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# The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLV Number 2 Fifty Cents

January 24, 2001

## Uphill battle



Tony Rao pulls his daughter Peggy up a hill at Elm Avenue Park last Saturday.

Jim Franco

## Board names Alessi to town attorney post

By JOSEPH A. PHILLIPS

At a special meeting of the Bethlehem town board on Friday, Jan. 19, at 7:30 a.m., the board unanimously approved the appointment of Robert J. Alessi as town attorney, to replace Bernard Kaplowitz, who retired last month.

The special meeting came just two days after a marathon five-hour session of interviews with seven candidates for the \$40,864-a-year part-time position. Interviews were overseen by a selection committee of two, Supervisor Sheila Fuller and board member Susan Burns.

Alessi, 42, served as counsel to the town planning board from 1990 to 1994, and is a practitioner of commercial litigation and environmental and land-use law as managing partner with the Albany firm of LeBoeuf, Lamb, Greene &



Alessi

MacRae. He has also provided his services as special counsel to the town on several high profile legal issues regarding development.

In 1992 he successfully defended the town in a \$50 million civil rights lawsuit filed by Gladstone Developers over a project in Slingerlands, and represented the town in reviewing the application of Spurlock Industries to build a controversial formaldehyde manufacturing plant, an application that was ultimately withdrawn.

Alessi currently acts as counsel in the town's lawsuit against J. Kenneth Fraser & Associates, engineers in charge of designing the town's Clapper Road water-filtration plant, and Rust Environmental Services,

Fraser's geotechnical subcontractor on the project.

The town is seeking damages over the alleged underperformance of the plant and its infiltration gallery, which draws from aquifers along the Hudson River.

Fuller said the special meeting was necessary because of the backlog of issues needing the attention of a town attorney, a post left vacant when Kaplowitz stepped down Dec. 27.

Alessi wasted no time after the meeting assuming his new duties, immediately signing four local laws, passed at the board's Jan. 10 meeting, which required endorsement by town counsel before they could take effect.

Fuller also said the lack of a town attorney prompted her to postpone discussion of the Four Corners Overlay District, proposed by merchants in the Delmar business district and originally scheduled for presentation before the

ATTORNEY/page 32

## Land group acquires 21.6 acres in Delmar

By JOSEPH A. PHILLIPS

The Albany County Land Conservancy (ALCLC) last week announced its acquisition of a 21.6-acre parcel in Delmar that will be set aside in perpetuity as a wetland and woodland preserve, open to the public — a prospect that has left some neighbors wary.

In ribbon-cutting ceremonies on Thursday, Jan. 18, at the northern end of Evelyn Drive, a residential street facing the Bethlehem Central High School campus across Delaware Avenue, ACLC president Mike Sterthous announced the donation of the parcel by Swift Group, developers of the nearby Autumn Woods subdivision.

The parcel was set aside from the Autumn Woods property as part of the project's reviews before the town planning board and the state Department of Environmental Conservation.

Swift also donated \$10,000 to the conservancy to establish a stewardship fund endowment to be used to maintain the property as a public preserve.

"We've been really looking forward to this day," Sterthous said. "We're really excited about this opportunity. ... This helps demonstrate the vital role of the land conservancy to serve as a catalyst

to preserve an open space area like this, for the benefit and enjoyment of the public."

The new Swift preserve includes a wetland designated by the Army Corps of Engineers as protected.

In addition, Swift also built additional wetlands on the site as part of a mitigation agreement with DEC and the Army Corps to offset a similar plot converted to a building lot in the developer's Colonial Woodlands subdivision in Elmsmere.

"As part of the approval for the Autumn Woods subdivision, and in consideration of about an acre of wetlands that were filled (at Colonial Woodlands), we offered a permanent protection of

this parcel," said developer Greg Swift.

Such arrangements are common for developers in meeting environmental mitigation requirements.

"This is our first experiment in this," Swift said. "I think it's something that will be reviewed on a site-by-site basis on our future developments. We're a relatively small developer. We only develop about three sites a decade, and about 20 homes a year or so, and we build exclusively in this town."

"We're very pleased and proud to be able to present this to the conservancy and to the community," he added.

Supervisor Sheila Fuller was on hand for the ceremonies.

"Hopefully, this will be an indication of the way Bethlehem is headed in

***I think it's something that will be reviewed on a site-by-site basis on our future developments.***

Greg Swift



ALCLC president Mike Sterthous.

talking about the need for open space in the future," she said.

The town board has set a Feb. 14 public hearing to consider parkland set-aside requirements for developers.

Also joining Swift, Fuller and ACLC officials at the ceremonies were county Legislator Herb Reilly and Bethlehem Central School District Assistant Superintendent for Instruction John McGuire.

With the preserve's proximity to the high school, both representatives of Swift and ACLC have approached district officials to offer the Swift Preserve as what McGuire characterized as "an outdoor ecology classroom."

Swift has pledged nearly \$5,000 to the district through the ACLC to be used to develop a curriculum in support of such use, McGuire said.

"My hope would be that we would use that site to reinforce some of the ideas we try to communicate through the state Education Department's ecology and the

LAND/page 16

## Bruno moves ahead with plans to build

By JOSEPH A. PHILLIPS

Just nine months after announcing its plans to relocate from the Troy riverfront, a heavy-machinery manufacturer is moving ahead with its plans to construct a new plant in Glenmont — and may formally break ground on its new headquarters in April.

In December, Bruno Machinery Corp., a manufacturer of die-cutting, embossing, heat-sealing and molding presses, completed the purchase of a 7.5-acre site on Route 144, currently owned by F.J. Zaronda Construction Co. Bruno

BRUNO/page 32



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## Fender bender leads to felony DWI charge

By JOSEPH A. PHILLIPS

A minor parking lot fender bender has led to major trouble for an Albany resident, who now faces a felony charge of driving while intoxicated (DWI) in Bethlehem.

Police responded to a report of a collision in the Delaware Plaza parking lot shortly after 9:20 a.m. on Thursday, Jan. 18.

According to the police report, Antony P. Davies, 44, of 18 Pinewood Ave., Albany, driving a truck and salting the icy parking lot, had backed into a vehicle driven by an Albany woman that was stopped in the lot.

Officer Robert Helligras ticketed Davies for unsafe

backing and administered field sobriety tests and a pre-screening and arrested him for DWI.

A license check revealed a license revocation in 1996 for a previous DWI conviction and Davies was charged with unauthorized operation of an automobile, elevating the DWI count to a felony.

Davies refused further chemical tests at the police station and was arraigned before Town Justice Theresa Egan and sent to Albany County jail in lieu of \$7,500 bail.

A hearing on potential further charges related to his refusal is scheduled for Jan. 29, and a court appearance on the remaining charges set for Feb. 21.

## Court cases adjudicated in Town Court

By JOSEPH A. PHILLIPS

Four individuals facing charges of driving while intoxicated (DWI) in Bethlehem, and another charged with driving under the influence of drugs, had their day in Town Court on Jan. 16.

Lisa Marie Wickham, 31, of 460A Kenwood Ave., Delmar, arrested on Jan. 5, pleaded guilty to DWI, and had her license revoked for six months.

She was also ordered to pay a fine of \$500 and a \$35 state-mandated surcharge.

Three individuals pleaded guilty to reduced charges of driving while ability impaired (DWAI), and were ordered to pay a \$300 fine and \$35 surcharge.

They included Stephen Hall Lancelot, 53, of 33 Myrtle Ave., Westerlo, arrested on Dec. 15; Robert David Latoni, 33, of 31A Elm Ave., Delmar, arrested Dec. 17; and Albert Joseph Schultz, 44, of 28 Euclid Ave., Delmar, arrested Dec. 28.

Schultz also had his license revoked; Latoni and Lancelot faced license suspensions of 90 days each.

Melanna Jean Carroll, 17, of 230 Berkshire Blvd., Albany, arrested on Dec. 23 for driving while under the influence of drugs, pleaded guilty to a reduced count of reckless driving and was fined \$100 and a \$35 surcharge.

She also pleaded guilty to a count of unlicensed operation of a motor vehicle in satisfaction of several other charges, paying a \$25 fine and \$25 surcharge on that count.

All five defendants were ordered by the court to face a victim impact panel and to undergo substance abuse remediation programs.

In Delmar

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

## Three car larcenies reported by police

By JOSEPH A. PHILLIPS

A familiar refrain is once again being heard by Bethlehem police with several recent reports of thefts from unlocked vehicles parked at homes. Three incidents were reported last week.

The first, sometime before dawn on Jan. 13, netted an overnight thief a car door opener, CD players, a cell phone, and car and house keys from a vehicle parked in the garage of a Bayberry Road residence in Colonial Acres in Glenmont.

Two mornings later, a resident of Peel Street in Elm Estates in

Selkirk reported a similar theft that netted a case of 30 CD's, another CD players, and men's dress shoes and sneakers, all left in an unlocked car.

A cell phone was taken from a car at a Fernbank Avenue residence the following night.

Bethlehem police have made no arrests in the incidents, which echo a wave of similar thefts throughout the town last summer.

Burglary, possession of stolen property and larceny charges against an 18-year-old Delmar youth charged in those incidents remain pending in Albany County Court.

## Businesses burglarized

By JOSEPH A. PHILLIPS

Bethlehem police are investigating a pair of burglaries at two businesses earlier this month.

In the larger and more recent of the two thefts, one or more burglars made off with more than 4,200 in cash from the Dunkin' Donuts at 232 Delaware Ave. in Elmsmere sometime after closing on Sunday, Jan. 15.

A manager arriving at the store the next morning at about 4:30 a.m. discovered an office door kicked in and cabinets, desks and a safe rifled.

Detective John Mastriano gathered physical evidence at the scene, but no arrests or further leads have been announced, according to Lt. Fred Holligan.

Nearly two weeks earlier, \$600 cash was taken and hundreds of

dollars in damage left behind in a Jan. 5 break-in at a Slingerlands liquor store.

Police responded to an alarm shortly after 10 p.m., about an hour after closing time, at Wine & Spirits of Slingerlands in Price Chopper Plaza on Route 85.

They found the glass front door broken and two cash registers broken open and their contents removed.

According to police, the culprit or culprits apparently left by the store's back door.

A police dog was unable to track the burglar beyond the parking lot, and employees of adjacent stores were unable to offer any information to investigators.

Physical evidence was collected at the scene, but no suspects have yet been identified.

## Man nabbed on weapons charge

By JOSEPH A. PHILLIPS

A Delmar man faces federal and local charges after a raid at his home by Bethlehem and State Police and agents of the federal Bureau of Alcohol, Tobacco and Firearms (ATF).

Kurt Kavoukian, 43, of 20 Royal Blvd. was arrested on felony charges of illegal possession of firearms and ammunition and harassment on Jan. 6.

Bethlehem police confiscated six rifles from Kavoukian's home, at least one of which is believed to have been his, according to Bethlehem Detective John Cox.

Kavoukian is listed on a state registry of individuals previously convicted of domestic violence-

related offenses.

Federal statutes bar domestic violence offenders from possessing weapons, Cox said.

"The State Police had developed some information that he might be in possession of a weapon," and because of the federal statute, contacted ATF to participate in his arrest, he said.

Kavoukian was arraigned before Town Justice Kenneth Munnely, who issued orders of protection for several individuals connected with Kavoukian, and ordered him held on \$10,000 bond or \$5,000 cash bail.

He was then turned over by State Police to U.S. marshals for further arraignment on federal weapons charges. He remains in custody at Albany County jail.

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# County schedules road project hearings

By JOSEPH A. PHILLIPS

Two major local road project proposals — one affecting a key commuter link through Guiderland and Voorheesville, the other along a heavily traveled stretch of Route 52 in Delmar — will each face a second round of public scrutiny next week.

Planners from the Albany County Department of Public Works have set Wednesday, Jan. 31, for a return to Bethlehem town hall to present their plans for roadway and pedestrian improvements along Route 52, specifically the largely residential 2-mile stretch of Cherry and Elm avenues between Kenwood Avenue and the intersection with Route 32 at the Delmar bypass.

Feedback from a public meeting last October, attended by about 100 residents, is to be incorporated in the revised plans for a \$2 million rehabilitation. The plan includes resurfacing the road, signal and turning-lane improvements at key intersections like that with Delaware Avenue, and the likely addition of a jogging-bicycling lane.

"We will be showing how the project has evolved since our public information meeting last fall," said county Commissioner of Public Works George Nealon.

He declined to discuss details of the proposal, which he said are still undergoing revisions.

Nealon said that his department hopes to finalize its design by October and break ground and complete the project in 2002.

Some minor land acquisitions will be required for the project, although no major widening, road alignment changes or driving lane additions are planned. Nealon said purchase negotiations with affected landowners are expected to take several months before right of way for the project has been fully cleared.

Wednesday's public meeting is scheduled for 6 to 9 p.m. at town hall auditorium.

That meeting will be sandwiched between a pair of public sessions planned for next week by the Region One Design Group of the state Department of

Transportation, to discuss details of its proposed reconstruction of a 3.3 mile stretch Route 155, also known as State Farm Road, between Route 20 in Guiderland and Route 85A in Voorheesville.

One meeting is set for Monday, Jan. 29, in the cafeteria of Farnsworth Middle School on Route 155 in Guiderland, the other, on Thursday, Feb. 1, at Voorheesville Elementary School at 129 Maple Ave.

The 155 project was initially presented at a public meeting in November of 1999.

The bulk of the \$10 million plan concerns drainage, paving and sight distance improvements,

**We will be showing how the project has evolved since our public information meeting last fall.**

George Nealon

but two key features of the proposal focus on elimination of the Y intersection where 155 connects with 85A, and intersection improvements at Voorheesville Avenue, less than a mile north.

"We're proposing some significant realignment on Voorheesville Avenue to square up that intersection there," said David Capobianco, DOT's project manager — realignment that will extend a considerable distance west along Voorheesville Avenue.

Regarding the 85A intersection, the presentation next week will detail two options: one a standard T-intersection, with signals and turning lanes to control the flow of traffic, and the other a roundabout.

Capobianco called the second option "a modern roundabout, not to be confused with a traffic circle, though most people think they're the same thing. But there are subtle differences."

The proposed roundabout will be smaller in size than a traditional traffic circle and configured to reduce speeds overall at the intersection.

The decision to present the plan at two locations was intended to facilitate broader public participation in both communities, Capobianco said.

"The presentations will be exactly the same," he said, "although we expect to get more questions concerning the roundabout at the Voorheesville meeting, of course."

If all goes well, he said, the project is on track to begin construction in the spring of 2002, aiming for completion in early 2003.

"We're still in the preliminary design stage," he said. "But following the meetings we hope to tie things up and go into final design, which should take us through September."

Both meetings are scheduled for 6 to 9 p.m., with a formal presentation of the project at 7 p.m.

# Dance-a-thon raises \$3,000 for CF

By KATHERINE MCCARTHY

Last year, Voorheesville high school senior Nicole McMahon decided she wanted to do something to make a difference.

In the fall, she presented her idea to Mary Gordon, executive director of the Cystic Fibrosis Foundation in Albany.

"Nicole is so amazing," Gordon said. "She called the foundation in October and said she wanted to organize a dance-a-thon to benefit cystic fibrosis, so we sent a letter saying that the Cystic Fibrosis Foundation knew about this. I didn't hear anything for a long time, and then I got a check from Nicole for \$3,000."

McMahon was inspired by her friend Elizabeth Franklin, a junior at Bethlehem Central High School, who was first diagnosed with the disease when she was 6 months old.

"We met in church," McMahon said. "We both had on the same Easter dress."

McMahon, who is president of the National Honor Society chapter at Clayton A. Bouton Junior-Senior High School, worked with another friend, Annie Marinaro, to organize last November's dance-a-thon.

Marinaro is president of the Future Business Leaders of America chapter at the Voorheesville high school.

The dance-a-thon, McMahon said, was a chance to try something new.

"I thought of it during junior year and reserved the gym, and when the school year came, got to work on it," McMahon said.

McMahon and Marinaro received many donations, and only spent a total of \$250 on the dance-a-thon.

"We had free food," McMahon said. "There was so much pizza, from JC's, Smitty's, Checkers, just about everybody. Annie and I sat down and made phone calls for hours. Our friends helped out a lot, picking stuff up for us."

Local bands also donated their time and McMahon paid a DJ to stay the whole night.

In addition to corporate donations, students participating in the dance-a-thon sought sponsorship for the hours they danced. For those without sponsors, there was a \$5 door fee.

"A lot of people gave more than \$5," McMahon said.

McMahon said the high school administration and faculty were very supportive of the dance-a-thon, which went from 7 p.m. to 7 a.m.

Six faculty members chaperoned at all times and Joe Sapienza, the dean of students and football coach, rallied the 40 dancers still moving in the wee hours of the morning.

"He organized games, and timed the 40 meter dash up and down the hallways," McMahon said. "He really got us fired up, and woke us up."

In the morning, there were bagels and doughnuts donated



Nicole McMahon, left, Elizabeth Franklin and Annie Marinaro are thrilled with the results of the dance-a-thon to benefit cystic fibrosis.

Katherine McCarthy

from Bruegger's and Dunkin' Donuts.

Franklin said she was very happy that her friends sponsored the dance-a-thon, and donated the money to the Cystic Fibrosis Foundation.

"Every little bit helps," she said. "It's nice when people go to events like this."

In addition to raising funds, Franklin said the dance-a-thon was a lot of fun.

Franklin is no stranger to benefits; a few years ago, friends from Bethlehem Central Middle School organized a cystic fibrosis fund-raiser in her honor.

Cystic fibrosis is a genetic disease that produces an abnormally thick amount of mucus, which clogs lungs and causes pancreatic disorders.

"We have yet to have a cure," Gordon said. "We've made significant strides in increasing

lives. Where the life expectancy had been 12, now we have adults living into their 30s."

The \$3,000 McMahon raised will help fund research, Gordon said.

"Donations allow for clinical drug studies," she said. "We can get people on the drugs, and we're looking at good results."

The Cystic Fibrosis Foundation provides funds for research grants, and to care centers.

"Our goal is to try and improve the quality of life for cystic fibrosis patients," Gordon said.

Gordon said that she was particularly impressed by McMahon's efforts.

"We don't hear enough good things about teens and our schools," Gordon said. "Nicole has done something wonderful. Very few teens would take the time and initiative to do this."

# Publisher launches Empire ad service

Empire Media has launched Empire AdNet, which gives clients an opportunity for cost-effective combination advertising in Empire's 26 award-winning, weekly newspapers in the Syracuse, Albany and Binghamton markets.

Empire Media newspaper properties include 14 Eagle newspapers in Syracuse/Central New York; eight Spotlight newspapers in Albany/Capital District; and four Southern Tier news editions in the Binghamton market.

With total readership of more than 250,000, the 26 Empire weeklies are the largest newspaper group of its type in New York state.

"The addition of four Binghamton newspapers last summer provided the catalyst to create Empire AdNet as a one ad, one insertion order media buy into all 26 of our newspapers," said Stewart Hancock, publisher of the Empire weeklies and president of Empire's parent, Eagle Media Partners.

"Simply stated, AdNet offers clients a uniquely cost-effective method to target advertising to reach the top demographic households in suburban Syracuse, Albany and Binghamton," Hancock added.

In addition to display, classified and online advertising in the 26 weeklies, AdNet also offers multi-market advertising to Empire's growing family of niche publications.

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# High-tech gift updates house with wires, wires & more wires

By KATHERINE MCCARTHY

Every year, there's one Christmas gift that elicits the pure, unbridled "Oh, yes!" of dreams come true. It's a memorable moment each season and sets the mark for how things will go in the coming year.

In our house, that favorite gift has also indicated the passing of time, progressing from a Barney doll or Fisher Price farm to Thomas the Tank Engine toys, to an electronic store, to more and more sophisticated Legos, to Game Boys and video game systems.

This year's gift of a DVD player marked our step into the totally current world. Kind of.

As I stood there with the red, white and yellow cables already too familiar to me from our Nintendo 64 video game, I knew there was absolutely nothing on the back of our TV set these could go into.

"I'll figure it out," I told the four hopeful eyes looking at me, which really would have gotten much

COMMENTARY:

*Mom's  
the  
Word*



better exercise putting together Legos than zooming in on special angles and watching uncut scenes from "X-Men."

"Oh, yeah," the manager at the chain superstore where I had bought the latest technological marvel said over the phone, "you need an RF converter."

I forced myself to model good behavior, knowing that the four big eyes were matched by four big ears, waiting to hear if Mommy would direct her first post-Christmas meltdown at the disembodied voice of a disembodied distributor.

I also didn't want to sound pathetic, since I already feel like a fossil when I enter stores full of big-screen TVs, Palm Pilots, DVD players and Web cams. So I think it came out as kind of a hiss.

"But I even asked the clerk," I said, not commenting that he was about 20, with bleached hair, an earring and a pierced eyebrow. I had kept my eyes on his while I questioned him, because even the thought of a pierced tongue grosses me out.

"I told him we had a 15-year-old TV, and he assured me it would work," I added.

"We need a new TV, Mom," the boys said — as they have for the past year.

If you have children, you probably know right where they'd like it, and my repeated insistence that they will never, ever have a TV in their room doesn't stop them from asking.

They must hope that their never-ending persistence, like water on a rock, will eventually wear away the part of my brain that says no, and they'll be livin' large with a big screen TV in their own room.

The month after Christmas is absolutely the last time of year we're going to buy a new TV, so we just keep muddling through

with our converter, colored cables and the numerous remote controls it seems to take to operate our still fairly low-tech home entertainment center.

If we wait long enough, perhaps we'll buy a big TV that we can use as a computer and a TV.

When we bought our current computer, I wandered into the little demo living room with a big-screen TV and a wireless keyboard on the coffee table. We sat for 10 minutes, playing with keys, hoping somebody would bring us a drink, before practicality got the better of my husband Chris.

"Maybe we should go look at computers we can afford," he said. "Ten more minutes, and we're owning this one," I said.

That's the real problem with today's technology. Although it's pretty cool, it's pretty pricey.

Am I a leftover vestige of the days when parents and grandparents talked about the Depression, that I think spending even \$1,000 on a box with a typewriter that can act like a telephone, is a whole lot of money?

And it's beyond frustrating that, even quicker than a new car, the minute those cow boxes arrive on your front porch, your computer is already outdated?

Once the technology's in the house, household expenses go up. If you're lucky, you've already got a space and a table for the newest, most popular member of the household. Otherwise, it's money for that.

Those Internet providers — who offer us the opportunity to reconnect with college pals, to see pictures of the newest baby in the extended family and to watch Dancin' Dubya, or Al Gore

and Joe Lieberman saying "Wassssupppppp?" — come at a cost.

And who hasn't gone to make a phone call, only to be thwarted by that particularly irritating buzzing that means somebody else is online? So in comes another phone line — or Road Runner wires up the whole house.

Speaking of phones, though, when was it that we all decided we couldn't live without a cell phone? Check it out sometime — anywhere you look, somebody's talking on one.

What do we all have to say to each other, as we lean way to the right to diminish the sounds of traffic on the road while we make the phone call that couldn't wait till we were home?

Are we using our cell phones because the home phone line's tied up on the Internet?

Mostly, all this new technology is letting our kids start on their path to running the world.

"Get the boys," is the most common refrain in our house, when one of the grown-ups gets stuck on the computer, with the TV, VCR, DVD player or the RF converter.

"Be nice to us," they grin, quoting a bumper sticker they saw not too long ago. "We'll pick your nursing home."

Who knows what technological assistance they'll need to provide us with by then.

I'll probably contact them from the chip imbedded in my skin, and they'll probably just beam themselves to my virtual nursing home and tell me, yet again, that I really need a more modern device.

