICT INVITATION TO BID**  
 SPECIALTY RESCUE VEHICLE PLEASE TAKE NOTICE THAT THE Verdoy Fire District, 1026 Troy Schenectady Road, Latham, New York 12110 invites interested parties to submit sealed bid proposals for the furnishing of a medium duty rescue vehicle according to specifications established by the District. All such sealed bids are to be received no later than 2:00 PM Friday, December 8, 2000 at the offices of the Fire District, located at the address above, at which time and place sealed bids will be opened. Any interested parties may obtain a copy of the bid specifications at the offices of the Fire District weekdays from 7 AM - 5 PM. Each sealed submission is to be noted on the outside with the name, address and telephone number of the bidder and that it is for the "Verdoy Fire Department - Medium Duty Rescue." The Verdoy Fire District reserves the right to reject any and all bids, re-advertise for new bids, waive any irregularities in bidding and accept the bid that is best suited for the District.  
 DATED: November 15, 2000  
 Verdoy Fire District  
 1026 Troy Schenectady Road  
 Latham, New York 12110

**LEGAL NOTICE**

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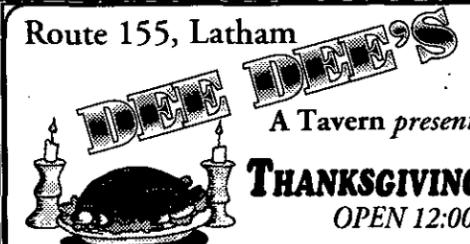
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**Bluz House Rockers** 9 - 11 (\$5 Cover)

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# Spotlight on EMPLOYMENT

## HELP WANTED

**ACCOUNTANT**, Staff position with local Accounting Firm. Minimum 2 years experience in Individual & Corporate tax. Must have computer skills. Full-time through April. Reduced summer hours. Comp. Negotiable, Fax resume 438-2941.

**ADMINISTRATIVE ASSISTANT**, Church Office. Strong interpersonal and organizational skills, ability to support and prioritize multiple tasks, skilled in MS Office Suite, light book-keeping/data entry. Immediate full time opening. Please send resume and salary requirements to: Niskayuna Reformed Church, Attention: John Moak, 3041 Troy-Schenectady Rd., Niskayuna, NY 12309.

**ADULT VOLUNTEERS WANTED**, Do you enjoy meeting new and interesting people? Do you also like entertainment? If so this is the volunteer position for you. Pepsi Arena is looking for event greeters. For more information please call 487-2006.

**AFTER SCHOOL PROGRAM AT ALBANY ACADEMY**, Part-time and Full-time during vacations and holidays. Arts & Crafts Background a Plus. 465-1461 (Ext. 104).

**BOOTH RENTAL**: Hairdresser, nail technician, everything included, large modern shop, prime location in Delmar, Parking, Bus line. 439-6066, 452-3689.

**CAREER CHANGE?** Are you in teaching, health care, human resources, sales, etc.? have you thought about a career change? You may have the skills that we are looking for. Call for a free packet or interview. Cathy Griffin, 448-8815. Prudential Manor Homes, Realtors.

**CUSTOMER SERVICE - RETAIL**: Mail Boxes Etc. Delmar. Approximately 30 hours per week, days, year round; interesting responsibilities, co-workers, and customers. If this is right for you, it will be interesting for you. Call Richard, 439-0211.

**CUSTOMER SERVICE**, December 5-21, Full-time, \$7.50/hour, Albany Mail Service, 601 New Loudon Road, Latham, 785-4031.

**DELI CLERK**, Part-time mornings, Durlacher's Deli at 23 Mobil, Route 9W, Albany. Glenn 439-6025.

**DISHWASHER AND WAITRESS**, Weekdays, Indian Ladder Farms.

**DISHWASHER**, Evenings & Weekends, Four Corners Luncheonette, Delmar. 439-0172.

**DISHWASHERS**: Full or part-time. Good pay... Apply in person Alter's, 318 Delaware Avenue, Delmar.

**EDITOR/INSTRUCTOR** for Legislative Gazette, the weekly newspaper covering state government in Albany, New York, the state capital. A project of SUNY New Paltz.

Reporting to the Executive publisher, is responsible for editorial duties and direction of student journalism interns in one of the leading full-time state-based journalism internship programs in the nation. Duties include occasional presentations/interaction with faculty and students on the college campus in New Paltz, New York in support of the program. Qualifications: At least five years full-time experience in editing a daily or weekly newspaper. Masters degree preferred. Equivalent experience considered. Send resume and supporting materials, including evidence of editorial experience, to Dr. Alan Chartock, WAMC, 318 Central Avenue, Albany New York 12206. SUNY New Paltz is an AA/EOE/ADA Employer.