Just to mess with their minds, I'll wish that we still had rotary phones.

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Center (BEC), a cleaner more efficient, 750-megawatt plant, will mean a

\$400 million investment in the Capital District. The BEC will provide

employment opportunities at the facility, create 200-300 construction

jobs and help boost the local economy...and that's just for starters.

**PSEG Power New York is completing an application for**

**the Bethlehem Energy Center it acquired from Niagara**

**Mohawk. We encourage the community to attend a public**

**information session to be held on Tuesday, February 6th**

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## Local host families needed

Host families are needed for 30 American Field Service (AFS) foreign exchange students who will be in the Capital District for the 2001-02 school year.

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## Board adopts exemptions for seniors, veterans

By JOSEPH A. PHILLIPS

The Bethlehem town board adopted on Jan. 10 a series of proposals affecting property tax exemptions — two raising the income eligibility levels for low-income seniors and the disabled, and one extending veterans exemptions to Gold Star parents, those who have lost offspring in wartime combat.

The New Scotland town board also scheduled a round of public hearings for next month.

But tax assessors in both towns predict the new exemptions will have what Bethlehem Assessor David Leafer characterized as a "negligible" impact on other taxpayers.

"All three of these situations will not produce an increase in tax rates that the taxpayers will even see," Leafer said. "It's not even enough to materially shift the tax rate up so much as a penny."

Bethlehem currently grants 381 senior exemptions for a total exempted amount of approximately \$12.3 million, compared to the town's total taxable assessed valuation of \$1.97 billion. Only nine disabled individuals qualify for an exemption, for a total of just over \$392,000 in exempted property.

Prior to last week's vote by the town board, the maximum qualifying income for the minimum 5 percent exemption was \$27,900; the full 50 percent exemption went to those with incomes less than \$19,500. Incomes in between fell into brackets at 5 percent exemption increments.

The town board's vote raised all brackets by \$1,000, making the top eligibility level \$28,900. That could make a handful more seniors and perhaps one or two more disabled citizens eligible, and bump some of the current recipients to a higher bracket.

But Leafer projected the impact on other taxpayers at less than six-hundredths of a penny per thousand assessed variation.

Leafer said the new eligibility schedule will automatically be

applied to those now receiving the exemptions, but urged that anyone now made eligible by the raised income ceiling contact his office at town hall.

He made a similar appeal to those who might be covered by last week's other revision, which extends the so-called "alternative veterans tax exemption" to Gold Star parents. Some 660 veterans currently qualify for a 15 percent exemption for having served in wartime — and another 670, who served in a combat zone, for a 25 percent exemption. The total value of exempted property from these 1330 exemptions: \$32.65 million.

"The new law merely adds a new category of people who can receive this exemption," Leafer said.

But Leafer told the town board at its Jan. 10 public hearing that he contacted officials at the state Division of Veterans Affairs — and they are unable to identify any not already covered by veterans exemptions.

At a town board meeting in New Scotland, Assessor Gerald Gordinier estimated a similar minimal impact from the exemptions. The town board set Feb. 14 for public hearings on the proposed exemptions.

In addition to applications for the new exemptions, assessor's offices also have applications on hand for the STAR program. The Enhanced STAR exemption is limited to homeowners age 65 and older who have an adjusted gross income of no more than \$60,000 a year. In order for those previously enrolled to remain eligible, proof of income for either 1999 or 2000 must be filed with each town's assessor's office by March 1.

Enrollees in the Basic STAR Program, which is open to homeowners of all ages, are automatically eligible for a tax exemption and are not subject to annual renewal. But new homeowners or residents who have not previously enrolled in either Enhanced STAR or Basic STAR must apply no later than March 1 to qualify.

## Concrete firm seeks county IDA aid

By JOSEPH A. PHILLIPS

A business that calls South Bethlehem home is seeking assistance from the Albany County Industrial Development Agency to help pave the way for a \$4.2 million plant expansion.

Oldcastle Precast Concrete, a U.S. subsidiary of an Irish firm, also does business under the name of its local division, Spancrete Northeast.

The company is considering construction of a new 21,000-square-foot manufacturing building, and renovation and modernization of its current facility, located just over the Coeymans town line along South Road.

The expansion project could add more than a dozen employees to its current work force of 112, according to Terence Burke of Harris Beach & Wilcox, attorneys for Oldcastle.

To finance the project, Oldcastle seeks the issuance of revenue bonds by the IDA of up

to \$4.5 million.

"Most of the money would be used for equipment which would be installed in the building," Burke said.

application, voted to adopt an inducement resolution and approved a preliminary negative SEQR determination on the project.

A public hearing on the proposal has been set for Feb. 7 at the South Bethlehem plant.

Oldcastle, adjacent to another major South Bethlehem employer, Callanan Industries, is, like its neighbor, a supplier to the construction industry.

Oldcastle manufactures pre-stressed and pre-cast concrete forms, hollow-core planks and wall panels.

Donna Reuter, Oldcastle vice president and general manager of the facility, said that the expansion project awaits final approval by the company's board.

She declined to comment on whether that approval hinged on IDA approval of its application.

**Most of the money would be used for equipment which would be installed in the building.**

Terence Burke

The IDA application also seeks a straight-lease agreement, which would give the IDA a financial interest in the reconstructed facility.

That would enable the agency to extend Oldcastle up to \$320,000 in exemptions from sales tax on the purchase of the new equipment, from mortgage-recording taxes on the construction project, and other tax benefits.

At a Jan. 3 meeting, the county IDA received Oldcastle's

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# Matters of Opinion

## Congrats to Alessi

The Bethlehem town board's appointment of Bob Alessi as town attorney was a wise decision.

Alessi, a resident with hands-on experience in town matters, is already familiar with issues the town is facing, and is therefore a natural for the town attorney's job.

As counsel to the town planning board for four years, he got a bird's-eye view of projects that had the potential to significantly impact the town. His role as special counsel to the town on development issues is another plus, that should serve him well as town attorney.

We congratulate Bob and are confident in his ability to provide the town excellent advice and guidance in legal matters.

## Editorials

## Teen who cares

Clayton A. Bouton high school senior Nicole McMahon did something wonderful to make a difference in her community. McMahon organized a dance-a-thon fundraiser at the high school for cystic fibrosis.

Inspired by her friend, Bethlehem Central High School student Elizabeth Franklin, who has the disease, McMahon mounted the campaign which raised \$3,000 for the foundation.

Great job, Nicole!

## End of an era

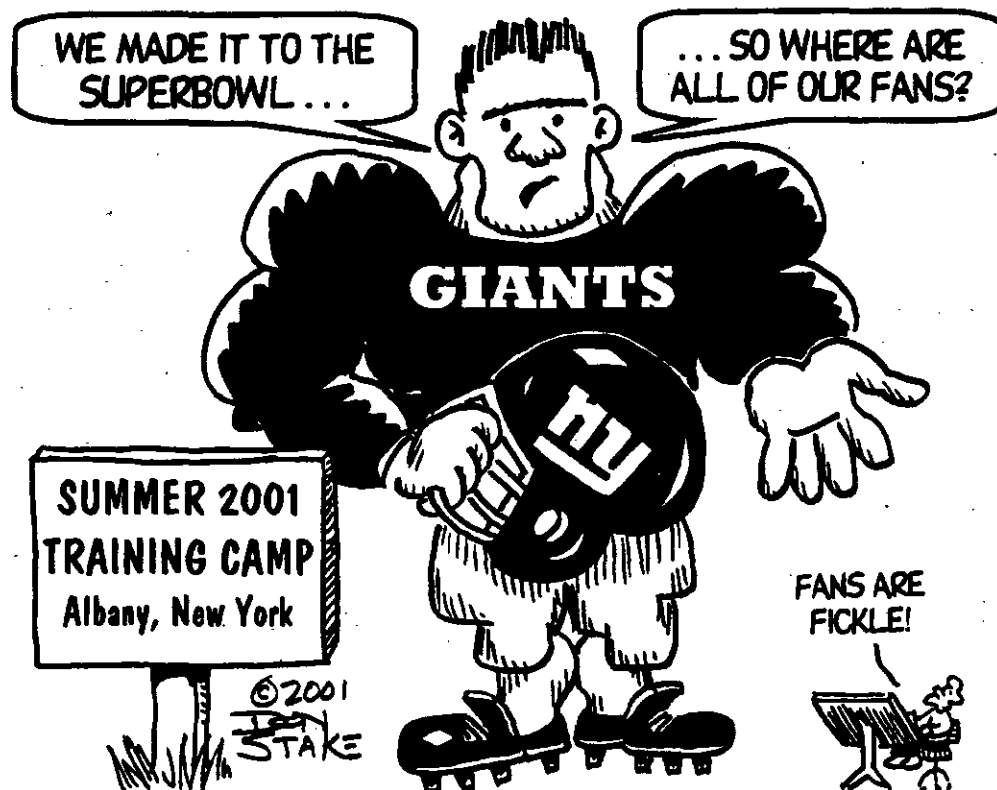
It may not be breaking news, but for many the news is heartbreaking.

Alteri's in Main Square will not be open for lunch after Jan. 31. Big deal, you may say, especially if you not a regular noontime patron.

But for those of us who are, including a group of regulars from *The Spotlight*, Sandy, a retiree who patronizes Alteri's three to four times a week and many others, it was rather a shock. When Sandy found out, he said he was definitely "in mourning."

That's probably because Barbara and Lou Alteri and waitress Merilee make eating there such a comfortable experience — more like eating with a group of family and friends. It's not just the great food, it's the great people we will miss. Alteri's always accommodated our needs — be it a quick bite or a two-hour business lunch. Either way, no problem.

We know Barbara and Lou need a break from their hectic schedule and long hours. We just hope that after a while, they'll reconsider opening, at least once a week for lunch.



## Will local fans take Giant step forward?

By ROB JONAS

The writer is sports editor for *Spotlight Newspapers*.

By this time next week, the New York Giants will either be the Super Bowl champions or merely the champions of their conference.

Either way, I don't see how this will help attendance when the Giants return to the University at Albany in July for training camp.

Sure, the Giants' presence in the Super Bowl will draw plenty of attention from local football fans. After all, there is a certain amount of pride that comes into play when someone or something with local connections makes it big.

However, the local connection between the Giants and the Capital District is not very strong. The National Football League club was thinking about transplanting its training camp back to its northeastern New Jersey home before head coach Jim Fassel said that he'd rather have his players as far from New York City as he could possibly get them during the summer. Besides, when you don't have to pay rent for living quarters and use of athletic fields, it's kind of hard to give something like that up.

## Point of View

It's not like the Capital District is solely Giants Country, either. Besides Giants fans, you will find New York Jets fans, Buffalo Bills fans, New England Patriots fans and Cleveland Browns fans in almost every city and town around here. I even have a local friend who's a Philadelphia Eagles fan. He's rooting for the Baltimore Ravens in Sunday's Super Bowl, for obvious reasons.

Still, the University at Albany seems optimistic that the Giants' success will lead to an attendance boom when they show up to prepare for the 2001 season.

There's a flaw in that theory, though. Outside of the possibility of getting kicker Brad Daluiso's autograph (and who wouldn't want that), there isn't a lot to draw fans to training camp. All you see is a bunch of millionaires and overweight linemen stretching and learning their plays in the hot sun. That is, if there is any sun shining at all. Remember last year's rain-soaked camp?

The Giants have already announced that they intend to add some fan-oriented things for this year's training camp, though. Among the ideas is a scaled-down version of the NFL Experience, which allows young fans (and those who still think they're young) the chance to throw footballs at canvas targets and tackle inflatable dummies.

Having something like that can help. I made a few trips to the Buffalo Bills training camp last year in suburban Rochester, and the version of the NFL Experience they had installed kept the kids busy while the adults watched Rob Johnson throw a 40-yard incomplete pass. That helped the Bills draw an average attendance of 5,000 spectators per day — a far cry from the few hundred that braved the rain to watch the Giants at the University at Albany.

On the other side of the coin, it was the first time that the Bills had trained in Rochester. Likewise, the first year that the Giants trained in Albany, an

average of 3,000 people showed up to see the new show in town. I'd be interested in seeing if there is a dropoff in attendance at Bills camp this year, but Rochester is a much longer drive from Albany than it is from where I lived last year.

There is another factor to be considered. When the people of Albany lose interest in a professional team, it's usually for good. For years, the Albany Patroons appeared to be the top dogs of the local pro sports scene. But when people didn't fill up the Pepsi Arena (then known as the Knickerbocker Arena) the way that they had packed the much-smaller Washington Avenue Armory, the team couldn't stem the tide of disinterest and wound up leaving for Hartford. Of course, renaming themselves the Capital Region Pontiacs after getting a corporate sponsor in their final season didn't help attendance, either.

Then, there is the case of the Adirondack Red Wings (a bit far flung, but still local enough for this column). They enjoyed standing-room-only crowds for over a decade, but when the Albany River Rats started luring hockey fans away from Glens Falls, there was no reason for the Detroit Red Wings to keep their top farm club in the small city at the base of the Adirondacks.

By the time the team left in 1999, the Glens Falls Civic Center resembled a ghost town.

Can the New York Giants (who don't even play home games in Albany) avoid this jinx and get more people to show up at the 2001 training camp? There will likely be an increase in the number of fans that show up for the first day of camp, and the annual intrasquad scrimmage might draw up to 8,000 people to University Stadium.

But on a daily basis, I don't see the people of the Capital District taking time off from work to trek down to the University at Albany, shell out \$5 for parking, walk a half-mile to the practice fields and watch passing drills for an hour. Not even if it is the Super Bowl champions who are doing the passing drills.

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# Your Opinion Matters

## Track team member laments conditions

Editor, The Spotlight:

As a member of the girls cross country indoor and outdoor track teams, I'm at the very last straw with the athletic department of Bethlehem Central High School.

I've been part of these teams for almost two years. In the past, we (the distance girls) have been allowed to take our long runs off campus in nearby neighborhoods. But last September, the athletic department decided we could no longer run off campus, because of the poor action of a boy on the track team during the spring season.

Throughout the cross country season, we were able to tolerate this rule. We'd take our long runs at Thatcher Park (even though our bus would arrive a half hour late or maybe not at all). Another place we ran was at the town park (which is considered to be on campus), and for our sprinting and speed workouts, we'd run perimeters around the fields.

As the indoor season began, I started to think about where we would run once the snow began to fall. The coaches did too. They asked for permission to run off campus and were denied.

So one may ask, where are we running. Considering the fields at the high school and the town park are both covered with snow, we are unable to go for long runs. Then there are our spring workouts. Usually, we'd run on our poor excuse for a track, but

since the school won't plow it, we are stuck running on the sidewalks of Van Dyke Road and Delaware Avenue. Runners can do these workouts for just so long.

The athletic department's suggestion — and the only choice left is — to run in the school halls. Let me give a brief description of how long this will last. A couple of weeks if we're lucky. If not, the usual injuries including shin splints, ankle, knee and hip injuries will occur. Well, if the athletic department gives us only one choice, I think they should have one too. If we must run on campus, they must pay for the medical bills from our injuries.

They have the authority to make our season positive or negative. The negative would be to continue as they have been. The positive, on the other hand, would be to make ways of running off campus safer. For example, charting specific routes with little traffic, or giving us bright running gear, or just giving us a new track and plowing it in the winter.

I guess that hardest part of all of this is that no matter how hard we try, our facilities and injuries will stop us from running the best times possible. The best teams in the state, including Saratoga and Colonie, have districts and athletic departments that support them. Why doesn't Bethlehem?

Chloe Morgan  
Delmar

## Hamagrael kids are thankful for food fund-raiser help

Editor, The Spotlight:

One month ago, three classes from Hamagrael Elementary School went to Price Chopper in Slingerlands and bought loads of food for the needy.

Our goal: to earn as much money as possible and buy nonperishable food.

Each parent (that could come) had to lead three or four kids around the grocery store and buy healthy and nutritious food from some groups in the food pyramid.

Luckily, we ended up with \$300 total to buy food.

In return, Price Chopper gave us a gift certificate which was used to buy a ham.

Thank you Price Chopper once again for having us to shop and for the gift certificate.

Happy New Year!

Laura Alessi

On behalf of Ms. Schade, Mrs. Judge and Mrs. Szczech's classes

## District should fix BC pool problems

Editor, The Spotlight:

I am writing in response to Bethlehem Central High School's inability to remedy the significant problems that plague the facilities that our swimming program uses.

I am currently a junior at Bethlehem, and for the past three years, have been a member of the varsity swim team. For the duration of this time, it has been a constant struggle to maintain a safe environment for the athletes on the team and all others who use the pool.

The air in the pool area, and the water itself are contributing factors to this problem. Parental groups have been formed and numerous letters written, but these inquiries and complaints have fallen on deaf ears.

Last season, the swim team was informed that the district would be replacing the entire ventilation system in the pool area, primarily installing a larger, more powerful heating element

that would be able to accommodate the vast amounts of air that needs to be brought in from the outside to keep proper environmental conditions in the pool.

So far this has not been completed, but has finally been scheduled to be completed this month. The installation of this heating element should be a large factor in ensuring a safe environment to train and compete in for the number of athletic programs that use our pool.

Two fans have also been installed in the ceiling, these fans were designed to improve airflow in the pool area, but curiously have been idle since their installation in mid-November.

Apparently, the fans were installed so that they direct air the wrong way, pushing air down, instead of pulling it up, which would enhance airflow and overall air quality in the pool. This problem was supposed to be fixed

in December, but the fans still remain off.

Another problem, perhaps more serious than the air problem, is the quality of the water in the pool itself. The National Spa and Pool Institute recommends that chlorine levels be kept between 1 and 3 parts per million in public pools.

At times our pool at Bethlehem has had levels as high as 13 parts per million, while practice was being held. This results in our suits turning white, and rashes on our bodies.

In addition, the unsafe levels of chlorine make the air unbearable; resulting in coughing attacks that make breathing during and after exposure difficult.

I urge the administration and the district to give this issue proper attention. It is a clear health hazard, in addition to being plainly outrageous.

Chris Porco  
Delmar

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## Physically Speaking

by Nick Valenze, P.T.

### BOOMERS AND SPORTS INJURIES

Increased longevity and more active lifestyles are conspiring to increase the number of sports-related injuries among baby boomers. According to the Consumer Product Safety Commission, from 1991 to 1998, the number of adults ages 35 to 54 who were treated in hospital emergency rooms for sports-related injuries increased by 33%. There were increases in injuries in bicycling, basketball, soccer, golf, weight lifting, in-line skating, and swimming. The most common injuries were sprains and strains of the shoulder, knee, and ankle. Boomers are advised to always warm up and stretch and not to compress all their exercise into one or two days. And, when injury does occur, revitalize tissue by doing rehabilitative exercises designed to restore strength, endurance, and flexibility.

Got a little carried away with one of your holiday presents? It happens to the best of us, but wise men (and women) request a referral from their physician for physical therapy. Our

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**P.S.** Boomers must realize that they should get into shape to play their sport, not play their sport to get into shape.



# Matters of Opinion

## Mom prefers writer's approach to holidays

Editor, The Spotlight:

In response to the Jan. 17 letter of Regina Kalet concerning Kathy McCarthy's Jan. 10 Mom's the Word — Someone else hold the ladder, I have this to say: Jezz, why couldn't you leave it alone? I read that article with great enthusiasm, copied it and passed it along to my sister.

It was such a comfort to know that I was not alone, that there were others who actually felt the same way. It was therapeutic and I savored every moment.

Let's consider Ms. Kalet's treatment for "PHB syndrome" for a moment. Hmm, a lunch date with a fellow sufferer? Well, if you are both suffering, it appears lunch time should be better spent on accomplishing those tasks we're trying to leave to Santa.

A complete rest from any form of shopping? I don't know about your house, but Santa and his elves (nor the Easter Bunny) have ever delivered — Christmas and

birthday gifts completely wrapped, ready to go, with dinner and cake included. Solo drive through the Adirondacks? That's on my calendar for the year 2010, when the kids have gone to college.

Last, leave the holidays to the professionals. Last I knew, Santa, his elves, and even the tooth fairy didn't do dishes, house clean, do the laundry, shop, wrap or even cook everyone's favorite meal.

No, rather than create a new syndrome, I prefer Kathy's approach. We moms are not perfect. We should realize we are not perfect and never will be.

The most important thing to do is to keep trying. I, for one, will always try to make every holiday and special occasion a perfect Hallmark moment, no matter if it kills me.

Most important, it's nice to know I'm not alone.

Kim Blanchard  
Clarksville

## Mr. Masino will be missed

Editor, The Spotlight:

Last year, I was a senior at Bethlehem Central. I am writing in regard to the article on Mr. Masino, and the unfortunate news of his retirement.

I would like you to know that he was the most amazing teacher that I had in my stay at BCHS, and I know that he will be missed by both students and faculty.

Beyond being a talented artist, teacher and mentor, Mr. Masino was also a friend.

I feel sorrow for upcoming students who will not have the privilege to be in his senior art thesis class, as I was.

Mr. Masino has positively affected every student who takes his class, inspiring all of us to create.

Sarah Lefkovich  
Delmar

In Slingerlands  
The Spotlight is sold at Falvo's  
Price Chopper and Tollgate

## Delmar residents need to shovel sidewalks

Editor, The Spotlight:

A recent letter urged pedestrians to use the sidewalks in Delmar as a matter of safety. I wonder if the writer has tried to walk on neighborhood sidewalks recently.

Strolls down the entire length of Adams Place on Jan. 13 and 15 amply illustrated the reasons why pedestrians walk in the streets — the ice and hard-packed snow on most sidewalks make the streets with traffic seem a much safer bet. A few residents keep their sidewalks as clean as their driveways, but the neighboring ice-covered sidewalks make them inaccessible.

A recent short notice in *The Spotlight* from the town of Bethlehem urged residents to clean their sidewalks after the town plow had gone through. Certainly, public and semi-public properties ought to provide models of good sidewalk maintenance.

Two properties on Adams

Place — the town pocket park at Adams Place and Adams Street, and St. Thomas School — feature sidewalks that are snow and ice covered. They will become even more hazardous after several mild days, when the snow will partly thaw and then refreeze into smooth, shiny, slick ice.

Work on the sidewalks at the pocket park is hard to explain; the interior, curved sidewalk around the bench is clean and dry, so someone plainly cleared it, but the public sidewalk is untouched. In contrast the sidewalk in front of town hall is a model of good clearance.

It certainly would add the the safety of town pedestrians if residents would add two minutes to their driveway clearing chores and lightly salt or sand their sidewalks. Or perhaps the town sidewalk plow could be modified to dispense a little salt or sand as it plowed?

Katherine Henrikson  
Delmar

## Tests get very poor marks

Editor, The Spotlight:

As a parent of children in Bethlehem schools, I want to commend the school board members for their Point of View column in last week's *Spotlight*.

I've watched teachers and children put on the spot by needing to excel in tests that may — or may not — be relevant to actual academic development. Teachers — already in short supply — are judged, and pushed to the limit, by these arbitrary tests. Children — already pushed by our culture into early adulthood — are judged by the results. And it's unclear what those results really mean.

What is perfectly clear is that the tests crowd out many other worthwhile lessons that could be taught. Even giving teachers more time in which they could

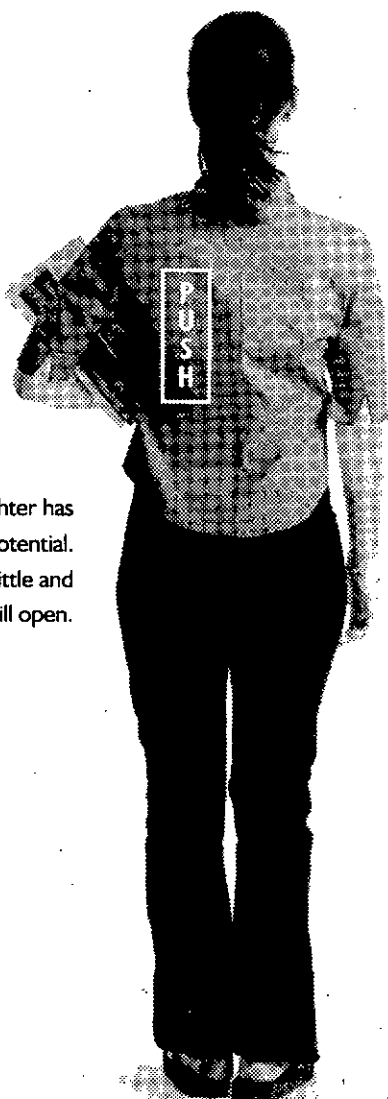
simply read to the children would be of immense value. The tests also further push children at a young age into having so much responsibility, and so much homework, that what should be years of relative happiness and freedom are filled with stress.

We are living and working longer. My daughters, now in fifth grade, may well find themselves managing a full-time job as well as home and family responsibilities into their 70s and beyond. How foolish to steal from them the few years of freedom they could have had.

Bethlehem has a good reputation for its school system. We have earned the right to question the testing mania to which we are subjecting our children.

Deb Adler  
Delmar

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### Children's Dental Health Month

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# Matters of Opinion

## Jogger: Roads are safer than walkways

Editor, The Spotlight:

I would like to comment on a letter in the Jan. 10 *Spotlight* from a woman who complained of drivers failing to stop at the pedestrian crosswalk at the Delmar Post Office.

State law requires motorists to stop when a pedestrian enters a crosswalk. Most drivers fail to do so.

They consistently flaunt the law when they fail to stop or when they park in the pedestrian crossing as they enter the post office.

Perhaps flashing lights on the sign would highlight this law.

I do take exception to her comments about joggers and

their failure to use sidewalks. Obviously, this is a woman who does not jog.

As a jogger, bicyclist and Rollerblader for the past 35 years, I would like to explain why the road is more appealing — and safer — than the sidewalks.

During the winter, the walks are often not shoveled, and in the fall wet, slippery leaves cover them. I have sprained my ankle many times while running on sidewalks and dealing with these hazards.

It is not that we like running in the road. Many times we simply have no choice.

Drivers of all ages in Delmar always seem to be in such a hurry,

and they have difficulty with Stop signs — they don't always stop.

I see driving infractions on a daily basis in this town, and I wonder how many more accidents and personal losses must take place before driving habits change.

Drivers and joggers both share the same common ground when it comes to the road, let's try to be more aware of each other's needs.

Bill Nash  
Delmar

In Elsmere  
The Spotlight is sold at  
GrandUnion,  
Friar Tuck Books and CVS

## Pofit deserves kudos for great first year

Editor, The Spotlight:

It was so refreshing to read Joseph Phillips' article in the Jan. 10 *Spotlight* about Martha Pofit's first year as New Scotland town supervisor. Supervisor Pofit has pleased many of us with her attention to detail and with her willingness to work for the betterment of the town.

She has used her managerial skills to streamline operations in the town itself and to work for cooperation among the many different people of the town.

The one thing that stood out most strongly in her first year was the constant attention to people, and what could be done to make things better in their lives, be it water issues, integrated town policy manuals, cooperation with other officials in the town or plans for the future.

As former House Speaker Tip O'Neil used to say, "All politics are local." Although the national presidential election held much attention for seven weeks, and will continue to provide columnists and pundits with material for at least four more years, our lives in our hometowns are the closest to politics most of us will come.

Many of us in the town of New Scotland consider ourselves fortunate to have Supervisor Pofit to guide our town government during these coming months.

Thank you, Martha Pofit for a great first year. And thanks to Mr. Phillips for such an informative article, reminding us of all the good things begun during this past year.

Marie F. Hornick  
Clarksville

## Residents should shovel

Editor, The Spotlight:

After reading Alan Via's letter in the Jan. 17 *Spotlight* — I felt it necessary to write in support. I have often wondered why people in Delmar do not shovel their sidewalks. This practice automatically sends an unfriendly message, not only to runners, but to seniors, the postman, parents with strollers and children walking to/from school.

I have tried in vain over the years to use the sidewalks in town to run on, but after many twisted ankles, I now run in the roadways and hope that drivers are paying attention.

As it stands, the town usually sends out a small sidewalk plow shortly after any significant snowfall. As a taxpayer, I think

this is a great service to the community and provides a good initial clearing. Unfortunately, the sidewalk plow does not truly clear the sidewalks, especially at corners and driveways.

It should be each property owner's responsibility to provide a clear walking surface where one exists. This will provide a safe means for pedestrians, young and old, to get out and enjoy a nice walk on a winter's day. It's unfortunate to think that we would need an ordinance to get people to do something they should be doing anyway — perhaps a few letters to *The Spotlight* are enough? I guess we'll see next time it snows.

John Sobiecki  
Delmar

# Bethlehem G.O.P.

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# ENERGY TIPS

## Automobile owners get energy saving options on new vehicles

The number of vehicles on and off the road in the U.S. and around the world is increasing dramatically. Vehicle use is also on the rise, as measured by the more than two trillion miles traveled in the U.S. each year. All of this adds up to a greater demand for transportation fuels, an ever-increasing strain on natural resources, and more pollutants entering the environment.

A new kind of engine, one that makes energy without combustion, may ease this strain and eventually eliminate our need for gasoline or diesel fuel.

It's called the fuel cell.

Fuel cells are being developed for a variety of transportation applications, including passenger cars, scooters, sport utility vehicles, heavy-duty trucks and buses, locomotives, and marine applications.

A fuel cell is an electrochemical engine that generates electricity by harnessing the reaction of hydrogen and oxygen. A fuel cell is built like a battery, but with a big difference.

Unlike a battery, a fuel cell does not run down or require recharging. It will produce electricity as long as fuel is supplied.

Fuel cells operate on hydrogen, and in principle almost any hydrogen-containing substance can be used for fuel, from grass clippings to perfume.

Hydrogen—the most abundant element on earth—can be used

directly, or a fuel cell system that includes a "fuel reformer" can use the hydrogen from any hydrocarbon fuel.

The most likely candidates for fuel cell fuels are natural gas, ethanol, or methanol.

Even gasoline or diesel could be used while our economy makes the transition to renewable fuels.

Because fuel cells convert the chemical energy of a fuel into electrical energy without combustion, the process is highly efficient and extremely clean.

When renewably produced hydrogen is used, the only by-products are drinkable water and heat.

Every major auto company in the world is evaluating the use of fuel cells in passenger vehicles, and almost all of them are testing fuel cell concept cars on the road. Daimler/Chrysler, Ford, General Motors and Toyota all say they will have commercially available fuel cell vehicles for some markets by 2004 to 2007.

The efficiency, reliability and environmental benefits of fuel cells make it a key technology for ensuring mobility in both developed and developing nations, without putting further strain on the environment or its natural resources.

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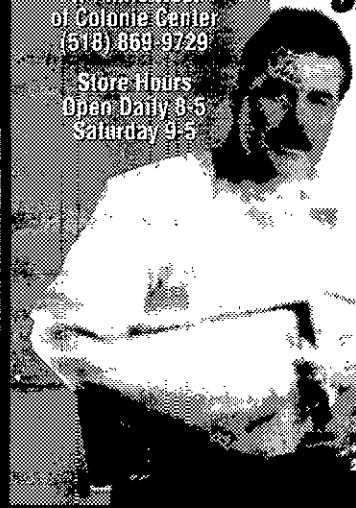
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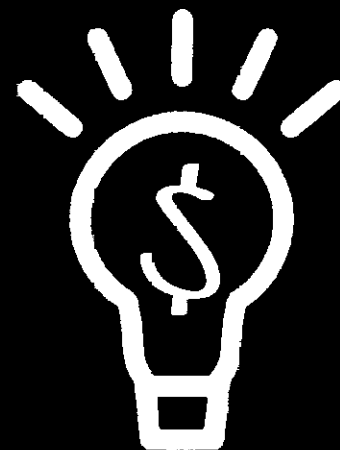
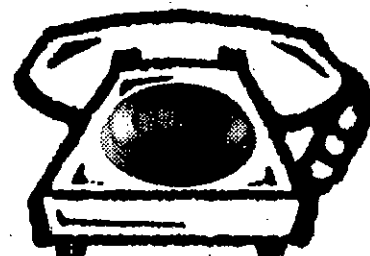
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## Energy savers

A few simple changes can ensure your refrigerator helps save you energy and money.

Set the temperature of your refrigerator compartment at 36° to 38° F and the freezer at 0° to 5° F.

For older models, check temperatures with a thermometer. Make sure the fan vent is clean and keep the coils at the back of the refrigerator clear of dust.

Dirty coils make the compressor work harder and use more electricity. Keep the refrigerator door gasket (the plastic strip surrounding the door) airtight and in good condition.

If needed, you may be able to repair or reattach it with glue. If not, the manufacturer or a local hardware store can supply you with a new one. Keep your freezer tightly packed, adding bags of ice as needed to fill space.

Organizing items makes it easier to find what you need quickly. On humid days, use the "power saver" switch, if you have one.



# State middle school association to honor Wolkenbreit

The New York State Middle School Association will give a presentation in honor of Linda Wolkenbreit on Thursday, Feb. 1, at 7 p.m. at the high school.

Wolkenbreit was a district administrator who was instrumental in establishing the Humanities Program and developing the middle-level program. She died in September.

For information or to RSVP, call 765-3313, ext. 101 by Jan. 26.

## School board to hold special meeting

The school board will hold a

## NEWS NOTES

### Voorheesville

Jane Norris  
439-8532



special meeting on Monday, Jan. 29, at 7:30 p.m. at the high school to finalize details of the addition and renovations.

## Town to sponsor safety course

The parks and recreation committee and the Albany County Sheriff's Department will sponsor

a snowmobile safety course on Saturday and Sunday, Feb. 3 and 4, from 10 a.m. to 2 p.m. at Wyman Osterhout Community Center in New Salem.

The program is free and anyone is welcome to attend.

For information or to register, call 439-4913.

## Dollars for Scholars to raise funds

The Dollars for Scholars will co-sponsor a Voorheesville night at the McDonald's near the corner of Western Avenue and Church Road in Guiderland on Tuesday, Jan. 30, from 4 to 7 p.m.

A percentage of proceeds will go to Dollars for Scholars.

## Town recreation committee to meet tonight

The town recreation committee will meet tonight, Jan. 24, at 7:30 p.m. at Wyman Osterhout Community Center in New Salem.

Anyone who is interested in parks and recreation is welcome to attend.

## Faculty vs. FLY-92 b-ball game

The faculty at the junior-senior high school and the DJ's of FLY-92 will square off in a basketball game on Wednesday, Jan. 31, at 7 p.m. at the high school.

Future Business Leaders of America is sponsoring the event.

## Community preschool accepting applications

Voorheesville Community Preschool is accepting applications for the 2001-02 school year.

The school is a nondenominational parent cooperative offering prekindergarten to children who will be 4 years old by Dec. 1.

The preschool offers a morning and afternoon program, each limited to 16 students.

For information, call Karen Duncan at 765-4548.

## BC administrator to address PFE

John McGuire, Bethlehem Central's assistant superintendent for curriculum and instruction, will talk about curriculum issues and answer questions during a meeting of Parents For Excellence at 7:30 p.m. Tuesday, Jan. 30, at Bethlehem Public Library.

PFE is an organization of parents working to improve academic opportunities for students of all ability levels in the Bethlehem school district.

## RCS library highlights Black History Month

Ravena-Coeymans-Selkirk Community Library at 15 Mountain Road in Ravena will feature two special programs about the Underground Railroad this month as part of Black History Month.

• Paul and Mary Stewart will demonstrate their Web site about the local history of the Underground Railroad at the library on Thursday, Feb. 8, at 7 p.m.

• Harriet Tubman, played by Beverly Mills, will tell about protecting a runaway slave in Troy on Saturday, Feb. 10, at 10:30 a.m. This living history performance is sponsored by the Ravena-Coeymans Historical Society and the RCS Central School District.

## Tomboys to hold final registration

The Bethlehem Tomboys Softball League will hold final registration for the 2001 season on Saturday, Jan. 27, from 9 a.m. to noon at Bethlehem town hall on Delaware Avenue in Delmar.

Registration is open to girls in grades one through 12.

First-time registrants must show a copy of their birth certificate.

Tomboy practices begin in April; league games generally run from May through early July. Parent volunteers are needed and welcome.

For information, call 439-0904.

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### Bethlehem Auto Service

## AUTO FACTS

by John Quirk



### BEHIND THE WHEEL

While car buyers may put a great deal of effort into checking price and safety features, they can learn a lot about a vehicle simply by putting themselves in the driver's seat and getting a feel for it. They should begin by confirming that all the sight lines behind the wheel are clear. That is, they can see over the hood and to the end of the trunk. Headrests should be supportive and not restrict vision. Prospective car owners should check to see that they can easily get in and out of the vehicle, and that they can reach pedals and dashboard controls comfortably. Finally, a vehicle should fulfill the purposes for which it is intended.

If you're in the market for a vehicle, take note of the test drive recommendations noted in this week's column. Regardless of the type of vehicle you purchase, you can help extend its life and help ensure the safety of your passengers by having routine inspections. When you bring your vehicle to BETHLEHEM AUTO SERVICE, our A.S.E. Certified Technicians will inspect the brakes, battery, heating and A/C systems, and tires. Shuttle service is available. Call us at 426-8414, or visit us at 62 Hannay Lane in Glenmont off Rt 9W behind Stone Ends for auto service with a personal touch. Business hours are Mon. - Fri., 7 - 6.

HINT: Take your time when test driving a car to properly gauge its handling, acceleration, and braking.

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This auction will consist of over 500 lots of antiques from homes in Albany and Troy. Included in this sale will be an outstanding collection of over 15 French 19<sup>th</sup> Century clocks from one home in Delmar. This sale will include antique Victorian, Period and Oak furniture to include Victorian curved glass curio, period Beidermeier chest (outstanding), Victorian burl breakfront, Mahogany grandfather clock, Victorian millinery table, Victorian barrel roll top desk, Period Hepplewhite server, Shaker candle stand, Art Deco oak dining room set, many other chests, dressers, tables, large selection of carved Oriental items including furniture, Jade figures, bronze items, sterling including 2 sets of flatware, large selection of glass and porcelain including cut glass, Bohemian, Flow Blue, Willowware, French and English art pottery, Limoges and Staffordshire, a Collection of over 20 French 19<sup>th</sup> Century clocks including LeRoy Paris ormolu mantle clocks, 18th Century porcelain Verge pocket watches, selection of fancy marble mantle clocks, many fancy gilt figural clocks, along with oak and ogee clocks, over 60 rare Emile Muller, Paris porcelain decorative tiles, S. Bolton Troy beer tray, French horse collar trade sign, selection of stoneware and garden urns and benches, Heriz Oriental rug, over 60 limited edition collector plates, early Lionel train set, old quilts country items, artwork including many watercolors, early engravings from 18<sup>th</sup> C. to 19<sup>th</sup> C., autographed photo of Queen Elizabeth, many other paintings, prints, engravings, pastels, plus tray lots of glassware, bronze figurines and Estate jewelry. This is a very diversified sale and one you will not want to miss.

**INFORMATION:** Call Joan Bohl or Jon Lee at The Auction Gallery at 518-426-1353 for photo flyer and complete listing, or you may visit our web site [www.auctiongallery2.com](http://www.auctiongallery2.com) for additional information and photos. You may also e-mail us at [auctions@mybizz.net](mailto:auctions@mybizz.net) for flyer.

**TERMS OF SALE:** Cash or approved check, all items sold "as is" and to be removed day of sale. 10% Buyer's Premium. Refreshments available.

**DIRECTIONS:** NYS Thruway to exit 23, immediate right on route 9W South, go 2 traffic lights, left at 2<sup>nd</sup> light on route 32 and proceed to bottom of hill. Auction Gallery is on left hand side. From North and East, route 787 to South Pearl Street Exit, go left 1 mile. From Albany, 1 mile South of Pepsi Arena.

## Food for Fines to end

Food for Fines will be over on Jan. 31. Don't miss this opportunity to return overdue items with a donation for the local food pantry and get \$1 off library fines.

Dig out those CDs and picture books and get them back to the library.

Speaking of picture books, I just fell in love with two brand new ones — *A Kitten's Year* by Nancy Raines Day with extraordinary

strategies for increasing test scores. Parents are welcome to attend.

Sign-up at the reference desk and receive a copy of *Walking Across Egypt* by Clyde Edgeton for the February book discussion.

Barbara Vink

## BCHS graduate earns honor

Rachel Schoolman of Delmar, a 1998 graduate of Bethlehem High School, has been inducted into the National Psychology Honor Society (Psi Chi) through SUNY Geneseo, where she is a junior.

## Delmar Dolphins plan swim-a-thon at BCMS

The Delmar Dolphins Swim Club is holding a swim-a-thon on Saturday, Jan. 27, at Bethlehem Central Middle School pool from 8:30 a.m. to 12:30 p.m.

The Dolphins swim team is a nonprofit organization providing an opportunity for young people age 6 to 18 to participate in competitive swimming in the town of Bethlehem.

Funds raised will go toward supporting the team.

For information about the swim-a-thon, or to make a donation, call 475-0441.

## Library programs on deck

RCS Community Library hosts several ongoing activities.

The weekly preschool story hour is held on Thursdays at 11 a.m. Activities and crafts follow each 30- to 45-minute program.

The library also holds small-group, hands-on lessons about the Internet for beginners on Wednesdays at 11 a.m. and on Tuesdays at 7:30 p.m.

Call the library to register for either program at 756-2053.

Library staff remind those who wish to visit the library but are unable to that the library can deliver books, large-print books, audio books and videos on a regular schedule to residents who are house-bound.

Call the library and the staff will create an individualized program for you.

To volunteer to make deliveries, call the library at 756-2053.

## Voorheesville Public Library

illustrations by Anne Mortimer, and *Look to the North, A Wolf Pup Diary* written by Newbery Medal winner Jean Craighead George and illustrated by Lucia Washburn. Both of these are visual delights, especially for animal lovers.

We also have a new CD written and produced by 1985 Voorheesville graduate Joe Kraemer called "Way of the Gun."

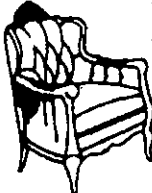
Now is a perfect time to acquaint yourself with the library's great collection of music, all available for two-week checkout.

While you are here, curl up in a soft chair in the main reading room and browse through a few of our newspapers and popular magazines.

Some new magazines are: "Arthur Fromer's Budget Travel," vacations for real people; "Gear," a recent entry into the men's magazine field; "Heritage Quest," for those interested in genealogy; "New Choices," a lifestyle publication for the over-50 set; "Southern Living," houses, gardens and food with Southern style; "Teen People," sister publication of "People"; and "Walking," useful health and fitness information.

High school students should call 765-2791 or e-mail the library at voorefq@uhs.lib.ny.us to register for the next Princeton Review SAT preview on Monday, Feb. 12, from 6:30 to 8:30 p.m.

This free session will help teens approach the tests with confidence and discover effective

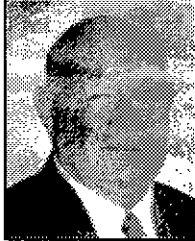


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### Good Samaritan Senior Living

by Lee Bormann  
President/C.E.O.



### Getting Out More

Health care professionals are well aware that social activities such as visiting friends or attending bingo games help prolong life, forestall infections, and protect against dementia. Despite the best efforts of many to encourage seniors to get out more, however, a recent report on social activity among the elderly suggests that many become increasingly isolated as they age. According to researchers from the National Center for Health Statistics, most people aged 70 and older reported having some type of social interaction within the previous two weeks. Fewer than 14% of people older than 85 reported attending a movie, sports event, or a group event in that time. When did you last take an elderly parent or other relative to lunch?

It takes real effort to make friends perhaps even more so as we age, but it's also essential, because shared warmth and pleasure help soothe the heart and protect us from life's sharp edges. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, we urge our residents to enjoy our grounds which provide opportunity for exercise, fresh air, and a change of scenery. Call 439-8116 for more information. We offer beautifully landscaped groups for the pleasure of our residents.

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# RCS Drama Club to present 'Harvey' Free SAT prep session scheduled for Saturday

A white rabbit named Harvey will entertain the community in this year's RCS Drama Club production on Friday and Saturday, Jan. 26 and 27, at 7 p.m. in the senior high school auditorium.

Dallas Trombley will play the role of Elwood P. Dowd, a rather unusual old gent who is often accompanied by an imagined overgrown-rabbit of a friend, Harvey. Katy Bommer will play Dowd's sister, Veta.

Carly Assael plays Myrtle Mac Simmons; J.T. Poirier will portray Dr. William Cumley; Kate Bishop is Ruth Kelly; Adam Sugrue plays Dr. Lyman Sanderson; Sarah Nestlen takes the role of Judge Olivia Gafney; Jessica Gadani is Mrs. Betty Chumley; Kris Jeune is hospital attendant Duane Wilson; and Adrienne Davis plays society lady Ethel Chavenet.

Jackie Noblett plays cab driver E.J. Lofgren; Suzette Berry is the maid Miss Johnson; Rachel Kissel is Mrs. Tewksbury; Sarah Schools is Mrs. Frank Commings; Erin Leavitt is Mrs. Burger; Krystal Simmons, Mrs. Duprey; Ashley Gonyea, Mrs. Crossmire; Karyn Shear, Mrs. McCurdy; and Julia Muller, Mrs. Halsey.

The senior high drama club is directed by Jan Marcellino, Marge Sugrue and Josie Prozik.

"Harvey," a comedy in three acts, was written by Mary Chase.

Tickets are \$3 for adults and \$2 for senior citizens and children 6 to 12. Children under 6 will be admitted free of charge.

## School funding debate set at middle school

Should pupil expenditure be equalized throughout the state? How do we guarantee that each student receives an equal opportunity for education?

Should school budgets be tied to property taxes? How do we make sure that schools are fiscally accountable for their expenditures?

These and other issues regarding educational funding and accountability will be addressed on Thursday, Jan. 25, from 5:30 to 9:30 p.m. at RCS Middle School.

A civic jury will be convened

## NEWS NOTES

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



to debate the topic, "Education Finance and Accountability."

The forum is be one of three being held throughout the state.

It is being sponsored by the Schuyler Center for Analysis and Advocacy, the Campaign for Fiscal Equity, and the Business Council of New York State.

It will feature two civic juries that will hear arguments similar to those in the state Supreme Court case of CFE v. State.

The juries will be comprised of 12 jurors and three alternates, all of whom represent citizen stakeholders in educational policies.

## Business group to meet

The next breakfast meeting of the Business Association of Ravena-Coeymans (BARC) will be on Thursday, Jan. 25, at 7:45 a.m. at 2 Orchard Ave. in Ravena.

## Becker School to host movie night

A.W. Becker School on Route 9W in Selkirk will host a student council movie night on Friday, Jan. 26, at 7 p.m.

## Transition night set

Parents of eighth-graders who

attend RCS Middle School are invited to a transition night program on Wednesday, Jan. 31, at 7 p.m. at the high school.

Transition night will help orient parents to the high school and to highlight educational opportunities for RCS students.

## K of C to sponsor Valentine's dance

Make plans now to take your sweetheart to the Valentine's dance on Saturday, Feb. 10, starting at 8 p.m. at the Knights of Columbus Hall in Ravena.