**FULL-TIME LIVE-IN MANAGER POSITION**, with monetary benefits. Senior Housing Complex, Albany Area. Call Barbara, Monday thru Friday, 9AM - 3PM. 436-4018.

**Government Wildlife Jobs!** Great Pay and Benefits! No Experience Necessary! The ticket to a dream job might really be a SCAM. To protect yourself, CALL the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit [www.ftc.gov](http://www.ftc.gov) to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

**High-Paying Postal Jobs!** No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit [www.ftc.gov](http://www.ftc.gov) to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

**MECHANIC'S HELPER** - Full-time, Bethlehem Central School District seeks person with knowledge of standard automotive and diesel repair methods to work on school buses and other equipment. Previous school bus maintenance experience is preferred. Apply in writing to Mr. H. St. John, BCSD Transportation Department - Head Mechanic, 82 Van Dyke Road, Delmar, New York 12054. Deadline is December 4, 2000.

**Now Hiring!** Federal and Postal Jobs! CALL the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, to find out how to avoid job placement scams. Or visit [www.ftc.gov](http://www.ftc.gov). A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

**PART-TIME ADULT LIBRARY PAGE**: Varied hours, including evenings and weekend rotation. Applications will be accepted until position is filled. Reply in writing to Corinna Parker, Head of Circulation, Voorheesville Public Library,

51 School Road, Voorheesville, New York 12186.

**PART-TIME SECRETARY/RECEPTIONIST**, Computer experience necessary. 439-7734.

**RECEPTIONIST**, 30 Hours Flexible, 1811 Western Avenue, Rumi, 869-3900.

**RECEPTIONIST**, Position with local Accounting Firm. Must have computer skills and knowledge of Microsoft Word. Full-time through April. Reduced summer hours. Comp. Negotiable, Fax resume 438-2941.

**RESTAURANT HELP - MYPLACE & CO.**, Delmar. Seeking individual, Monday through Friday, 9:30AM - 2:00PM. Responsible person to aid our lunch team. Can be flexible with school hours. Company benefits available. Salary negotiable. 439-5028. \*\*\*ALSO, Seeking night wait closer Sunday through Thursday evenings. Call for details.

**SALES CLERK**, Antique and Gift shop, immediate position available, Somewhere In Time, Route 9W, Glenmont, 767-3196.

**SUBSTITUTE TEACHERS**: Contact Ravena-Coymans-Selkirk Central School District. 756-5213.

**TEACHER AIDE** substitutes for all schools at RCS Call 756-5204 for application.

**TEACHERS - SUBSTITUTES**, teaching positions for all high school subject areas. Subject area certification not required. Ability to work effectively with adolescents is essential. Small classes, residential

school, supportive faculty and administration. Contact: Dr. Tucker, The Charlton School, P.O. Box 47, Burnt Hills, 12027.

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For additional information please call 462-4285 Resume or employment history to: Samaritan Shelters, 593 River Rd., Glenmont, NY 12077 Fax resume or employment history to: 462-0479

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[www.capregboces.org/substitutes.htm](http://www.capregboces.org/substitutes.htm)

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We are looking for an individual, who enjoys working with the public, to fill a full-time position in our Delmar location. Duties will include, loading and unloading vehicles, assisting customers, and maintaining yard inventory. There will be a great deal of lifting associated with this job. Individual will be trained in safe forklift operation. We offer a competitive wage and benefit package.

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**DELMAR: \$495 including utilities. Small private 1 bedroom apartment. Parking, security. No pets. Suitable 1 person. 439-6888.**

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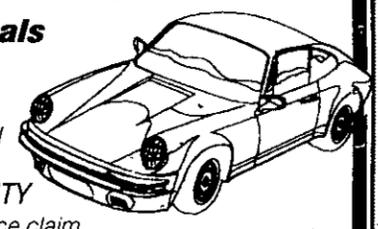


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# Relief

(From Page 1)

assistance.

"I'm extremely grateful to Gov. Pataki and the state of New York for standing by the small business man during a terrible time and a difficult situation for me," he said. "I'm also grateful to the town of Bethlehem for how nice Sheila Fuller treated me, and all the other entities — the police, the business community. One of the things I'll always remember is how classy everyone was when I had a tough time."