The dance will benefit RCS Community Library and will feature music from the '40s through the '90s.

The cost is \$15 per person. Beer, wine, soda, snacks, coffee and dessert will be served.

Only those over 21 will be admitted.

## Harlequin Players to hold auditions

The Harlequin Players will hold auditions for "Moon Over Buffalo," by Ken Ludwig on Thursday and Friday, Feb. 8 and 9, at 6:30 p.m. at Community United Methodist Church of Slingerlands at 1499 New Scotland Road.

Roles are for four men and four women, age 21 to 75.

For information, call 355-6694.

## High School Juniors & Seniors

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## Bethlehem Tomboys Girls Softball League Final 2001 REGISTRATION

The Bethlehem Girls Softball League will hold registration for girls, grades 1 to 12 from 9:00am to 12:00pm

**Saturday, January 27  
at the  
Bethlehem Town Hall**

The fee for the 2001 season will be \$50 per child (\$75 per family). Registrations received after this date will be subject to a \$15 late fee.

**For information, please call  
Barbara Stupp 439-0904**

# Free SAT prep session scheduled for Saturday

On Saturday, Jan. 27, at 2 p.m., Kaplan Educational Centers will conduct a free practice Scholastic Aptitude Test at the library.

The session will benefit high school juniors taking the SAT this spring or in the fall of their senior year.



The exam is administered in a simulated test environment. Students may bring calculators; all other materials are provided.

High school sophomores and juniors and their parents can get a jump start on the SAT on Feb. 13 at 7, when a representative from Princeton Review will present techniques to improve PSAT and SAT scores.

Registration is required for both programs.

To register, call 439-9314.

The library's Career Resource Center offers free education and career advisement for adults. First-time career seekers, those re-entering the work force, and returning students can get help with job searches and educational planning. Hour-long appointments are available both day and evening. For an appointment, call 439-9314.

Complete college catalogues for the Capital District and beyond are available online.

Another valuable online resource is Dialog @ CARL, which provides access to local, national and international newspapers, as well as databases in business, science, technology, medicine, social sciences, arts and education.

Visit our Web page at [www.uhls.org/bethlehem](http://www.uhls.org/bethlehem) and click on "Electronic Resources."

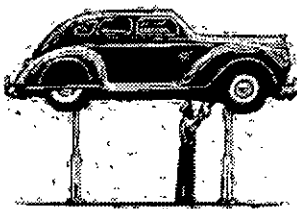
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## Land

(From Page 1)

environment core curriculum," said Bruce Tulloch, science supervisor for the district and a biology teacher at the high school.

Tulloch said he would meet with faculty at the middle school, high school and Lab School involved in teaching this curriculum to develop such a program in the coming months.

"We would expect probably to receive this funding before the end of the year, and it will be much appreciated," he said.

The donation of the Swift parcel, under negotiation for more than two years, makes it the second such tract in Delmar that the conservation group has acquired in the past year from a developer as part of its mitigation strategy.

It took title last July to a 19.8-acre plot that straddles the Philipin Kill less than a mile away, adjacent to a subdivision now under construction, The Mansions at Delmar Village, according to ACLC treasurer Dan Driscoll. The Delmar Village Preserve was donated by that project's developer, Delmar Development Partners.

"Albany County Land Conser-

vancy is the entity that will hold title to these lands to see to it that they are efficiently managed and preserved," Sterthous said.

The conservancy's land stewardship committee will develop a management plan that could include trail development, drainage improvements and such amenities as benches to encourage public use of the property.

ACLC has previously concentrated either on trusteeship of parcels like Bennett Hill in Clarksville that are of some scenic, geologic or other value, or preserving public watersheds, like the Bozenkill Protected Area in Guilderland, or river or trail corridors.

But Driscoll said the group will likely take over stewardship of more set-asides in residential development areas in the future if the two in Delmar prove successful.

"If a developer needs to set aside a parcel of land to gain building approval, and they need a land trust to do it, they can certainly come to us," he said.

But ACLC specifically seeks to avoid public controversy in its criteria for acquisition of a property — and not everyone is pleased with such a public

preserve in the midst of a residential neighborhood. Several residents along Evelyn Drive have raised concerns about the Swift Preserve's impact on their homes.

Only two residents of the dozen or so homes that line the dead-end street attended the ribbon-cutting, and though supportive of the concept of a land trust, they expressed concerns about its anticipated use.

Those concerns are echoed by another resident of the block, Grace Cook.

Evelyn Drive residents, she said, had been unaware before last week of the ACLC plan to open the property for full public access.

"I thought when this land was being donated it was just going to be preserved as 'forever wild,'" she said. "This doesn't make me happy at all. If I wanted this, I'd go live by Five Rivers."

She said the dead-end block is already a hangout for high school youngsters, who she said often smoke or drink there, and neighbors fear even worse behavior.

"We already have a lot of problems with kids from the high school hanging out on our street at the dead-end," she said. "If they

get the notion this is public property or connected with the high school, we're afraid they're more likely to abuse it than to use it. ... What's to keep them from hanging out in the woods and doing even more of what they're already doing?"

Evelyn Drive is a block away from the Brookfield development, site of a controversy last spring over students parking on the narrow residential streets, and like those streets, Evelyn is also posted for school-day parking limits.

## V'ville board discusses replacing sewer plant

By JOSEPH A. PHILLIPS

The Voorheesville village board is taking steps this week toward replacing the treatment plant for the village's largest water district.

But efforts to defray the cost of a new treatment plant for Sewer District No. 1, also known as the Salem Hills sewer district, by securing grants or additional users for the system, like the Voorheesville Central School District, have so far proven unsuccessful.

Mayor Ed Clark predicted that the village board of trustees, which met last night, Jan. 23, would approve the sewer commission's Jan. 9 recommendation to proceed with retiring the remaining seven years' worth of debt on the existing sewer system and undertake a proposed renovation.

"It's going to be approved," Clark said. "It has to be. (The board is) more concerned than anyone about the future of the sewer system. It probably has 40 years on it by now, at least, and its expected life is much short of that. We are very much in need of replacement."

Clark said the system, one of two public water districts serving portions of the village, was built in the late 1960s, during construction of Salem Hills, and purchased by the village in 1984. He said the plant is visibly deteriorating, although it has suffered no major recent failures.

"It's operable, but it just can't be repaired and patched together like this indefinitely," he said.

The village board last spring solicited a preliminary design for a new system from the engineering firm of Camp, Dresser & McKee. The cost is estimated at about \$700,000.

"Our goal is not just to replace the system, which has to be replaced, but to expand it to accommodate other potential users," Clark said.

Adding to the plant's capacity after it is completed, he said, "would be very, very expensive to do it that way, beyond the reach of most of the users to afford."

Just under 290 residences are currently served by the system, and residents would have to approve the bond issue in a referendum. In an effort to reduce the cost of the project to voters, village grant writer Kevin Jobin-Davis "has been working very hard in seeking sources of funding to make it more affordable," Clark said.

But the median household income of the district's residents is too high to qualify for much of the public funding available for such a project, including community development funds, federal Department of Housing and Urban Development rural development money, or subsidized loans from the state's

Environmental Facilities Corp.

"We've really exhausted all of those avenues," Jobin-Davis said.

The village has also sought additional potential users, who would have to foot the bill for extensions before they could join the system. The largest of those, the school district, currently relies on its own system of wells, cisterns and a leach field for disposing of sewage, according to Assistant Superintendent for Business Anthony Marturano.

With a proposed renovation project for school facilities on the drawing board last year, the project budget included \$50,000 to renovate the existing system. But village officials estimated the district might be able to tie in to the public system for about \$75,000, and that figure was then incorporated into the school proposal approved by voters last spring.

But as Camp, Dresser refined its numbers, the projected cost to the school district more than doubled, driven by the expense of more than a quarter mile of pressurized lines required to connect with the village system.

"When all is said and done, it would be over \$200,000," Marturano said. "When you budget for \$75,000, there's no way we can absorb that."

The school board therefore voted earlier this month not to join the sewer district.

Another potential user for the new system is the proposed senior housing project under consideration for property owned by St. Matthew's Church.

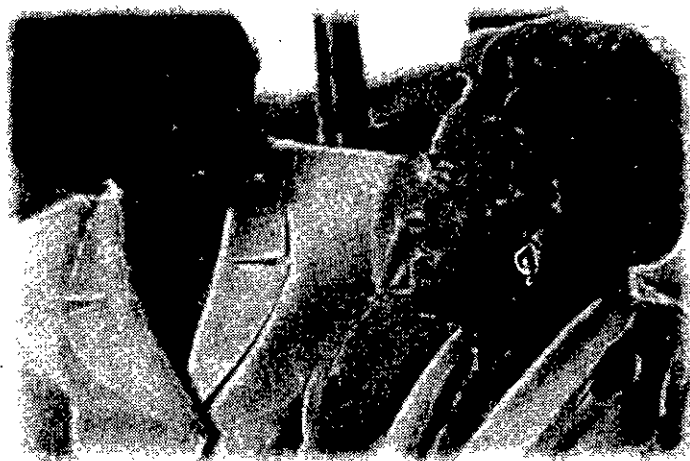
"They've certainly been discussing it with us actively," Clark said. "But they haven't made the internal commitment to move forward with the project."

The village also briefly considered, and declined, combining the district with Sewer District No. 2 on Pleasant Street. Various neighborhoods not served by a public sewer system have also been considered.

Meanwhile, the preliminary design is under review by both the state Department of Environmental Conservation and the Environmental Facilities Corp. Jobin-Davis said he hoped those reviews would conclude by mid-February. Public hearings or informational meetings could then be held this spring, with an eye toward a June bond referendum, in time to begin construction this summer.

"This is an aggressive timetable to get this done," Jobin-Davis said. "This assumes we get a lot of cooperation from regulatory agencies and approval from the public."

"We're definitely in a hurry," Clark said. "The system has deteriorated to a point where it can't be fixed any more. If this plant breaks down before it's replaced, the cost will be enormous."



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# Health & Fitness

A SUPPLEMENT TO SPOTLIGHT NEWSPAPERS

JANUARY 24, 2001

## Winter sports for fun and exercise

By DICK BUTLER



**A**side from influences of heredity, there is only one thing in our short lives that we can have serious control over, and that is our own personal health. Good health and fitness can allow us to enjoy life more completely and become more accomplished in sports.

Those of us who enjoy winter sports can increase our abilities by taking control of our bodies through diet, exercise and awareness. All sports have risks, and winter gravity sports have their share. Varying snow conditions, poor visibility, low temperatures, wind, physical hazards and other skiers and riders are just a few. Whether our interests are in cross-country

■ **WINTER/page 2**



# Winter

(From Page 1)

skiing, snow-shoeing, or gravity sports such as downhill skiing and snowboarding, the more prepared we are, the less the chance of having an accident and

the more "controlled risk" we can safely assume. Quick reflexes, strength, clear vision, aerobic endurance and unimpeded hearing are a few benefits of good health and preparedness.

Many health-related conditions can be caused or perpetuated by the mountain environment including frostbite, hypothermia, dehydration, and altitude sickness. Knowledge and preparedness can minimize your susceptibility.

Avoiding frostbite takes a bit of common sense and prompt

action. Protect the face, neck and ears, from wind with a balaclava, scarf or neck gaiter. Helmets are great head and ear protection. Observe your friends' exposed skin and have them observe yours. Look for mottled or waxy white appearing skin. At the first sign of trouble, rewarm the affected part. Never rub.

Rewarm slowly and never with the use of temperatures above 110 degrees.

The Adirondack Mountain Club has a great brochure about hypothermia and frostbite. To

receive a copy, call 668-4447.

Avoiding hypothermia can be complex, but a few basic measures can be taken that will reduce the risks.

Wear layered clothing, carry extra socks, keep your neck and head warm, wear only wool or synthetic fabrics that will provide warmth even when wet. Cotton has no use in winter clothing. Drinking plenty of liquids also applies.

High altitude sickness mostly occurs in the western United States, Canada and Europe, where activity is 5,000 feet or more above sea level and there is less oxygen in the air.

Prevention involves allowing for a period of acclimatization prior to strenuous activity (usually at least 24 to 48 hours), restricted or preferably no consumption of alcohol, maintaining good hydration, and in some cases, the use of prescription drugs.

At high altitudes, ultra violet rays are intense and can burn skin quickly, especially due to the reflective quality of snow. Protect your face and lips with sunscreen and lip balm with minimum SPF ratings of 30 and 15 respectively. Protect your eyes as well by always wearing quality wrap-around sunglasses or goggles.

Aerobic endurance can help you be ready for a long drop through a steep mogul field or a 500-vertical-foot hike through deep snow to reach that untracked powder.

It could also be a life saver that allows you to complete a long hike to safety when lost in the back country. What may present a rewarding challenge for the fit, is

not a desirable pursuit for others.

Stretching and warming up is always advised before strenuous activity. Balance exercises, along with training that includes quick bursts of energy over short periods, are also very useful in fitness training for winter sports, especially downhill skiing and snowboarding.

A diet of fresh fish, unprocessed foods, fresh vegetables and fruits is recommended. For long periods of intense activity, avoid dieting. Bulk up the day before with carbohydrates. Drink plenty of water and carry gorp, raisins or candy bars during periods of intense activity.

Here are a few tips on preventing ski injuries:

- Maintain balance and control.
- Always keep your hands and arms forward.
- Keep your hips above your knees.
- Don't try to get up after falling before you have stopped sliding.
- Don't jump unless you know how and where to land.
- Keep your arms and hands up in any kind of fall.

If you are fit you can react quickly to changing conditions and hazards. If you are well rested you can make good judgements. And, if you have the proper equipment and clothing you can enjoy yourself in almost any weather.

COVER PHOTO BY  
Snowsports Industries America (SIA)  
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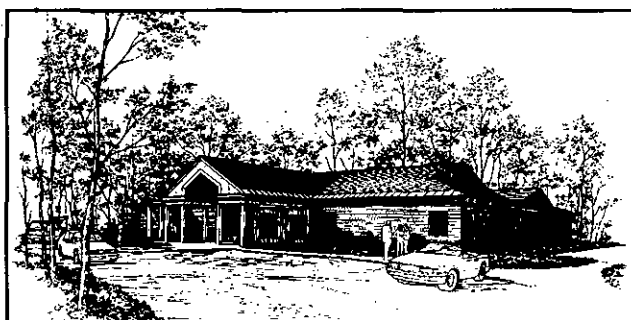
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# Eating organic, it's easy and healthy

By JENNIFER ARSENAULT

If the adage "You are what you eat" is accurate, many of us may want to think about how the food we consume is grown.

Con-ventional farms and large scale agricultural businesses rely on chemical and synthetic pesticides to control insects, weeds and disease.

The residue from these often toxic substances may remain on the food and also leech into the groundwater, contaminating water tables. Organic farming offers an alternative.

"Organic food is grown without synthetic pesticides and other harmful substances," said Tracey Frish, executive director of the Regional Food & Farm Project in Albany.

"Organic farmers farm in harmony with nature, rather than in opposition to it and their goal is to improve the quality of the land and the soil," she said.

According to the U.S. Department of Agriculture (USDA), organic farming is one of the fastest growing segments of U.S. agriculture.

The number of organic farmers is increasing by about 12 percent each year, and certified organic cropland more than doubled from 1992 to 1997.

"Because organic farmers don't use dangerous chemicals, organic food has far less residue than conventionally grown food.

Organic foods are often more nutritious because of the care farmers take in balancing the nutrient rich soil," Frish said.

The USDA recently released revised federal standards for determining whether or not food can be considered organic.

These new standards prohibit the use of genetic engineering methods (when plants and animals that have genes inserted from unrelated organisms), ionizing radiation and sewage sludge for fertilization.

Also, the pesticide level used in the growing process cannot exceed 5 percent.

Organically raised animals are not given hormones to promote growth, or antibiotics for any reason, which in turn, will not be present in any resulting products like eggs, cheese or milk.

All organically raised animals,

**Organically raised animals are not given hormones to promote growth, or antibiotics for any reason, which in turn, will not be present in any resulting products like eggs, cheese or milk.**

including animals for slaughter, are required to have access to the outdoors and must be fed agricultural feed products that are 100 percent organic.

Under the new standards, the percentage of organic ingredients in products must be at least 70 before the term organic can be used on its label. A redesign of the USDA organic seal is in the works.

Buying organic food "promotes better use of soil for future generations, and helps small, local sustainable farms," said Gayle Anderson, produce manager for the Honest Weight Food Coop in Albany, which buys most of its produce locally.

Organic food is available in the Capital District at the Honest Weight Food Coop at 484 Central Ave. in Albany, Green Grocer at 1505 Route 9 in Clifton Park, Earthly Delights Natural Food at 162 Jay St. in Schenectady and other stores.

Some area farms also sell

organic produce and hormone-free meat.

A map to farms throughout the area is available by sending \$1 and a stamp to the Regional Farm and Food Project at 148 Central Ave., Albany 12206.

Another way to buy organic food in the Capital District is through Community Supported Agriculture.

Registration for the 2001 growing season from Roxbury Biodynamic Farm is under way.

For information, call 393-0567 or 393-9655.

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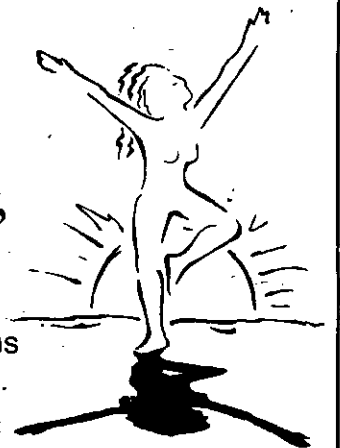
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IT ALL STARTS WITH A VISION

# Get your family hooked on fitness

By DONNA J. BELL

Try these facts on for size — since the 1960s, the level of childhood obesity in the United States has increased more than 50 percent. Today, between 15 and 25 percent of schoolchildren in the United States are overweight, placing them at risk for heart disease, diabetes and high blood pressure.

A recent report from the Surgeon General states that only about half of all Americans age 12 to 21 exercise regularly; one-quarter get no exercise at all.

The Surgeon General recommends that all Americans get at least 30 minutes of exercise a day.

Several studies have shown that children shape their attitudes about fitness by looking to role models — friends, siblings, and

even parents. Perhaps one New Year's resolution should be to get the entire family on an exercise program.

But before you turn into a drill sergeant and have the troops down running laps at the high school, remember that exercise was fun when you were a kid because it was play.

Adults tend to think of getting in shape in terms of a regimen. Lifting weights, hitting the stair machine, running laps or doing sit-ups.

They tend to forget that few of those things will get children to eagerly jump off the couch and give up their bag of cheesy-o's and PlayStation.

So how can families exercise together? We are lucky that the Capital District offers many opportunities for winter fun.

How about a nature hike at Five Rivers or ice skating at Empire State Plaza?

The YMCA and Sidney Albert Albany Jewish Community Center both offer warm havens for family fun. How about a friendly game of basketball? Or a dip in the pool? Following are some tips to keep exercise fun for all.

- Let the kids take turns choosing their favorite activity. If it's something they already like,

the battle is half won.

- Have the entire family try a new sport such as skiing or skating. Keep a chart to motivate and inspire your kids and post it on your refrigerator. If at first they can only swim across the pool once, they'll be inspired to go even farther next time if their progress is being charted in a fun way.

- Help your children set fitness goals and encourage them with praise for their accomplish-

ments. Perhaps mom and dad will also get caught up in the excitement of feeling the waistband get a little looser too. Be consistent. You won't get in shape or learn a new routine if you only exercise sporadically.

- Get on a schedule of exercising three to four times a week and stick with it. Make it a game. If you make it so much fun that the kids beg you to go out and get moving, you'll know you have accomplished your goal.

## Yoga classes keep you fit

By JENNIFER ARSENAULT

If you're looking for a way to keep your muscles in shape while simultaneously taking a break from a hectic and stressful life, yoga classes may be the perfect solution.

Yoga, as defined by the American Yoga Association, is a system of techniques that can be used for a number of goals, from simply reducing stress or increasing agility all the way to becoming more self-aware.

An Eastern practice that dates back at least 5,000 years, yoga originated around the Indus Valley in northern India.

It became popular in the United States starting in the 1960s.

There are currently more than 100 different schools of yoga, including, Ashtanga, Raja, Jnana,

Bhakti, Karma, Tantra and Kashmir Shaivism. Hatha yoga, which includes postures and breathing, is the most popular form practiced in the United States.

Casey Bernstein of the Center For Body Mind Awareness and In-Town Yoga Studio in Albany, said that there are four parts to working with yoga.

Postures, called asana, which provide strength and flexibility

Breathwork, or pranayama, which exercises the parasympathetic nervous system.

Relaxation, or savasana, "is extremely healing to the body, particularly in the society we live in," Bernstein said.

Meditation, or dhyana, which helps in calming, focusing and connecting to a higher source

"With regular practice, tension can be dramatically reduced and peace of mind can be very attainable," said Kathleen Sullivan, executive director of the

Albany Kripalu Yoga Center.

Medical studies have shown that practicing yoga can aid in overall health and help with a variety of conditions, including carpal tunnel syndrome, asthma, multiple sclerosis, epilepsy, anxiety, stress and other conditions.

"People should practice yoga to improve their overall health," Sullivan said.

"Muscular, respiratory, circulatory, digestive, reproductive, endocrine and nervous systems all become more efficient through the practice of yoga," she added.

The Albany Kripalu Yoga Center is at 6 Metro Park Road off Wolf Road in Colonie, and has satellite classes throughout the Capital District.

For a schedule or class information, call 454-9642.

The Center For Body Mind Awareness is located at 4 Central Ave. in Albany. For information, call 463-5145.

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## Frostbite

By LEIGH G. KIRTLEY

Frostbite is a constant danger for exposed skin and your extremities while you are outside enjoying some winter fun. Frostbite sneaks up on you and your skin could be damaged before you realize it. Learn to recognize the stages.

### Frostnip

- Bright red skin with a sensation of pins and needles.
- Treat with warm, moist heat.

### Superficial frostbite

- Skin may feel waxy, frozen or numb, may blister.
- Treat with warm or tepid water, pat dry, never rub or use dry heat like heating pads or blow dryers; some pain as blood flow returns and blisters may appear 24 hours later.

### Deep frostbite

- White or bluish appearance of the skin, area is completely numb.
- Seek medical attention immediately; if possible, begin the warming process gradually by using warm, moist heat. Once the warming process begins, continue. Stopping can cause considerably more damage.

By LEIGH G. KIRTLEY

Going out and playing in the snow makes winter fun. Your skin, though, takes a real beating while the rest of you enjoys skiing, snowboarding and building snow forts.

Frostbite is the biggest danger our skin and extremities face this time of year. Because frostbite comes on gradually, it is important to recognize early symptoms and get out of the cold as soon as possible.

The earliest signs include bright red skin and a feeling of pins and needles. More severe symptoms include white patches, waxy skin, pain and, of course, numbness. Mild or severe, it is important to get out of the cold and apply warm, moist heat. Avoid rubbing the area because this further irritates skin that is already injured. Seek medical attention in cases of numbness and blistering.

Besides frostbite, cold, windy air dries out your skin. During the winter, your skin may split and crack and feel itchy. A good moisturizer is your best defense.

"For your cheeks and nose, a waterproof moisturizer like Nivea can offer a little extra protection, but you are better off limiting

your exposure to severe cold, especially at higher altitudes and during windy conditions," said Dr. Jean C. Buhac, a board-certified cosmetic and surgical dermatologist with a private practice in Saratoga Springs.

Lotions are not as effective as creams. Stay away from products with fragrances because they contain alcohol, which can backfire by actually drying out your skin.

"Products that contain glycolic acid give you the added benefit of promoting collagen production that reduces the appearance of fine lines and wrinkles," Buhac said.

Using the right soap or cleanser can keep your skin soft and healthy looking. Buhac recommended gentle, basic soaps like Cetaphil, Dove and Lever

2000 that cleanse without damaging your skin.

The winter sun, although weaker, still presents a risk for sunburn, so remember your sunscreen when you head out to the slopes. Because snow and water reflect about 80 percent of the sun's ultra violet, or UV rays, it is important to use a cream with at least an SPF of 15, just like you do during the summer.

If you opt for physical blockers like titanium dioxide, zinc oxide and new blends like ROC<sup>®</sup>, your skin will be protected from the sun and wind because these products also help your skin retain moisture.

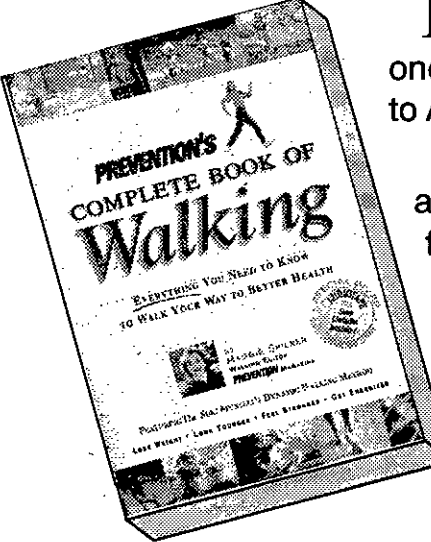
You can protect your eyes and the skin around them by wearing goggles that offer UV protection.

Lips are just as susceptible to dryness and sun damage as the

rest of your skin. A good lip balm is a must before you head outside. Like other skin care products, manufacturers are developing products with a variety of benefits. Mary Kay Cosmetics, for example, sells a moisturizing lip balm with an SPF of 15.

To keep you skin as beautiful as a crisp, sunny winter day, keep your summer sunscreen close at hand.






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Each of our OB/GYN practices is supported by the diagnostic services of Seton Health for Women at the Massry Center in Troy. The center houses state-of-the-art mammography, ultrasound and bone density equipment. It is also home to our Incontinence Treatment Center, one of the most respected in the region.

Our ABBI (Advanced Breast Biopsy Instrumentation) System at St. Mary's Hospital allows for a quicker and less painful biopsy than the standard procedure.

And if your thinking about having a baby, the Seton Health Childbirth Center at St. Mary's is the only in the region to offer single-room maternity care exclusively.

Seton Health offers OB/GYN services from offices in Clifton Park, Cohoes, Schodack, and Troy (two offices). For more information, or for a free copy of the Seton Health Childbirth Center video, call 518/268-5537.

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# Birth centers offer comforts of home

By JENNIFER ARSENAULT

Whether you stay five hours or five days, where you give birth will be a place you'll always remember.

Looking for that place well in advance of your due date can help ensure the best match for you and your family.

If you're planning a hospital birth, a good first step is to find out where your care provider has privileges, as that can limit your options.

Approximately 2,500 Capital District babies were born last year at St. Peter's Hospital in Albany. Its Mother-Baby Inn features nine home-like labor/delivery rooms with private showers, three hydrotherapy tubs for water births and two operating rooms for surgical deliveries.

Its Caesarean-section rate totaled 20.4 percent of all births in 1999. Midwives, anesthesia services (including epidurals), neonatology services and emergency ultrasonography, are available 24 hours a day.

St. Peter's has a Level III neonatal intensive care unit, staffed 24 hours a day by a multidisciplinary team that includes board certified neonatologists and neonatal nurses.

If a birth is uncomplicated, the hospital encourages rooming-in of healthy babies with their mothers. Nursery care is also available between feedings.

For breast-feeding mothers, lactation service with access to certified lactation consultants is offered, along with breast pump sales and rentals.

Families that choose to go



St. Peter's birthing center

home within 36 hours of delivery can get a house call from the obstetrical nursing staff.

For information about giving birth at St. Peter's or a tour of the facilities, call 525-1381.

The Birth Place at Albany Medical Center offers a combination of a medical technology and family centered approach to childbirth.

Albany Med has 16 private rooms, each with a shower, where those having routine vaginal deliveries can stay for labor, birth and postpartum care. Family members and labor supporters are welcomed in labor/delivery rooms. New hydrotherapy tubs are available during labor.

Surgical facilities are on site, should the need arise. The hospital's Caesarian section rate was 21.3 percent in 1999.

At the Birth Place, a primary nurse is assigned to each family. Specially trained in the care of both women and newborns, the primary nurse will also have a copy of your birth plan and encourage you to stick to it, whether your care provider files a plan with the hospital ahead of time or you bring it with you.

The Birth Place also has a certified lactation consultant to answer any questions about breast-feeding.

If complications develop, Albany Medical Center has both a Level III perinatal care center and the area's only Level IV neonatal intensive care unit. Board-certified physicians in

neonatology and other pediatric subspecialties, as well as maternal-fetal medicine and obstetric anesthesiology, are available 24 hours every day.

To arrange a tour, call 262-8300.

Bellevue Woman's Hospital in Niskayuna has been caring for women since 1931. More than 96,000 babies have been delivered during that time.

Ten private labor/delivery/recovery rooms, decorated to combine technology with a homelike setting, each with a private bath and shower, are available. Family members and supporters are welcome to share in the birth experience. Anesthesia services are available 24 hours a day. Breast-feeding moms can get help and answers from Bellevue's lactation consultants.

Its neonatal intensive care unit has two board-certified neonatologists available 24 hours a day, and specially trained nurses. Bellevue's Caesarean-section rate for 1999 was 19.4 percent.

To arrange a tour of Bellevue's Family Birthing Center, call 346-9584.

All three hospitals provide pregnancy, childbirth and postpartum education classes.

Independent childbirth educa-

tors throughout the area are listed in the pamphlet "Maternity Services in the Capital District."

"It's got everything you need for planning your birth experience," publisher Jennifer Vanderlawn said. To receive a copy, call 209-2229.

A future option for Capital District families will be giving birth in a home away from home. Plans are under way for the area's first freestanding birth center.

"Our effort is simply to create another option for someone who is looking for something a little different. We're hoping to fill that need," said nurse and childbirth expert Lee Gabrilovitch, one of eight women organizing the center.

The center will provide a low-tech, homelike setting with birthing rooms, tubs and a Jacuzzi.

Two full-time midwives and a medical director will be on staff for prenatal care and births, and will provide gynecological care for women of all ages as well. Rapid transport to area hospitals will be available should the need arise.

Donations of cash and home furnishings are being sought by the center's organizers. For information or to contribute, call Gabrilovitch at 439-9498.

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## Alternative care

A local group is working to encourage others to see childbirth as part of the natural life process, rather than something that needs to be medically managed.

BirthingNet grew out of a program called "Perspectives on Childbirth," which was held last May at the University at Albany as part of International Midwifery Day.

"We realized that there was a gap that needed to be filled. We believe access to birth options is a reproductive right," said BirthingNet member Carolyn Keefe.

The grass-roots group's mission is to educate the public through programs, community forums, and the media about choices during pregnancy and birth; improve access to midwives and the midwifery model of care; improve mater-

nity care for women of all ages, ethnic backgrounds, races, religions, sexual orientations, and socioeconomic circumstances; and to provide information about the option of out of hospital births.

The group plans to reach out to high school students, and has already spoken to college-level women's studies classes.

Counteracting the often negative portrayal of births in network television dramas is one of BirthingNet's goals.

"A lot of those programs are downright erroneous and scare women unnecessarily... they tend to make it look much more dangerous than it really is," Keefe said.

For information about BirthingNet and its resources, contact Keefe at 482-2504 or e-mail [kpbitbox@nycap.rr.com](mailto:kpbitbox@nycap.rr.com).

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# Cool clothes can help keep you warm

By LEIGH G. KIRTLEY

Winter sports are great as long as you can protect yourself from the cold. Windproof layers and fabrics that keep moisture away from your skin are the keys to staying warm and cozy.

Once any part of you feels damp, either from sweat or melted snow, it is almost impossible for your body to retain heat. It can feel as if the temperature has suddenly dropped several degrees. Wet clothing also puts you at greater risk for frostbite.

Layers of clothing offer two critical benefits. First, multiple layers trap air that helps circulate and insulate heat. Second, you can easily add or remove layers

as you need them. Cross-country skiers know that it is very easy to work up a sweat, something to avoid when you are out in the cold.

"Cotton next to your skin is bad. It soaks up and holds in moisture," said Ladon Roylance, one of the owners of Goldstock's Sporting Goods in Scotia.

She owns the store with her husband Doug and another couple, Mike and Barb Kausch.

When considering that first layer of clothing, opt for fabrics like silk that wick away moisture and hold it away from your skin. Other good choices include CoolMax, ThermoMax and polypropylene. Polartek fleece is another fabric that feels soft and keeps you dry.

The newest fabric on the market is called Outlast, which was originally used by astronauts in space. Not only will it keep moisture off your skin, but it also traps your body heat within the fibers and makes it available when you need it. Outlast is used for a variety of products, such as glove liners and socks.

The other fabrics are also used in a variety of clothing, from undershirts to hats to socks. Manufacturers seem to have had your comfort in mind, because these articles are soft and come in a variety of weights to accommodate your needs.

Another good fabric for that first layer is SmartWool. Wool by itself is not good as a first layer because it soaks up and hangs on to moisture. SmartWool on the other hand, is a blend that gives you the warmth of wool without its sponge-like characteristics. It also comes with a money-back guarantee.

"Have you ever heard of socks with a money-back guarantee?" Roylance asked.

When it comes to outer layers, you want protection from the wind that still lets you breathe, so moisture is not trapped.

"You don't want to create a wall," Roylance said.

In this case, wool makes a good outer layer, but technology has advanced in this area, too. Manufacturers have developed nylon fabrics that block wind and outside moisture without suffocating your body like a

plastic bag.

"Gortex is definitely No. 1, but it can be expensive," she said.

Despite the price tag, Gortex jackets or pants are well worth the investment. These wash-and-wear garments stand the test of time, and higher quality goes with the higher cost. Sealed stitching is one of the benefits of the better-quality items.

Besides fabrics, manufacturers have also concentrated their efforts on designs. Many of the jackets come with zip-out linings and vents in case you get too warm. These multi-layer garments give you the option of

leaving a layer at home if it is a balmy 25 degrees or let you bundle up when the temperatures hover in the single digits.

With all this talk about function, you may be wondering about fashion. Don't worry, you will find a large array of colors, styles and sizes that will look good and feel good out on the slopes.

Finally, Roylance urged people to buy according to their needs. While some of us seem to have internal furnaces, others freeze when the thermometer reaches 40.

"Make it work for your body," she said.

## Learn the art of reiki

To Life invites anyone who is living with breast cancer or confronting other physical or emotional challenges to embrace the new year with renewed energy through reiki, an ancient and safe natural healing technique that restores total balance to the body, mind and spirit.

The free reiki session is being offered on Thursday, Feb. 1, from 8 to 9 p.m. at the To Life office at 278 Delaware Ave. in Delmar.

Participants will gain insight into this natural healing art and can receive a reiki treatment.

Now in its third year of service to residents of the Capital District, To Life is a nonprofit organization that provides breast cancer education and support services free of charge.

Reiki will be performed by Marguerite Reagan, a third-degree certified reiki master practitioner.

According to Reagan, reiki can help recipients cope with major illness, a serious crisis or psychological programs and can enhance the effects of medical treatments, surgery and medications. The technique involves the non-invasive channeling of healing energy to specific areas of discomfort and the recipient's total body.

To Life president Mara Ginsberg said Reagan makes everyone comfortable.

Those who receive reiki remain fully clothed and can even be treated successfully through bandages and casts.

Reiki offers enormous benefits for women living with breast cancer and anyone who desires to release tension and emotion stress and rejuvenate his or her life.

Registration is required. To attend the reiki session, call To Life at 439-5975.

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# Beating the winter blues

By CINDY PERLIN

Many people find they are more depressed this time of year. Understanding the reasons, knowing what you can do, and taking action can significantly improve the quality of your life this winter.

Common reasons for feeling more depressed in the winter include lack of light, post-holiday letdown, lack of exercise and forced inactivity that allows problems to resurface.

The most widely talked about cause of winter blues is Seasonal Affective Disorder (SAD). This disorder is due to lack of exposure to natural light.

Some individuals are more affected by shorter days than others, but it is likely that we are all somewhat affected. The sun is a natural mood elevator. While there are some very expensive high intensity lights on the

market that SAD sufferers can sit in front of for significant periods of time each day, there is a less expensive and less time intensive solution.

Special full spectrum light bulbs mimic the color spectrum of the sun. Using them in the areas of your home in which you spend the most time can improve your mood.

Full spectrum light bulbs cost about \$8 each and last two to three times longer than normal light bulbs. They are available at The Earth Shop, Honest Weight Natural Foods Coop and Bed, Bath & Beyond. Try the 150-watt bulbs for the best effect.

Many individuals experience a post-holiday letdown because they are disappointed that they didn't have a "Hallmark" quality Christmas. Their family relationships, celebrations or gifts did not live up to their expectations or desires. Others find that after the

excitement of the holidays, everyday life seems relatively colorless.

To combat these feelings, practice gratefulness. Focus on the things you have: a roof over your head, enough to eat, loving relationships. Whatever you focus on magnifies, so focus on the positive.

Reach out to someone who is less fortunate than you, materially or spiritually. Plan a special outing or activity to give yourself something to look forward to. Add more laughter to your life with funny books and videos.

Lack of exercise also contributes to the winter blues. Most people are more physically active in warmer weather. When we exercise, our bodies produce endorphins, the hormones associated with happiness.

Find a winter activity you like, such as downhill or cross-country skiing, ice skating or snow

shoeing, or join a gym or find a way to exercise at home.

Another source of winter blues is time spent alone without much to do. We are often stuck at home in the winter because of bad roads or reluctance to brave the cold.

Other times of the year we might stay too busy to notice how we feel, but when we don't have other things to keep our mind occupied, old, unresolved feelings of grief, sadness, anger or resentment may surface. Until these feelings are processed, they will be waiting for us whenever we have some quiet time alone.

Try to just let the feelings move through you. When we allow ourselves to feel, we can begin to heal. Another way to work with feelings is to write about them.

You can also talk with a sympathetic friend or family member. See a counselor if the feelings become overwhelming or you are uncomfortable dealing with them on your own.

You don't have to be miserable this winter. Feeling good is a few simple changes away.

*Cindy Perlin is a certified social worker with a private practice in Delmar.*

## Become smoke-free

Here are some suggestions on how to stop smoking.

- Write up a contract that you can sign that states your commitment to stop smoking and display it prominently.

- Tell your friends and family members that you have decided to quit smoking.

- Invite a smoker friend or family member to quit with you, but don't force them. Nagging will not help.

- Ask that friends and family not smoke around you.

- Tell friends and family that you need to be the one to bring up quitting.

- Ask a friend or family member who is an ex-smoker, or who is also attempting to quit, if they would be your quitting "buddy."

- Let your friends and family members help you relieve stress with walks, etc.

- Make a list of all the things you want to do when you are smoke-free that you haven't done before.

- Emphasize how much you appreciate the support you are getting.

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# Sports

## Eagles streak comes to an end at Shenendehowa

By ROB JONAS

So much for the three-game winning streak.

The Bethlehem boys basketball team traveled to Clifton Park last Friday to take on Shenendehowa in a Suburban Council game, and the Eagles left with a 50-37 loss.

It was one of the lowest-scoring efforts of the season for Bethlehem (3-4 league, 3-10 overall), which had been averaging around 60 points in its last three games.

"We didn't shoot the ball well, and we didn't rebound well," Bethlehem coach **Chuck Abba** said. "Those are the two areas that we had trouble with."

The Eagles kept close to Shenendehowa in the first half with their defense. They held the Plainsmen to 21 points through the first two quarters and trailed by only five points at halftime.

Everything changed in the third quarter, thanks to Shenendehowa center **Matt Curley**. The senior scored eight of his 19 points in the period to help the Plainsmen build a 13-point lead.

"I thought we did a pretty good job (defensively) on **Tom Jordan**," Abba said. "Curley was the one who hurt us, though. He played a very good game."

The Eagles got as close as 10 points in the fourth quarter, but they couldn't make a serious run at the Plainsmen.

"If we could have made a run, we might have been able to pull it out at the end," Abba said. "But, we couldn't get the ball to go through the hoop."

**Josh Burnett** scored 14 points to lead Bethlehem, but no other Eagle had more than five points against Shenendehowa. After Curley's 19 points, the Plainsmen were paced by Jordan's 14 points and a 10-point effort from **Mark Jackson**.

"They're very tough, and I thought they played very strong Friday night," Abba said of Shenendehowa.

The Eagles are off until Friday, when they welcome Suburban Council Gold Division rival Burnt Hills-Ballston Lake to Bethlehem. Colonie Central then pays a visit next Tuesday.

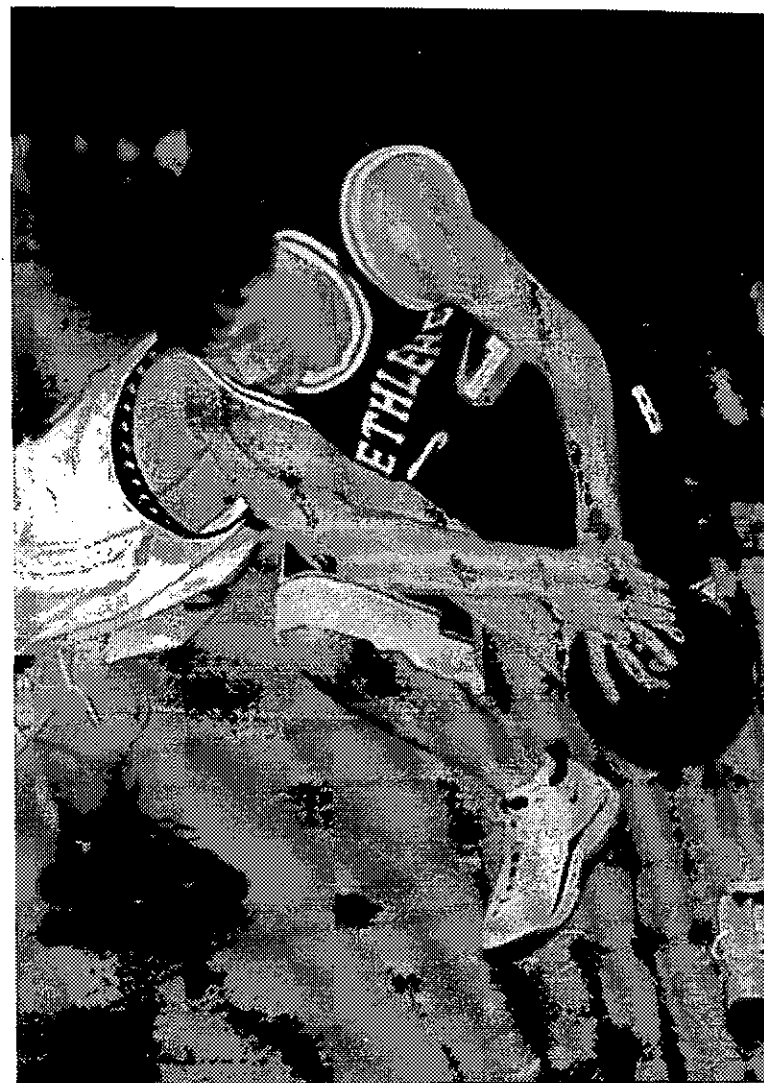
"They don't have the 6-foot, 8-inch kid that Columbia has in (**Craig**) **Forth**, but they have good size and they have a strong front line," Abba said of Burnt Hills-Ballston Lake, which features a starting lineup that averages 6-feet, 3.5-inches in height. "They're a very challenging team."

The Bethlehem girls team also took on Shenendehowa last Friday and wound up with a 63-51 home loss.

The Lady Eagles (4-2, 8-5) stayed close to the Lady Plainsmen in each quarter, but Shenendehowa scored a little more every time to pull away for the 12-point victory.

**Sara Conklin** took game-high honors for Bethlehem with a 22-point effort. **Kaitlin Foley** contributed eight points, and **Sue Kelly** added seven points. **Jen Crecca** led Shenendehowa with 20 points.

With the boys team home the next two games, the Lady Eagles hit the road. They go to Burnt Hills-Ballston Lake Friday night and to Colonie Central next Tuesday.



Bethlehem's **Brian Geurtze** (right) wrestles the ball away from a diving Shenendehowa defender during last Friday's Suburban Council basketball game in Clifton Park. The Eagles' three-game winning streak came to an end with a 50-37 loss to Shen. *Jim Franco*

## BCHS gymnasts enjoy strong season

By ADAM SHPEEN

The Bethlehem Central High School girls gymnastics team has enjoyed a record-breaking and record-making season this year.

Under successful team captains **Alison Laufer** and **Patty Eames**, the Eagles are soaring. At the home meet against Shenendehowa on Jan. 11, Laufer broke the school record for the vault, scoring an 8.6, and tied for first on the bars with a 7.7. Sophomore **Mallory Fishman** scored an 8.2 on vault, her season high, and

**Christine Hackman** scored an 8.3 on the beam.

"The girls have come a long way this year," head coach **Kim Irwin** said. "Each gymnast has improved her scores at every meet. It has been thrilling to watch this team working so hard, and breaking BC school records for vault, balance beam and team totals."

The BC team total record was crushed after a home meet against Guilderland on Jan. 16, when the girls scored an amazing 123.85.

Hackman took first on beam and broke the school record by scoring an 8.75. Laufer took first on floor with an 8.6, and seventh-grader **Lauren Quirk** finished third in the all-around with a score of 29.2.

"This was an exciting night," assistant coach **Rachel Wade** said. "I am so proud of all our gymnasts because they work so hard, and it is rewarding as a coach to see them accomplish their goals."

The girls' next match is away Feb. 1 at 6:30 p.m. at Shen.

## Winter racing series continues Feb. 11

The Hudson Mohawk Road Runners Club will hold its next group of races in its winter series Feb. 11 at the University at Albany.

The races are scheduled for distances of 4, 10 and 20 miles, starting at 10 a.m. from the physical education building. The races are open to runners of all ages and abilities.

Awards will be presented to the male and female winners in each race and to the top age group finishers. Refreshments and showers will be available following the races.

Registration begins at 9 a.m. in the physical education building. The entry fee is \$4 for HMRRRC members and \$5 for non-members.

For information, call 435-4500.

## Softball clinic

The Pine Bush Softball League is sponsoring a month-long clinic for girls in Guilderland, Altamont and Voorheesville starting Feb. 6 at Westmere Elementary School. The sessions run from 7:30 to 9:30 p.m. Tuesdays and Fridays. The clinic is open to girls ages 9-16 who are registered to play in the PBSL in 2001.

For information, call 439-5500.

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Jazz: part 9  
Monday, 9 p.m.

Jazz: conclusion  
Tuesday, 9 p.m.

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# Guilderville seven beats Troy's nine

By ROB JONAS

When you have only seven swimmers, it can be next to impossible to win a meet. That is, unless you happen to go up against a team with nine swimmers.

The Guilderville boys swim team, a collection of seven athletes from Guilderland and Voorheesville high schools, earned its first victory of the season last Wednesday by defeating Troy 52-38.

For the Dutchbirds and head coach **George Marshall**, it was a chance to celebrate after enduring eight straight losses to open the season.

"I think in many respects, they have been upbeat given the circumstances," Marshall said. "They knew going in that there was the possibility of going winless this year, and they have banded together like the survivors of a train wreck."