The state grant, he said, does not completely cover his losses. He declined to be specific about them, but confirmed losing

"several hundred thousand dollars" in the disaster, which occurred just days after his produce stand opened on the former site of a long-standing retail market.

"We did a complete retrofit of that building, new walls, new ceilings, new refrigerator cases, new deli cases," he said. "We wanted to put our best foot forward."

His losses on the Delmar location, he said, "definitely weighed in my decision" to sell the retail location in Loudonville, and to concentrate on the wholesale operation.

While that location included a

butcher shop and other services, the Delmar location, he said, "was a different type of business, strictly produce, flowers and a small deli operation. It played better to my strengths in the wholesale business. The property in Delmar, had the landslide never occurred, I'd be there thriving."

"We are looking forward to reopening," he said. "We just need to find the right spot. It'll have to be a more stable one, that's for sure."

Once his wholesale business is past the Thanksgiving-Christmas rush, he will resume the search for a new site in Bethlehem with pluses similar to the old one: preferably, a stand-alone location on a busy traffic corridor with ample parking and visibility.

"In my business it's almost better to be in a stand-alone location, though I would be open to being in a development under the right circumstances," he said. "But we do definitely plan to come back and have a successful run in Bethlehem. It's a great location — the community really supports its businesses."

As for a new location, he said, "There are some sites along Route 32 in Glenmont that look interesting, but I personally would like to stay on the Delaware Avenue corridor."

He said he planned to approach the Bethlehem Area Chamber of Commerce to help identify possible sites.

Quoted elsewhere as hoping to have his new location open before the end of the year, he said that projection is "probably pushing the envelope a little bit. I'd like to be there by next spring, certainly."

A separate award was also announced last week by the town of Bethlehem of \$19,000 in state and federal emergency relief funding, awarded through the State Emergency Management Office, under the disaster declaration covering 28 counties in New York affected by major storms and flooding between May 3 and Aug. 12.

The funding is intended to reimburse the costs of cleanup in the aftermath of the heavy rains of late spring and midsummer, including roadway and right-of-way clearing, removal of fallen trees and brush, flooding cleanup and repair to storm drainage.

## Correction

In the Nov. 15 *Spotlight*, the owner of Baisden Designs of Delmar was misidentified.

The owner is Tracy Baisden.

# Thanks

(From Page 1)

not only for his generation, but every one that has followed.

Most of us will spend Thanksgiving basking in the warm glow of home and family, and I wonder how much we owe our veterans, who had to spend many holidays away from those they loved.

Although I'm young, I know that their sacrifice was unparalleled. As another December gets closer, we will be celebrating the holidays in a time of peace and prosperity. We'll sit down to dinner without giving much thought to the fact that there are no guns firing in the distance or people dying in a war for our freedom.

We are free because our parents and grandparents already made sacrifices for us. Because they were willing to die for our freedom, we will spend this Thanksgiving in a democracy based on the ideals of justice and equality.

My grandfather left the Army a second lieutenant and platoon leader of the Second Platoon Anti-Tank Company of the 290th Infantry Regiment of the 75th Division. I'm sure his men were thankful for his leadership and guidance.

I think that I am even more thankful than they, not just for his service, but for his safe return and his 53-year marriage to my grandmother, Thomasina, which produced four sons and 11 grandchildren, of which I am one.

This Thanksgiving, I am especially grateful that I am able to say thank you to the countless men and women to whom I owe that future and my freedom.

Thank you, Grandpa, for being a true hero. You really just might have saved the world.

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## Physically Speaking



by Nick Valenze, P.T.

### A BACKWARD GLANCE

When those who run or walk for exercise are recovering from knee or calf injury, they may want to consider "retro" walking or running. Running or walking backwards does not put as much strain on the knee. And, although it may be a bit awkward at first, it still provides a good workout and helps to strengthen the abdominal and back muscles (as well as hamstrings and quadriceps in the legs). One small study shows that walking backwards briskly is as strenuous as running forward at a slow or moderate pace. When taking up retro walking, be sure to choose a smooth surface (preferably a track) away from any potentially dangerous circumstances (cars, trees, etc.) and start slowly.

If you have been injured, have been debilitated by illness, or have recently undergone surgery, there's no need to walk the path to recovery alone: ask your physician for a referral to our physical therapy practice. You'll soon see and feel the benefit of working one-on-one with our experienced, supportive staff. Our services include sports medicine and massage, and we offer evening treatment hours. Free parking available.

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P.S. If walking or running makes your knees hurt, ask about other forms of exercise that do not place as much stress on the knees.