Guilderville's biggest problem has been its lack of swimmers. In recent years, the Dutchbirds have had fielded competitive teams and a few Section II champions. But, the graduation of several key swimmers and a lack of interest in the two schools have led to the lowest turnout in Marshall's five-year tenure.

The low turnout hasn't diminished the overall talent of the team, though. In a few meets, Guilderville swimmers have won the majority of events, but the opponent pulled out the victory

based on second- and third-place finishes.

"It's been hard to get the kids to understand that you can win the majority of the events and still lose the meet," Marshall said. "That's been the biggest challenge."

There was no such concern against Troy, since the Flying Horses had only nine swimmers for last Wednesday's meet. Guilderville wound up sweeping the three relays and added key victories in individual events to pull out the 14-point win.

"The interesting thing is that we posted the winning times in the paper, and all seven of our kids were represented," Marshall said.

Senior **Bobby Washburn** paced the Dutchbirds with individual victories in the 50- and 100-yard freestyle events. The co-captain also anchored Guilderville's winning 200 medley relay team and led off the victorious 200 freestyle relay squad.

"There's been tremendous pressure on Bobby this year because with the exception of the Troy meet, he's anchored every relay team and almost every time, he's had to come from behind — sometimes from almost a full (pool) length behind," Marshall said. "Coming from behind like that to win a race can really tire you out."

**Schuyler Nachod** and **Bruce Maki** also had big days for Guilderville against Troy. Nachod took first place in the 100 butterfly and was part of the winning 200

medley and 200 freestyle relay teams, while Maki claimed first in the 100 backstroke and swam in the 200 medley and 400 freestyle relays.

"Schuyler Nachod and Bruce Maki have both been tremendous helps," Marshall said. "Without those two boys ... we'd have a tremendous hole."

The rest of the team — **Jordi Manzo**, **Adam Tresselt**, **Nathan Gibson** and **Mike Campinelli** — earned their victories against Troy in the relays, but all of them had competitive swims in their individual specialties.

Manzo, an exchange student from Mexico, and Gibson have been helping out in the distance events, while Tresselt and Campinelli have been specializing in races such as the 100 backstroke and 100 butterfly, respectively.

"Every meet, at least one of the kids is going back-to-back in events," Marshall said. "As a coach, you normally do that if a meet is on the line. These guys are doing it every meet."

The rest of the season will present challenges to the Dutchbirds' resolve. They have away meets remaining against Amsterdam and Shaker, and they have the Section II Championships to think about next month.

"We'll be out looking for personal bests and to make a mark at sectionals," Marshall said. "I think we can finish in the middle of the pack and with seven guys, that would be an accomplishment."

# Voorheesville girls hoops struggle in second half

By ROB JONAS

Typically, a Voorheesville-Holy Names girls basketball game comes down to the last minute. Not this time.

Holy Names outscored the Blackbirds 38-14 in the second half on its way to a 64-33 victory in last Tuesday's Colonial Council contest.

For Voorheesville (8-2 league, 9-5), it was its worst loss to a league opponent in several years.

"It was one of those nights where we could not get our shots to drop, and we got into early foul trouble," Voorheesville coach **Jon McClement** said. "**Andrea (Burch)** and **Katelyn (Berger)** each had three fouls in the first half."

The first quarter offered no hints of what was to come, as Voorheesville stayed on Holy Names' heels and wound up trailing at the end of the period 11-10. Even the second quarter was close, as Holy Names

outscored the Blackbirds 15-9 to grab a seven-point halftime lead.

But, the second half was a different story. Holy Names doubled up Voorheesville 18-9 in the third quarter and put the game out of reach with a 20-5 run in the final period.

"The first quarter was even, and then (Holy Names) played great," McClement said. "They were playing for their lives because a loss would have put them three games back of us (for first place)."

**Kate Johnson** had 23 points, and **Charlene Baron** added six points and 12 rebounds for Holy Names. **Berger** finished with 14 points to lead Voorheesville.

The Blackbirds had hoped to get back on track last Friday against Mechanicville, but the game was postponed due to a lack of players for the Red Raiders.

Voorheesville returns to action Friday with a home game against Cohoes. The Blackbirds travel to Lansingburgh next Tuesday.

## SPORTS SCHEDULE FOR JAN. 24-30

### WED., JAN. 24

#### BOWLING

Cohoes at Ravena-Coeymans-Selkirk, 4 p.m.  
Voorheesville at Lansingburgh, 4 p.m.

### THURSDAY, JAN. 25

#### BOYS VOLLEYBALL

Tamarac at Voorheesville, 6 p.m.

#### WRESTLING

Voorheesville at Cobleskill-Richmondville, 6 p.m.  
Burnt Hills-Ballston Lake at Bethlehem, 6:30 p.m.

### FRIDAY, JAN. 26

#### BOWLING

Bethlehem at Columbia, 4 p.m.

#### BOYS BASKETBALL

Cohoes at Voorheesville, 7:30 p.m.  
Burnt Hills-Ballston Lake at Bethlehem, 8 p.m.

#### GIRLS BASKETBALL

Voorheesville at Cohoes, 7:30 p.m.  
Bethlehem at Burnt Hills-Ballston Lake, 8 p.m.

#### HOCKEY

Bethlehem at Malone Tournament, TBA.

### SATURDAY, JAN. 27

#### HOCKEY

Bethlehem at Malone Tournament, TBA.

#### INDOOR TRACK

Ravena-Coeymans-Selkirk at RPI Engineer Games, 9 a.m.

#### WRESTLING

Ravena-Coeymans-Selkirk at Maple Hill/Salem, 1 p.m.

### MONDAY, JAN. 29

#### BOWLING

Cobleskill-Richmondville at Voorheesville, 4 p.m.

### TUESDAY, JAN. 30

#### BOWLING

Niskayuna at Bethlehem boys, 4 p.m.

#### BOYS BASKETBALL

Lansingburgh at Voorheesville, 7:30 p.m.  
Ravena-Coeymans-Selkirk at Cobleskill-Richmondville, 7:30 p.m.  
Colonie Central at Bethlehem, 8 p.m.

#### GIRLS BASKETBALL

Cobleskill-Richmondville at Ravena-Coeymans-Selkirk, 7:30 p.m.  
Voorheesville at Lansingburgh, 7:30 p.m.

## Youth Network

A BETHLEHEM NETWORKS PROJECT

### Parent Survival Course to be offered at BCHS

Bethlehem Central High School parents are invited to attend a Parent Survival Course on Monday, Feb. 5, from 7 to 9 p.m. in the high school library media center.

Last school year, parents met three times to share concerns and network. Topics of discussion included important parent-teen issues such as: teen driving, spring break, sibling rivalry, all-night parties, weekend trips to Montreal and coed sleepovers.

On Feb. 5, the main topic will be setting limits. Establishing limits which are acceptable to you and your teen can be a challenge.

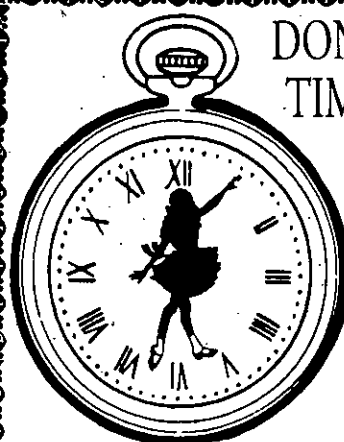
Join with other parents to share ideas and talk about what works and what doesn't work.

To register for the Parent Survival Course, call Bethlehem Networks Project at 439-7740.



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Carly Cushman and Seth Friedman

## Cushman, Friedman to wed

Carly Ann Cushman, daughter of Brian and Paula Cushman of Selkirk, and Seth Andrew Friedman, son of Jerry and Cheryl Friedman of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Ohio State University.

She is studying for a master's degree in education at Mary-

mount University in Arlington, Va.

The future groom is a graduate of Bethlehem Central High School and the University of Maryland.

He is a custom researcher at the Corporate Executive Board in Washington, D.C.

The couple plans a May 25, 2002 wedding.

## Student to perform with orchestra

Elizabeth Dollard, granddaughter of Aloysius Hofaker of Delmar, will be performing with the All-Eastern Honor Orchestra at the Music Educators National Conference on March 4 in Pittsburgh.

The orchestra is comprised of the finest high school musicians from Maine to Virginia.



Dollard

Dollard is a senior at John Jay

High School and a French horn student of Sfc. Harry Ditzel of the West Point Band. She spends summers at Boston University's Tanglewood Institute.

She performed with the New York Youth Symphony at Carnegie Hall on Dec. 10 and will also appear in two upcoming concerts there. Her grandfather attended the Dec. 10 concert.

Dollard is the daughter of Kevin and Denise (Hofaker) Dollard of Hopewell Junction, Dutchess County. Her mother is a member of the Bethlehem Central High School class of 1972.

She is also the granddaughter of JoAnne Dollard of Albany.

## Delmar man to head county bar association

Thomas P. Connolly of Delmar was recently named president of the Albany County Bar Association.

He specializes in commercial real estate and municipal finance law at McNamee, Lochner, Titus & Williams in Albany.

## Dean's List

Alfred University — Kathleen Doody of Delmar.

Rochester Institute of Technology — Thomas Oravsky of Voorheesville.

Schenectady County Community College — Nicholas Hammond of Glenmont.

SUNY Brockport — Tasha Borys, Benjamin Chady, Kimberly Comtois and Michael Leczinsky, all of Delmar.

SUNY Cortland — Rachel Pierce of Glenmont, and Laura Nicholson, Nicole Sajdak, Jessica Stanton and Leigh Stevens, all of Selkirk.

SUNY Potsdam — Adam Williamson of Delmar, president's list.

Tufts University — Rebecca Hoghe of Delmar.

University of Rochester — Keith Campbell of Slingerlands and Sarah MacDowell of Delmar.

## Births

### St. Clare's Hospital

Girl, Rebecca Eva Gregg, to Cynthia and Brian Gregg of Voorheesville, Dec. 6.

## Glenmont man named to post

Joel Blumenthal of Glenmont has joined the New York State Credit Union League, in the new position of vice president for member relations and communications.

Blumenthal had been associate vice president for university relations at the University at Albany.

The league is a trade association for New York's credit union members.

## Local Marine reups

Marine Cpl. Robert Piazza, son of George and Christine Piazza of Slingerlands, recently re-enlisted for four years while serving with Headquarters Squadron at the Marine Corps Air Facility in Quantico, Va.

Piazza joined the Marine Corps in May 1996.

## Woman completes basic training

Marine Corps Pvt. Stacey Hunt, daughter of Barbara Wargo of Selkirk, recently completed basic training at Marine Corps Recruit Depot on Parris Island, S.C.



April and Michael Blakeslee

## Houghton, Blakeslee marry

April Monica Houghton, daughter of Drs. Jan and Raymond Houghton of Slingerlands, and Michael David Blakeslee, son of James and Janet Blakeslee of Columbus, Ohio, were married June 10.

The ceremony was performed by the Rev. Robert Busch at Boston University's Marsh Chapel.

A reception followed at the Hyatt Regency's Riverside Pavilion in Cambridge.

The maid of honor was Amy Houghton, sister of the bride.

Bridesmaids were Laura Blakeslee and Lisa Blakeslee, both sisters of the groom, Leanne Beaudoin, Jaime Krawczyk, Joanne Pauling, Melissa Rae and Erin Schremser.

The best man was John Forman. Ushers were Raymond Houghton, twin brother of the bride, Nicholas Greeson, Matthew Halpin and Kevin Ludena.

Readers were Ellen Hoam, sister of the groom, and Jill Ferraro. Michael Loegering was music director, pianist and vocalist, and Jessica Knouse was a vocalist.

The guest book was handled by Nathaniel Hoam, brother-in-law of the groom, and programs by Angelique Laws and Ashley Laws, both cousins of the bride.

The bride is a graduate of Bethlehem Central High School and Boston University, where she is studying for a master's degree in marine biology.

She is a tenure analyst and coordinator/Web site specialist for the Boston University Provost's Office.

The groom is also a graduate of Boston University. He is music director at Pembroke Academy High School in Pembroke, N.H.

After a wedding trip to the Caribbean and Disney World, the couple lives in Framingham, Mass.

## 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.

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### INVITATIONS

Paper Mill Delaware Plaza. 439-8123. Personalized invitations & announcements for weddings, showers, bar mitzvah, new baby, graduation.



## Community



## Delmar Dolphins plan swim-a-thon

The Delmar Dolphins Swim Club is holding a swim-a-thon on Saturday, Jan. 27, at the Bethlehem Central Middle School pool from 8:30 a.m. to 12:30 p.m.

The Dolphins swim team is a nonprofit organization providing an opportunity for young people age 6 to 18 to participate in competitive swimming.

Funds raised will help support the team. For information about the swim-a-thon, or to make a donation, call 475-0441.

# Obituaries

## Betsy Tolman

Betsy Mullens Tolman, 83, of Slingerlands died Tuesday, Jan. 16, at Our Lady of Mercy Life Center in Gunderland.

Mrs. Tolman was a member of one of the founding families of Slingerlands and a lifelong resident.

She was a graduate of the former St. Agnes School and Colby Junior College. She attended Scott Carby School of Art.

She enjoyed traveling throughout the United States and abroad. She was an avid reader, skier and tennis player.

Mrs. Tolman was a member of the Fort Orange Club and served on the Altar Guild at the Cathedral of All Saints in Albany.

She was the widow of the Rev. Canon Mason Tolman Sr.

Survivors include two sons, Andrews Tolman of Redfield, Maine, and Mason Tolman of Key West, Fla.; a daughter Laura Blake; and five grandchildren.

Services were from the Cathedral of All Saints and the Fort Orange Club.

Arrangements were by the Tebbutt Funeral Home in Albany.

Contributions may be made to the Mason and Betsy Tolman Fund at the Cathedral of All Saints, 62 S. Swan St., Albany 12210.

## Eugene Parks Jr.

Eugene C. Parks Jr., 72, of Indian Fields Road in Feura Bush died Wednesday, Jan. 17, at Samaritan Hospital in Troy.

Born in Albany, he was educated in Bethlehem schools, Albany College of Pharmacy, Albany Business College and Maryville College.

Mr. Parks was principal wildlife biologist for the State Department of Environmental Conservation for 37 years before he retired.

He was an exempt firefighter for the Onesquethaw Fire Co. and a member of the Cossackie Sportsman Club Rifle League. He was also a pitcher for the New York State Softball League.

Mr. Parks was a member of Clarksville Community Church and served as president of the Consistory. He was a Boy Scout leader of the church troop and a member of the New York National Guard.

Survivors include his wife, Carol Hitchcock Teidman Parks; two daughters, Frances Spadaro of Clarksville and Catherine Parks of Rensselaer; two sons, Terry Parks of Ravena and Robert Parks of Feura Bush; three stepsons, Dale Teidman and David Teidman, both of West Sand Lake, and Donald Teidman of Feura Bush; and seven grandchildren.

Services were from Bethlehem Lutheran Church.

Arrangements were by the DeGraaf-Bryce Funeral Home.

Contributions may be made to the Christopher Parks Fund of Clarksville Community Church, Clarksville 12041 or Bethlehem Lutheran Church Memorial Fund, 85 Elm Ave., Delmar 12054.

## Judith Evans

Judith H. Evans, 74, of Delmar died Friday, Jan. 19, at her home.

Born in Bertha, Pa., she lived in Florida and Long Island before moving to Delmar.

Mrs. Evans was a critical care nurse for many years before she retired.

She was the widow of Russell Evans Jr.

Survivors include three daughters, Christine Mitchinson of Long Island, Rusty Kindlon of Delmar, and Marlene Schwimmer of Ravena; a brother, John Kastanis; two sisters, Irene Manol and Goldie Trillis; and seven grandchildren.

Services were private.

Arrangements were by the Applebee Funeral Home in Delmar.

Burial was in Calverton National Cemetery in Calverton.

## Elizabeth Bender

Elizabeth Bender, 91, of Delmar died Tuesday, Jan. 16, at Julie Blair Nursing Facility.

A longtime resident of Albany, she moved to Delmar in 1976.

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

She was the widow of Howard Bender.

Survivors include a son, William Bender of Delmar; a sister, Ida Goddeau of Menands; and a grandson.

Services were from the New Comer-Cannon Funeral Home in Colonie and the Church of St. Thomas the Apostle.

Burial was in Albany Rural Cemetery.

## Edward Frackiewicz

Edward Frackiewicz, 86, of Slingerlands died Monday, Jan. 15, at St. Peter's Hospital in Albany.

Born in Albany, he was an Army veteran of World War II.

Mr. Frackiewicz was a firefighter for the New York City Fire Department. He retired as a lieutenant after 35 years of service.

Survivors include his wife, Dorothy Koushaftis Frackiewicz; a son, Edward Frackiewicz of Marlborough, Mass.; a daughter, Barbara Leckerling of Delmar; a brother, Henry Frackiewicz of Delray Beach, Fla.; and four grandchildren.

Burial was in Saratoga National Cemetery in Saratoga Springs.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Lenox Hospital Development Department, 1222 E. 76th St., Suite 5 AB, New York 10021.

## Winifred Duell

Winifred C. Duell, 69, of Ravena and formerly of Selkirk, died Monday, Jan. 15, at St. Peter's Hospital in Albany.

Born in Selkirk, she was an associate member of Selkirk Fire Co. No. 1 auxiliary.

She was the widow of Phillip Duell.

Survivors include four daughters, Linda Ziegler of Poughkeepsie, Deborah Griffin and Hazel Gutkoska, both of Albany, and Laura Hernandez of Ravena; two sons, David Duell of Albany and Michael Duell of Selkirk; her twin sister, Virginia Warner of Ravena; a brother, Carman Seaburg of Selkirk; and nine grandchildren.

Services were from the Babcock Funeral Home in Ravena.

Burial was in Mount Pleasant Cemetery in South Bethlehem.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

## Mary E. Barker

Mary Elizabeth Barker, 96, of Delmar died Sunday, Jan. 21, at Good Samaritan Nursing Home.

Born in Clarion, Pa., she had also lived in Central New York and Fort Lauderdale, Fla.

Mrs. Barker was a graduate of Syracuse University. She was a high school teacher and received a master's degree in library science when she was in her 60s.

She was a librarian for Albany Academy for Girls, the state Education Department, the social welfare department and Fort Lauderdale Public Library.

She was the widow of Donald

Barker, a former superintendent of the Ravena-Coeymans-Selkirk school district.

Survivors include a son, Robert Barker of Delmar; a sister, Alice Jane Scusa of Henderson Harbor, Jefferson County; three grandchildren; and nine great-grandchildren.

Arrangements are by the Meyers Funeral Home in Delmar.

A memorial service has been scheduled at 11 a.m. on Saturday, Jan. 27, at Delmar Presbyterian Church.

## Memorial service

A memorial service for Emily Haskins was held at Nazareth College in Rochester on Friday, Jan. 19.

The college will be planting a perennial garden in Haskins' honor outside the new stadium in the spring.

Her soccer number, No. 15, will be permanently retired from the team, and team members will embroider the No. 15 on their soccer socks.

## To Life to offer free sessions

Therapeutic massage will be offered free of charge by To Life, the Capital District's source for breast cancer education and support services on Feb. 19 and 26 from 11 a.m. to noon at the organization's offices at 278 Delaware Ave. in Delmar.

The overall benefits of massage therapy will be discussed by licensed massage therapist Holly Wilke.

To Life is a nonprofit organization that sponsors health enhancement workshops.

## First Presbyterian to install new pastor

The Rev. Dale Webb of Delmar will be installed as pastor of First Presbyterian Church in Albany on Sunday, Jan. 28, at 2 p.m.

A reception will follow in the church fellowship hall. Child care will be provided.

Webb is a graduate of Portland State University and San Francisco Theological Seminary.

## BCHS graduate earns scholarship

Bethlehem Central High School graduate Michael Wahl of Delmar is the recipient of a Presidential Scholarship, valued at \$13,600, at SUNY Plattsburgh.

Wahl, a college freshman, is the son of Mark and Theresa Wahl.

## Five Rivers slates outdoor programs

Five Rivers Environmental Education Center at 56 Game Farm Road in Delmar will offer a guided walk on the Old Field Trail on Saturday, Feb. 3, at 2 p.m.

It will focus on the groundhog and will be lead by naturalists.

On Sunday, Feb. 4, at 2 p.m. the center will offer an outdoor hike on snowshoes. You can borrow snowshoes or bring your own.

Preregister if you want to reserve snowshoes.

For information and to register, call 475-0291.

## JANUARY CLEARANCE

Save up to \$500.00 on select stock memorials

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## 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.



## Remember When All of Your Friends Lived in the Neighborhood?

As you grew up, many of your closest friends moved to other towns and even different states. Perhaps at no other time as much as when a death occurs do you miss the support of those who knew you best. We want you to know we are one friend who is still here in the neighborhood...as we have been for so many years.

**Applebee Funeral Home**  
403 Kenwood Ave.,  
Delmar • 439-2715

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## - CANDREA, MARGUERITE GALLOWAY -

**DELMAR** — Marguerite Galloway Candrea passed away on Friday, January 5, 2001 at her home in Fair Haven, New Jersey, after a long illness. She was 49 years of age. She was the daughter of Clark H. and Cynthia M. Galloway, of Delmar. Born in Glen Ridge, N.J., she lived in Blauvelt and Delmar, New York and after her marriage lived in Fair Haven, N.J.

She is survived by her parents; her brother Stewart C. Galloway and his wife Julie of Round Lake, N.Y.; her husband Ronald D. Candrea and their children, Suzanne C., Carolyn A. and David A. She is also survived by nieces Emily and Rachel Galloway; her aunt Joy M. Hann of Wurtsboro, N.Y.; and cousins Deane H. Poirier and Joseph H. Hann, Jr., both of Connecticut; S. Lee Smith of Aurora, CO., Richard E. Smith of Waterloo, N.Y., and Marjorie S. Puzifferri of Pearl River, N.Y.

She graduated from Bethlehem Central High School and from SUNY at Potsdam. She received a Masters Degree in Education from William Paterson College, Paterson, N.J. After teaching in the public schools in Rumson, N.J., she taught at Tower Hill School, Red Bank, N.J. for nine years.

She was a member of the First Presbyterian Church, Red Bank. Services were held in the church on Tuesday, January 9th. Contributions in her memory may be made to the Tower Hill School, 255 Harding Road, Red Bank, N.J. 07701.



# Family ENTERTAINMENT

SPOTLIGHT ON CALENDARS ♦ ARTS & ENTERTAINMENT

## Cinema smorgasbord offered by Writers Institute

By JOHN BRENT

As VCRs for home use become popular in the early 1980s, older and unusual film titles became available through tape rental and sales outlets and revivals and public screenings of such films became less common.

While the access to rare movies provided by video is exciting, something is lost by watching a film at home on a TV screen. Viewing a film on a large screen with an appreciative audience is something that home viewing has never been quite able to duplicate.

With the Hoyts theater chain near monopoly on movie screens in the Capital District, only the Spectrum Theatre on Delaware Avenue offers an alternative film selection that goes beyond mainstream commercial movies.

There is at least one other reliable alternative to the mall theaters. The New York State Writers Institute at the University at Albany schedules programs of films in the spring and fall of each year that offer and interesting and eclectic schedule of movies.

The program offered for spring 2001 is no exception and there are titles on the schedule to please virtually every taste. The films are screened (unless otherwise noted) on Fridays, beginning at 7:30 p.m. at Page Hall on the downtown campus, 135 Western Ave. Screenings are free and open to the public.

The season kicks off this Friday with a comedy from 1934, "Twentieth Century." The title refers to the famous train and most of the story takes place on board. John Barrymore and Carole Lombard head the cast with direction provided by Howard Hawks.

This film, along with Frank Capra's "It Happened One Night," released the same year, began the genre known as screwball comedy.

A British film, "Onegin," will be screened on Feb. 2. Based on a verse novel by Alexander Pushkin, the story, involving a tragic love affair, takes place in mid-19th century Russia.

Popular actor Ralph Finnes takes the lead role while his sister Martha Finnes takes the directorial helm for her first big-screen feature. Keeping things in the family, brother Magnus provides the musical score.

On Monday and Tuesday, Feb. 5 and 6 two films by Julian Schnabel will be screened. The Monday screening will be Schnabel's directing debut, "Basquiat," made in 1996. The film features Jeffrey Wright, Michael Wincott, David Bowie and Dennis Hopper and tells the story of Jean Michael Basquiat, a New York City graffiti artist who signed his work SAMO. The film follows the artist's rise from his humble beginnings through his success in the New York art scene to his untimely death from a drug overdose.

On Tuesday, Schnabel's second feature, "Before Night

Falls" will be screened. This will be the area premiere for this film, made in 2000.

"Before Night Falls" also tells the story of an artist, this time Cuban writer Reinaldo Arenas. The film stars Javier Bardem, Olivier Martinez, Johnny Depp and Sean Penn.

For the Tuesday screening, artist and filmmaker Schnabel will present a film commentary and answer questions following the film.

On Feb. 9, "Contempt," a 1963 French/Italian production directed by Jean-Luc Godard will be shown. Featuring Brigitte Bardot and Jack Palance, the film takes a satiric look at international movie making and the seemingly endless battles between the commercial and creative aspects of the medium.

A film from Brazil will be shown on Feb. 16. "Orfeu" is a contemporary retelling of the Orpheus and Eurydice myth. Directed by one of Brazil's preeminent filmmakers, Carlos Diegues, the movie explores Rio's rich culture with spectacular scenes of Carnival which are contrasted with the poverty and brutality of the cities slums and gang violence.

"The Horse Thief," a 1986 film from China, will be shown on March 9. Directed by Tian Zhuangzhuang, the story involves a man who becomes a thief to support his family. Filmed against the vast panorama of Tibet, the film reveals the harsh lives of the Tibetans and the role religion plays in their survival. American filmmaker Martin Scorsese considers "The Horse Thief" one of the top 10 films of the '80s.

The second sound film from director Alfred Hitchcock will be shown on March 16. "Juno and the Paycock" represents a change of pace for the filmmaker who, even at that early stage of his career, had acquired a reputation as a maker of thrillers. The film, made in 1930, is an adaptation of a Sean O'Casey stage play and depicts the troubles and tragedies



Robert De Niro plays the young Vito Corleone in Francis Ford Coppola's 1974 film, "The Godfather Part II," to be shown by the Writers Institute on March 30.

that befall a poor Dublin family in the 1920s.

Part of a trilogy, "Three Colors: White" will be screened on March 23. A 1994 French/Polish film from director Krzysztof Kieslowski, the film tells the story of a man returning to his native Poland following a divorce from his beautiful wife. There, he plots revenge against the woman he still loves. The trilogy, of which this is the second part, centers on the three colors of the French flag and what they represent: blue (liberty), white (equality) and red (fraternity).

The March schedule concludes with Francis Ford Coppola's 1974 American film, "The Godfather Part II." The film is both a prequel and sequel to the 1972 film "The Godfather" and the director intercuts scenes showing young Vito Corleone (Robert De Niro as the younger version of the character played by Marlon Brando in the first film) and his rise to power at the beginning of the 20th century with scenes of his son, Michael, trying to maintain the power of the Corleone family in the 1950s.

On April 20, the spring film series resumes with a silent German film from 1918, "The Spiders." Directed by Fritz Lang, the film is actually two episodes of an unfinished serial. Filled with excitement and adventure, this is the

earliest known work to have survived from filmmaker Lang who is best remembered today for his genre-defining science fiction film, "Metropolis."

"One Flew Over the Cuckoo's Nest" will be screened on April 27. This film, from 1975, was only the second movie to sweep all five major Academy Awards. Besides winning Best Picture, the film brought home the prize for Jack Nicholson as Best Actor, Louise Fletcher as Best Actress, Milos Forman as Best Director and the award for Best Screenplay. Previously, only "It Happened One Night" in 1934 won all five top prizes.

Nicholson plays a free spirited, down and outer who is admitted to an insane asylum. He encourages the other patients to assert themselves much to the displeasure of the domineering head nurse played by Fletcher.

The Ken Kesey source novel and the film reflected and inspired the late 60s and early 70s counterculture movement in which the establishment was looked upon with suspicion.

Kesey will be on campus on Tues., May 1 at 8 p.m. in Page Hall to read from and discuss his work. The Kesey appearance is part of the Visiting Writers spring series, run in tandem with the film series by the Writers Institute. Occasionally, the writers series and the film series overlap as is the case with Julian Schnabel and the screening of his films and Ken Kesey and "Cuckoo's Nest."

Beautiful Catherine Deneuve stars in "Time Regained" a French/Italian film from 1999. Show on May 4, the film is a psychological drama loosely based on Marcel Proust's "Remembrance of Things Past."

A slick comedy adventure film from 1938, "Too Hot to Handle" concludes the spring film series on May 11. Starring Hollywood legends, Clark Gable and Myrna Loy, the film depicts the exploits of newsreel photographer Gable and his partner (Walter Pidgeon), when they follow a famous aviatrix (Loy) into the jungles of the Amazon to search for her missing brother.

For information on the film series or the visiting writer series call 442-5620 or visit the Web site at [www.albany.edu/writers-inst/](http://www.albany.edu/writers-inst/).



Vintage poster art for the 1934 film, "Twentieth Century," a comedy with John Barrymore and Carole Lombard to be shown Friday night by the Writers Institute.



# ARTS and ENTERTAINMENT

## Theater

### TERRA NOVA

polar drama, Capital Repertory Theater, 111 N. Pearl St., Albany, through Feb. 4, \$21 to \$34. Information, 445-7469.

### NUMBER THE STARS

Holocaust drama, New York State Theatre Institute, Schacht Fine Arts Center of Russell Sage College, Jan. 29 to Feb. 9, \$17, \$14 for seniors and children; \$8 for children under 13. Information, 274-3256.

## Music

### ODETTA

The Van Dyck, 235 Union St., Schenectady, Jan. 26, 7 and 9:30 p.m., \$20. Information, 381-1111.

### CHUCK MANGIONE

Troy Savings Bank Music Hall, State and Second streets, Jan. 26, 8 p.m., \$24. Information, 273-0038.

### FINDLAY COCKRELL

and the Franciscan Chamber Orchestra, Foy Theater, Siena College, Route 9, Loudonville, Jan. 26, 8 p.m., \$14, \$6 for seniors and students. Information, 783-2527.

### THE HOLMES BROTHERS

with Chicago Rhythm & Blues Kings, The Egg at Empire State Plaza, Albany, Jan. 27, 8 p.m., \$18. Information, 473-1845.

### LOWEN & NAVARRO

The Van Dyck, 235 Union St., Schenectady, Jan. 27, 7 and 9:30 p.m., \$12. Information, 381-1111.

### MELISSA FERRICK

with Michelle Malone, Valentine's, 17 New Scotland Ave., Albany, Jan. 27, 10 p.m., \$20. Information, 432-6572.

### ALAN JACKSON

with Sara Evans, Pepsi Arena, Jan. 30, 7:30 p.m., \$30 and \$40. Information, 487-2000.

## Visual Arts

### NEW YORK STATE MUSEUM

The Great New York Motorcycle Show, through April 10, Berenice Abbott's Changing New York, 1930s photographs of the city, through April 16, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

### ALBANY CENTER GALLERIES

23 Monroe St., Mohawk Hudson Regional Invitational, featuring works by Liz Blum, Betsy Brandt, Danny Goodwin and Jon Huebner, through Feb. 23. Information, 462-4775.

### ARTS CENTER OF THE CAPITAL REGION

Blurred Boundaries, explores differences between fine art and crafts, through Feb. 3, contemporary sculpture from 2000 Chesterwood exhibit, 265 River St., Troy. Information, 273-0552.

### ALBANY INTERNATIONAL AIRPORT

Albany-Shaker Road, third-floor gallery, Planes, Trains, Automobiles and ..., illustrations from children's books, through March 18. Information, 242-2240.

### HYDE COLLECTION

Realizing Courbet, exhibit on 19th-century French realist, 161 Warren St., Glens Falls, through Feb. 4. Information, 792-1761.

### LOCAL COLOR ART GALLERY

featuring affordable works by regional artists in a variety of media, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

## Call For Artists

### 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 first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

### SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

### CLIFTON PARK COMMUNITY ORCHESTRA

openings in all sections; especially strings, rehearsals Tuesdays at 7:30 p.m., Clifton Common Senior Center. Information, 783-2511.

### SINGERS NEEDED

for Electric City Chorus, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

### MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

### CAPITAL COMMUNITY VOICES

rehearsals at Columbia High School, Luther Road, East Greenbush, 7 to 9 p.m., Tuesdays. Information, 477-8308.

## Classes/Lectures

### 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 Krislin Woodward. Information, 783-1828.

## MAGIC MAZE

### MANAGER OF THE YEAR

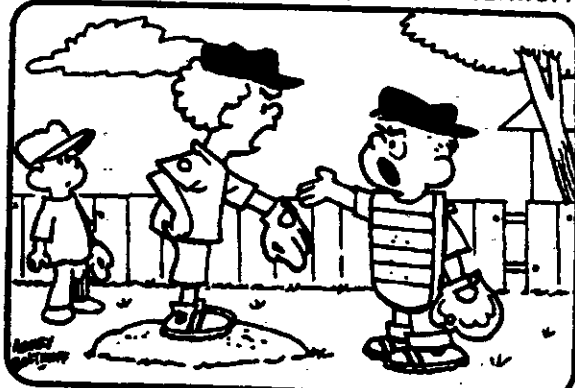
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Find the listed words in the diagram. They run in all directions—forward, backward, up, down and diagonally.

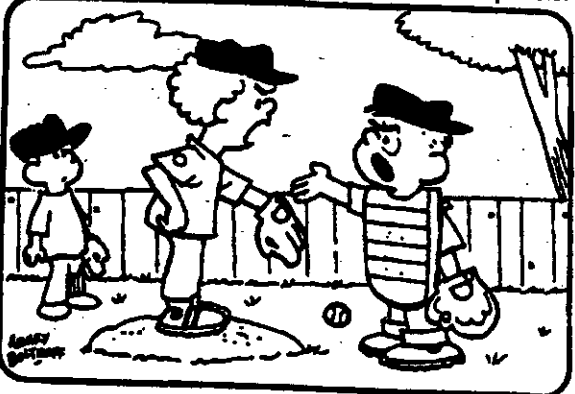
Alou	Bochy	Leyland	Torborg
Anderson	Dierker	Piniella	Torre
Baker	Le Russa	Robinson	Zimmer
Saylor	Lasorda	Showalter	

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Baseball has been added. 2. Building is gone. 3. Catcher's shoes are different. 4. Fence has been repaired. 5. Pitcher's pants are longer. 6. Boy's hat is different.

## LEGAL NOTICE

### LEGAL NOTICE

BEHAPPY LLC, a New York State Limited Liability Company filed Articles of Organization with the Secretary of State on December 29, 2000. Its principal office is to be located in Albany County. The Secretary of State of New York has been designated as an agent of the LLC upon whom process may be served. The Secretary shall mail a copy of any process against the LLC to Carl F. W. Adamec, P. O. Box 707, Schenectady, New York 12301-0707. The purposes of the LLC are property ownership, management and food sales.

(January 24, 2001)

### LEGAL NOTICE

NOHASS LLC, a New York State Limited Liability Company filed Articles of Organization with the Secretary of State on December 29, 2000. Its principal office is to be located in Albany County. The Secretary of State of New York has been designated as an agent of the LLC upon whom process may be served. The Secretary shall mail a copy of any process against the LLC to Carl F. W. Adamec, P. O. Box 707, Schenectady, New York 12301-0707.

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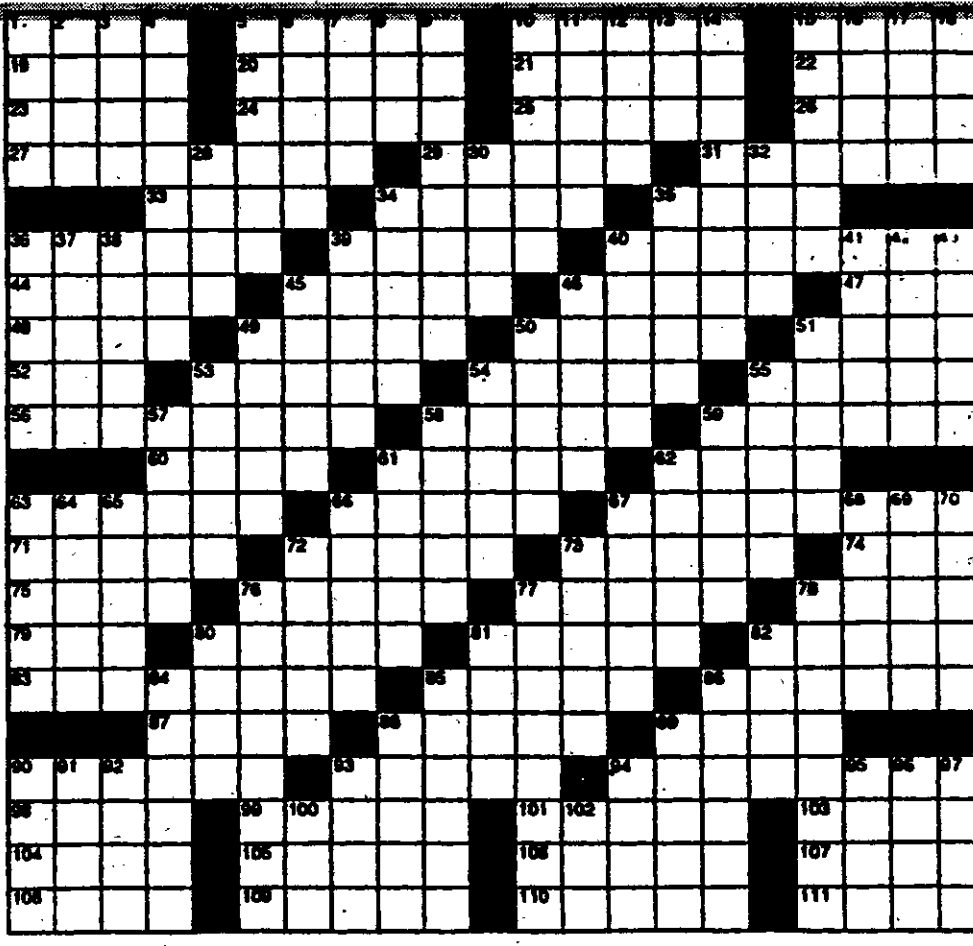
### LEGAL NOTICE

Notice of Application for Authority of SN COMMERCIAL, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 1/4/2001. LLC organized in Alaska on 7/26/1999. 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 The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Principal office address of LLC: 323 Fifth St., Eureka, CA 95501. Copy of Arts. of Org. on file with State of Alaska, Dept. of Commerce and Economic Development, Division of Banking, Securities and Corporation, State Office Bldg., 9th Fl., 333 Willoughby Ave., Juneau, Alaska 99801. Purpose: any lawful activity.

(January 24, 2001)

## The Super CROSSWORD

- |                   |                    |                   |      |
|-------------------|--------------------|-------------------|------|
| Across            | Down               | Across            | Down |
| 1 Kimono          | 1 Marionette       | 57 Safe or some   | 57   |
| 5 Billiards shot  | 2 Temple's         | 68 Biological     | 68   |
| 10 Come into      | 3 Large            | 69 Birds of prey  | 69   |
| 18 House or       | 4 Wrestler's       | 70 Golf or tennis | 70   |
| sticks starter    | 5 Plymouth,        | 72 Ancient        | 72   |
| 19 Author/ critic | 6 for one          | Roman             |      |
| James             | 7 Actor Moranis    | square            |      |
| 20 "Papa"         | of "Ghost-         | 73 Spiritual      |      |
| Dionne            | busters"           | entireties        |      |
| 21 Actress Perez  | 8 Duct or torn     | 76 Closes         |      |
| 22 Appraise       | starter            | against           |      |
| 23 Hindu hero     | 9 Ben and          | entrance          |      |
| 24 Lawful         | daughter,          | 77 Maneuvers in   |      |
| 25 Its capital is | of TV              | labor disputes    |      |
| Shilong           | 10 Longs for       | 78 Bank vault     |      |
| 26 Pay to play    | sagely             | security          |      |
| 27 Bad traffic    | 11 Charlie Brown,  | device            |      |
| situation         | usually            | 79 Umbilical      |      |
| 29 Reception      | 12 Harebeest       | Urish             |      |
| held by the       | 13 Kareean         | 81 Essential      |      |
| president         | Indian             | element           |      |
| 31 Michael, of    | 14 Short-necked    | 82 Green          |      |
| TV fame           | evergreens         | vegetable         |      |
| 33 Debussy's      | 15 Construction-   | 84 Military       |      |
| "Clair de lune"   | site sights        | uniforms          |      |
| 34 Participating  | 16 Bill or book    | 85 Blue day?      |      |
| citizen           | starter            | 86 Gem stone      |      |
| 35 Fine-grained   | 17 Premiering,     | 88 Shrink in fear |      |
| sharpening        | of films           | 89 L.O.O.M.       |      |
| stone             | 18 Hammer part     | member            |      |
| 36 Appetizing     | 25 Angler's need   | 90 Peruse         |      |
| 39 Ancient        | 30 Kitchen         | 91 Cartoonist     |      |
| residents of      | tollower           | Peter             |      |
| Great Britain     | 32 Paul of         | 92 Catcher's      |      |
| 40 Way of         | songdom            | glove             |      |
| marching          | 34 Article of food | 93 Barcelona bull |      |
| 44 White linen    | 35 Wandering       | 94 Place or plug  |      |
| vestment          | tribe              | starter           |      |
| 45 Word with      |                    | 95 Egg-shaped     |      |
| shoe or drum      |                    | 96 Wax            |      |
| 46 Hooded         |                    | 97 Cap or hole    |      |
| garment           |                    | starter           |      |
| 47 Samuel's       |                    | 100 Bosh!         |      |
|                   |                    | 102 Novel         |      |



# The Spotlight CALENDAR

**Wed. 1/24**
**BETHLEHEM YOUTH EMPLOYMENT SVCS.**

Parks and Recreation Office, Elm Avenue Park, Weekly, 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 every Wednesday, 7 p.m. Information, 439-4314.

**TOWN BOARD**

town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

**BETHLEHEM TOASTMASTERS**

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

**BINGO**

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

**BOY SCOUT TROOP 58**

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

**TESTIMONY MEETING**

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

**NEW SCOTLAND COOP EXTENSION MEETING**

Board of directors meeting and special meeting to consider amended bylaws; Cooperative Extension offices, William Rice Jr. Extension Center, 24 Martin Road (off Route 85A), Voorheesville. Call for time, 765-3500.

**FAITH TEMPLE**

Bible study, Wednesdays, New Salem, 7:30 p.m. Information, 765-2870.

**PRAYER MEETING**

Wednesday evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

**NEW SCOTLAND SENIORS**

Every Wednesday, Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

**AA MEETING**

Every Wednesday, First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

**Thurs. 1/25**
**BETHLEHEM RECOVERY, INC.**

self-help for chronic nervous symptoms, Thursdays, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

**LANDSCAPE PAINTING COURSE**

Local artist Marta Jaremko teaches five-part indoor course on winter landscape painting. Class fee \$120. Five Rivers Environmental Education Center, Game Farm Road, Delmar, 11 a.m.-2 p.m. throughout January. Information, 475-0291 or 478-0645.

**BETHLEHEM SENIOR CITIZENS**

Every Thursday, town hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

**BETHLEHEM LUTHERAN**

Every Thursday, children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

**CLASS IN JEWISH MYSTICISM**

Every Thursday, Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

**AA MEETINGS**

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

**Fri. 1/26**
**BETHLEHEM AA MEETING**

Fridays at First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

**CHABAD CENTER**

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

**NEW SCOTLAND PIONEER CLUBS**

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

**YOUTH GROUP MEETINGS**

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

**Sat. 1/27**
**BETHLEHEM SWIM-A-THON**

Fundraiser for non-profit Delmar Dolphins Swim Club; Bethlehem Central Middle School pool, Kenwood Ave., Delmar, 8:30 a.m.-12:30 p.m. Information, 475-0441.

**SOFTBALL REGISTRATION**

Bethlehem Tomboys Softball League registration for 2001 season, open to girls grades 1-12. First-time registrants bring birth certificate. Practices begin in April, May-July schedule. Volunteers welcome. Bethlehem Town Hall, 443 Delaware Ave., Delmar, 9 a.m.-noon. Information, 439-0904.

**PROGRAM AT FIVE RIVERS**

Watchable Wildlife: field study of beaver ecology. Five Rivers Environmental Education Center, Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

**SAT PRACTICE SESSION**

Kaplan Educational Centers conduct a practice test for juniors taking the SAT this year. Students may bring calculators; other materials provided. Bethlehem Public Library, 451 Delaware Ave., Delmar, 2 p.m. Registration, 439-9314.

**AA MEETING**

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

**Sun. 1/28**
**BETHLEHEM 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 Church, 5 Elm Ave., Delmar, 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., Delmar, 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., Delmar, 439-9929.  
First Church of Christ, Scientist, 555 Delaware Ave., Delmar, 439-2512.  
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.  
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.  
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.  
Mount Moriah Ministries, Route 9W,

Glenmont, 426-4510.  
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.  
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.  
South Bethlehem United Methodist Church, 65 Willowbrook Avenue, 767-9953.  
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Ave., Delmar, 439-3265.  
St. Thomas The Apostle Roman Catholic Church, 35 Adams Place, Delmar, 439-4951.  
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

**NEW SCOTLAND 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.

**WORSHIP INFORMATION**

Bethel Baptist Church, 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 Church, 68 Maple Ave., Voorheesville, 765-2895.  
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.  
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.  
Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.  
Presbyterian Church in New Scotland, Route 85, 439-6454.  
St. Matthew's Roman Catholic Church, Mountain View Road, Voorheesville, 765-2805.  
Unionville Reformed Church, Delaware Turnpike, 439-5001.  
United Pentecostal Church, Route 85, New Salem, 765-4410.

**Mon. 1/29**
**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. 1/30**
**BETHLEHEM TREASURE COVE THRIFT SHOP**

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

**NIMBLEFINGERS/QUILTERS**

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

**Wed. 1/31**
**BETHLEHEM PRESCHOOL OPEN HOUSE**

Hamagrael Preschool to enroll students for 2001-2002 school year. Delmar Reformed Church, 386 Delaware Ave., Delmar, noon-1 p.m. Information, 439-2815 or 439-8515.

**ANTIQUES GROUP**

Antiques Study Group of the Delmar Progress Club hosts discussion of "Taghanik Baskets" with Barbara Roemer. Community Room, Bethlehem Public Library, 451 Delaware Ave., Delmar, 1:30 p.m. Information, 439-9314.

**Thurs. 2/1**
**BETHLEHEM USING A HOME COMPUTER**

Demonstration of how to request library materials; Bethlehem Public Library, 451 Delaware Ave., Delmar, 9:30 a.m. Registration, 439-9314.

**NATURAL HEALING**

"To Life!" offers session on Reiki, natural total-balance healing technique; Offices at 278 Delaware Ave., Delmar, 6-8 p.m. Information, 439-5975.

**FAMILIES FIRST**

Support group for parents of children with Attention Deficit Disorder (ADD), Bethlehem Public Library, 451 Delaware Ave., 7 to 8:30 p.m. Information, 439-8839.

**Fri. 2/2**
**BETHLEHEM CHILDREN'S FILMS**

For children ages 3-6; approx. a half hour. "Amazing Grace," "Caps for Sale," "One Zillion Valentines." Bethlehem Public Library, 451 Delaware Ave., Delmar, 10:30 a.m. Information, 439-9314.

**AA MEETING**

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

**NEW SCOTLAND PIONEER CLUBS**

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

**YOUTH GROUP MEETINGS**

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

**Sat. 2/3**
**BETHLEHEM AA MEETING**

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

**Advertise In The Spotlight**  
**Call Us At 439-4949**

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

Notice of formation of Wafman Construction LLC a NYS limited liability company (LLC). Formation filed with SSNY on 01/10/2001. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 46 State St., 5th Fl., Albany NY 12207. Purpose: All Lawful purposes.

(January 24, 2001)

**LEGAL NOTICE**

Notice of formation of limited liability company (LLC). Name: Mackin & Company, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/2/01. 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: 139 Lancaster St., Albany, NY 12210. Purpose: any lawful purpose.

(January 24, 2001)

**LEGAL NOTICE**

Notice of filing on January 2, 2001 of an Application for Authority with the Secretary of State for the State of New York (the "SSNY")

**LEGAL NOTICE**

by A. W. Hastings & Co., L.L.C., a Massachusetts Limited Liability Company organized on March 1, 2000 (the "foreign LLC"). Office location in New York is Albany County; SSNY is designated as agent of foreign LLC upon whom service of process against foreign LLC may be served; SSNY shall mail copy of any process against foreign LLC to foreign LLC c/o Corporation Service Company, 80 State Street, Albany, NY 12207-254; the address of the office required to be maintained in jurisdiction of its organization by the laws of that jurisdiction is 2 Ballandvale Street, Wilmington, MA 01887; a public filing of the Certificate of Organization of the foreign LLC has been made with the Massachusetts Secretary of State, One Ashburton Place, Boston, MA 02108; purpose of foreign LLC is to conduct wholesale or retail sales of window units and other building materials and supplies and to engage in any lawful act or activity.

(January 24, 2001)

**LEGAL NOTICE**

Notice of formation of International Money Transfer LLC a NYS limited liability company (LLC). Formation filed with SSNY

**LEGAL NOTICE**

on 12/27/2000. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 46 State St., 5th Fl., Albany, NY 12207. Purpose: All Lawful purposes.

(January 24, 2001)

**LEGAL NOTICE**

Notice of formation of AMTAS LLC a NYS limited liability company (LLC). Formation filed with SSNY on 12/13/2000. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 46 State St., 5th Fl., Albany, NY 12207. Purpose: All Lawful purposes.

(January 24, 2001)

**LEGAL NOTICE**

Notice of formation of BARRY TERRY LLC a NYS limited liability company (LLC). Formation filed with SSNY on 12/19/2000. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 46 State St., 5th Fl., Albany, NY 12207. Purpose: All Lawful purposes.

(January 24, 2001)

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

Notice of Application for Authority of USRP Funding 2001-A, L.P., a foreign limited partnership (LP). App. For Auth. filed with Secy. of State of N.Y. (SSNY) on 12/18/00. LP organized in Delaware (DE) on 12/5/00. NY office location: Albany

**LEGAL NOTICE**

County, SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: Ms. Valerie Silvering, 12240 Inwood Rd., #200, Dallas, TX 75244. Principal office address of LP: 12240 Inwood Rd., Dallas, TX 75244. Name and address of

**LEGAL NOTICE**

each general partner is available from SSNY. Copy of Cert. of LP on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.

(January 24, 2001)



## Spotlight on Dining

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

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.

Eat in or Take Out. Open 7 days a week.

**458-7044 or 458-8366**

120 Everett Road, Albany • (Near Shaker Road)

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

Notice of Application for Authority of G.R.C. Realty Limited Partnership, a foreign limited partnership (LP): App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 12/15/00. LP organized in New Jersey (NJ) on 12/8/00. NY office location: Albany County. SSNY designated as agent of LP 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 12207-2543, the registered agent of LP upon whom process against it may be served. Principal office address of LP: 150 East Palmetto Park Rd., Ste. 400, Boca Raton, FL 33432. Name and address of each general partner is available from SSNY. Copy of Cert. of LP on file with NJ Secy. of State, P.O. Box 302, Trenton, NJ 08625. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE**

Notice of Application for Authority of SPHERION ATLANTIC OPERATIONS LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 12/14/00. LLC organized in Delaware (DE) on 11/1/00. 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 Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Principal office address of LLC: 2050 Spectrum Blvd., Ft. Lauderdale, FL 33309. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE****NOTICE CONTAINING SUBSTANCE OF ARTICLES OF ORGANIZATION**

Name of limited liability company (LLC): Instant Minds L.L.C. Date of filing articles of organization with secretary of state: December 8, 2000. County in which office of LLC is to be located: Albany. The secretary of state has been designated as agent of the LLC upon whom process against it may be served. The post office address to which the secretary of state shall mail a copy of any process against it served upon him or her is: David K. Lee, 21 Dahlgren Place, Brooklyn, New York 11228-3503. Purpose of business of LLC: For profit motives. Latest date upon which LLC is to dissolve is December 18, 2050. Name and address of the registered agent of LLC, who is to be the agent of LLC against whom process against it may be served: David K. Lee, 21 Dahlgren Place, Brooklyn, New York 11228-3503.

(January 24, 2001)

**LEGAL NOTICE**

Notice of formation of limited liability company (LLC). Name: GOTHIC OUTDOOR LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 12/6/00. 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: One Financial Center, Suite 1600, Boston, MA 02111. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE**

Notice of Application for Authority of The Javers Group of Pennsylvania, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 12/11/2000. LLC organized in Pennsylvania (PA) on 7/20/1999. 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

**LEGAL NOTICE**

Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Principal office address of LLC: 341 New Albany Rd., Suite 200, Moorestown, NJ 08057. Copy of Arts. of Org. on file with Secy. of Commonwealth of PA, 308 North Office Bldg., Harrisburg, PA 17105. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE**

Notice of Application for Authority of SMALL BUSINESS ASSETS I LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 12/7/00. LLC organized in Delaware (DE) on 12/4/00. 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 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: c/o Corporation Service Co., 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE**

Notice of Application for authority of CINGULAR WIRELESS LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 12/5/00. LLC organized in Delaware (DE) on 4/24/00. 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 Corporate Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process against it may be served. Principal office address of LLC: 5565 Glenridge Connector, Glenridge Two, Atlanta, GA 30342. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity.

(January 24, 2001)

**LEGAL NOTICE**

Progressive Systems LLC, App. for Auth. filed SSNY 10/2/00. Albany Co., LLC org. in AL 11/6/98. SSNY designated as agt. upon whom process may be served & shall mail copy of proc.: 1933 Hwy 35, Ste. 194, Wall, NJ 07719. Off addr. in AL: 1401 20th Street So., Birmingham, AL 35205. Art. of Org. on file SSAL, POB 5616, Montgomery, AL 36103. Purpose: any lawful purpose.

(January 24, 2001)

**LEGAL NOTICE**

SPEC CONSULTING, LLC

Notice of formation of Spec Consulting, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of New York (the "SSNY") on 12/11/00. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o Joseph S. Burke, 10 Wildwood Court, Clifton Park, New York 12065, the Registered Agent. The purposes of the LLC are to provide engineering consulting services to businesses and individuals, to employ individuals to perform same, to manage daily activities of the company, and to acquire, own, buy, sell, invest in, trade, manage, finance, refinance, exchange, or otherwise dispose of stocks, securities, partnership interests, CDs, mutual funds, and commodities.

(January 24, 2001)

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

STATE OF NEW YORK  
COUNTY OF ALBANY  
VOORHEESVILLE CENTRAL  
SCHOOL DISTRICT PUBLIC  
HEARING

NOTICE IS HEREBY GIVEN that a public hearing will be held on Amendment to Paragraph (a) Subdivision 3 of Section 467 of the Real Property Law in the Large Group Instruction Room in the Music Wing located in the Clayton A. Bouton High School, Route 85A, Voorheesville, New York at 7:15 p.m. on February 5, 2001. This amendment would exempt property owners of Voorheesville Central School District who are at least 65 years of age from taxation on a sliding scale.

NOTICE IS HEREBY GIVEN that a public hearing will be held to grant partial tax exemptions of real property owned by persons with limited income who are disabled in accordance with the provisions of the Real Property Tax Law, Section 459-C of the State of New York in the Large Group Instruction Room in the Music Wing located in the Clayton A. Bouton Jr.-Sr. High School, Route 85A, Voorheesville, New York at 7:15 p.m. on February 5, 2001.

These exemptions are based on a sliding scale as follows:

**ANNUAL INCOME: PERCENTAGE OF ASSESSED VALUATION EXEMPT FROM TAXATION**

\$20,500 or less: 50%  
More than \$20,500 but less than \$21,500: 45%  
\$21,500 or more but less than \$22,500: 40%  
\$22,500 or more but less than \$23,500: 35%  
\$23,500 or more but less than \$24,400: 30%  
\$24,400 or more but less than \$25,300: 25%  
\$25,300 or more but less than \$26,200: 20%  
\$26,200 or more but less than \$27,100: 15%  
\$27,100 or more but less than \$28,000: 10%  
\$28,000 or more but less than \$28,900: 5%

The income tax year immediately preceding the date of application for exemption is the base for annual income.

The present exemption range is nineteen thousand five hundred dollars (\$19,500) to twenty-seven thousand eight hundred ninety-nine and ninety-nine cents (\$27,899.99).

Dated: January 19, 2001

(January 24, 2001)

**LEGAL NOTICE****THIS IS NOT A PERMIT**

New York State Department of Environmental Conservation  
Notice of Complete Application  
Date: January 12, 2001  
Applicant: BETHLEHEM - T  
445 DELAWARE AVE TWN  
HALL  
DELMAR, NY 12054  
Facility: ELM AVENUE PARK  
261 ELM AVENUE  
DELMAR, NY 12054

Application ID: 4-0122-00010/00001

Permit(s) Applied for: 1 - Article 17 Titles 7 & 8 Private/Commercial/Institutional SPDES

Project is located in BETHLEHEM in ALBANY COUNTY

Project Description:

The Department of Environmental Conservation (DEC) has received an application to re-issue the following EPA minor Private/Commercial/Institutional State Pollutant Discharge Elimination System (P/C/I SPDES) permit. DEC has made a tentative determination to re-issue this permit for a five-year period, maintaining the current effluent limitations and monitoring and reporting requirements. This permit involves the surface discharge of 10,000 gallons per

**LEGAL NOTICE**

day of treated sanitary waste to the Philippine Kill Subtrib.

Additional information including the current permit, renewal applications, and supporting documentation may be obtained from or inspected at the NYSDEC central office in Albany. Substantive comments on the permit or requests for hearing or both must be submitted in writing to the contact person.

SPDES Number: NY 008 4948  
State Environmental Quality Review (SEQR) Determination: Project is not subject to SEQR because it is a Type II action.  
SEQR Lead Agency: None Designated.  
State Historic Preservation Act (SHPA) Determination:

The proposed activity is not subject to review in accordance with SHPA. The permit type is exempt or the activity is being reviewed in accordance with federal historic preservation regulations:

**Coastal Management:**

This project is located in a Coastal Management area and is subject to the Waterfront Revitalization and Coastal Resources Act:

**Availability For Public Comment:**

Comments on this project must be submitted in writing to the Contact Person no later than 02/23/2001

**Contact Person:**

DEBORAH J. KNIGHT  
NYSDEC  
50 WOLF ROAD  
ALBANY, NY 12233  
(518)457-2224

Submitted by Kathleen A. Newkirk, Town Clerk, Town of Bethlehem

Dated: January 18, 2001

(January 24, 2001)

**LEGAL NOTICE****TOWN OF BETHLEHEM****NOTICE OF RECEIPT OF TAX ROLL AND WARRANT**

TAKE NOTICE, that I, Nancy Mendick, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. and on Saturday, January 28th from 9:00 a.m. to the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York for the properties assessed upon such roll.

**NO COLLECTION FEE DURING JANUARY**

1% collection fee during February

2% collection fee during March

TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Director of Finance on April 1, 2001.

Dated January 1, 2001  
s/ Nancy Mendick  
Town of Bethlehem  
Receiver of Taxes & Assessments

(January 24, 2001)

**NOTICE FOR PUBLICATION**

Pursuant to New York LLC Law §206(C)

The name of the Limited Liability Company is BUCHAKJIAN REALTY, LLC.

The date of the filing of the Articles of Organization with the Secretary of State was 12/22/2000.

The County in which the office of the LLC is to be located is Albany.

The agent of the LLC upon whom process against it may be served is the Secretary of State, and such shall mail a copy of any process to:

Buchakjian Realty, LLC  
Burke, Casserly & Gable, P.C.  
255 Washington Avenue  
Extension

**LEGAL NOTICE**

Albany, New York 12205

The business purpose of the LLC is to engage in any lawful act or activity for which LLCs may be organized under the LLCL.

(January 24, 2001)

**NOTICE OF FILING OF THE ARTICLES OF ORGANIZATION OF DPR CONSULTANTS, L.L.C.**

Under Section 203 of the New York Limited Liability Company Law

1. The name of this Limited Liability Company is: DPR Consultants, L.L.C.

2. The Articles of Organization of this L.L.C. were filed with the New York Secretary of State on December 29, 2000.

3. There is no date for dissolution of this L.L.C.

4. This L.L.C. shall have its principal place of business in the County of Albany, State of New York.

5. The Secretary of State is designated as agent of this L.L.C. upon whom process against it may be served. The Secretary of State shall mail a copy of any process served against this L.L.C. to DPR Consultants, L.L.C. c/o The Rutnik Law Firm, 112 State Street, Suite 1320, Albany, New York 12207.

6. The character or purpose of the business of this L.L.C. is to engage in any lawful act or activity.

(January 24, 2001)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

NAME: BEST PALLET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/10/00. 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, 26 Railroad Avenue, Albany, New York 12205. Purpose: For any lawful purpose.

(January 24, 2001)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is SOPRA MUSICAL ENTERPRISE, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 10, 2001. 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 143 Melrose Avenue, Albany, New York 12203.

(January 24, 2001)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is CANDLEWOOD REALTY HOLDING CO., LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 25, 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 200 Truax Lane, Guilderland, New York 12084.

(January 24, 2001)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is

**LEGAL NOTICE**

CANDLEWOOD ASSISTED LIVING FACILITY, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 25, 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 200 Truax Lane, Guilderland, New York 12084.

(January 24, 2001)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

NAME: LDR GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/00. 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, 300 East 40th Street, Suite 10-P, New York, New York 10016. Purpose: For any lawful purpose.

(January 24, 2001)

**NOTICE OF FORMATION OF LLP**

Mesick-Cohen-Wilson-Baker-Architects, LLP, filed a Certificate of Registration with the New York Secretary of State on April 3, 1995. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Mesick-Cohen-Wilson-Baker-Architects, LLP, 3 City Square, 5th Floor, 324 Broadway, Albany, New York 12207. Its business is to engage in any lawful activity for which limited liability partnerships may be organized under Section 121-1500 of the New York Partnership Law.

(January 24, 2001)

**NOTICE OF FORMATION OF WHOGARA ENTERPRISES, L.L.C.**

Under Section 206 of the Limited Liability Company Law

First, the name of the limited liability company is Whogara Enterprises, L.L.C.

Second, the articles of organization were filed with the New York Department of State on November 17, 2000.

Third, the County in which the limited liability company is located is Albany, New York.

Fourth, the Secretary of State of the State of New York has been designated as agent of the limited liability company upon whom process against it may be served. The principal address of the limited liability company is 60 Union Avenue, Delmar, New York 12054.

Fifth, the purpose of the company is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law.

(January 24, 2001)

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is SOUTH FAMILY, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 12, 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 30 Corporate Circle, Albany, New York 12203.

(January 24, 2001)



## LEGAL NOTICE

THIRD: The county within New York in which the office of the Company is to be located is Albany.

**FOURTH:** The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is:

125 Wolf Road  
Albany, NY 12205

**FIFTH:** The latest date on which the Company is to dissolve is based solely on events of dissolution set forth in the New York Limited Liability Company Law (the "Law").

**SIXTH:** The purpose of the business of the Company is to engage in any lawful acts or activities for which limited liability companies may be formed under the Law.

(January 24, 2001)

## PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is SCREEN GEMS, LLC (hereinafter referred to as the "Company").

SECOND: The Articles of Organization of the Company were filed with the Secretary of State on November 7, 2000.

THIRD: The county within New York in which the office of the Company is to be located is Albany.

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is:

FIFTH: The latest date on which the Company is to dissolve is based solely on events of dissolution set forth in the New York Limited Liability Company Law (the "Law").

**PUBLICATION NOTICE OF  
ORGANIZATION OF LIMITED  
LIABILITY COMPANY**

FIRST: The name of the Limited Liability Company is OXFORD FUNDING, LLC (hereinafter referred to as the "Company").

SECOND: The Articles of Organization of the Company were filed with the Secretary of State on October 31, 2000.

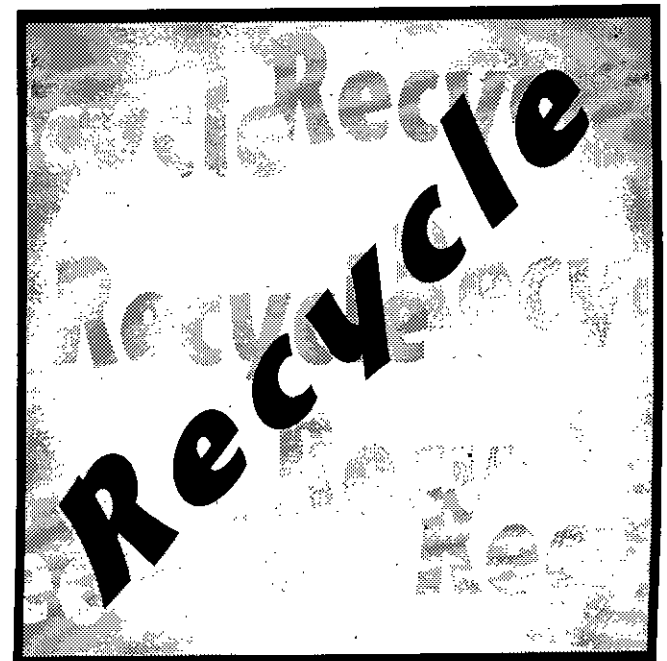
were filed with the Secretary of State on October 31, 2000.



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**NOTICE OF PUBLICATION**  
AA&CC LLC was filed with SSNY on 12/26/00. Office: Alban County. SSNY designated a agent of LLC whom proces against may be served. The P.C address which SSNY shall ma

**NOTICE OF PUBLICATION**  
CARAWAY SERVICES LLC was  
filed with SSNY on 12/12/99.  
Office: Albany County. SSNY  
designated as agent of LLC whose  
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



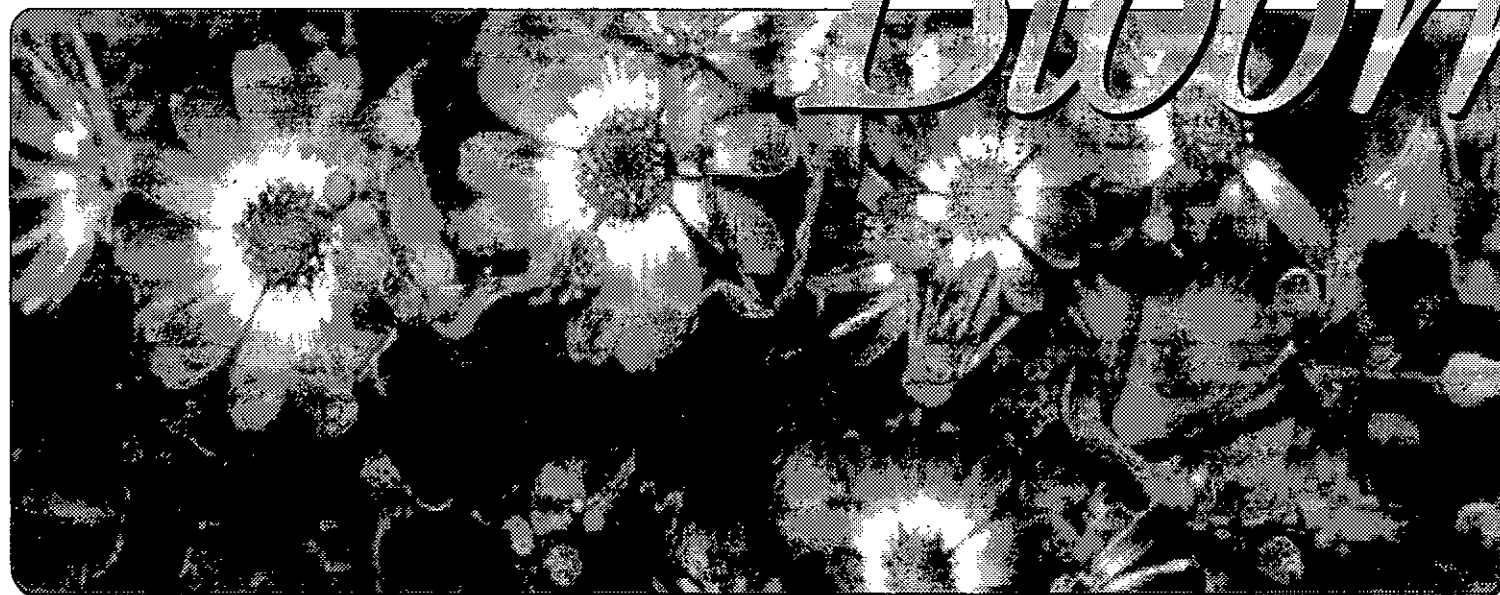
# At Your SERVICE

a guide to services for your home

<b>AT YOUR SERVICE</b> <b>Snowplowing</b> Northeastern Service Co. Delmar, NY <b>439-7866</b>	<b>CONTRACTORS</b>  (518) 767-0625 Chuck <b>WILKE CONSTRUCTION</b> Decks, Siding, Replacement Windows, Renovation and Additions <i>"No Job Too Small Or Big" • Fully Insured</i>	<b>HOME IMPROVEMENT</b> <b>J.V. CONSTRUCTION</b> <ul style="list-style-type: none"> <li>• Roofing</li> <li>• Siding</li> <li>• Replacement Windows</li> <li>• Basement Waterproofing</li> <li>• Kitchens &amp; Baths</li> <li>• Gutter Systems</li> <li>• Sheds &amp; Barns</li> <li>• Garages &amp; Additions</li> </ul>  <b>20 Years Experience</b> <b>861-6763</b> <b>FREE ESTIMATES</b>	<b>HOME REPAIR</b> <b>HASKELL'S HANDYMAN SERVICE</b> <i>"No Job Too Small"</i> Don Haskell 439-4017 <b>FULLY INSURED</b> Painting • Carpentry • Remodeling General Maintenance and Repairs	<b>PAINTING</b> <b>VOGEL</b> Painting Contractor Free Estimates • RESIDENTIAL SPECIALIST • WALLPAPER APPLIED Interior — Exterior <b>INSURED</b> <b>439-7922</b>	<b>SNOWPLOWING</b> <b>Snowplowing</b> <i>Reasonable Rates</i> <i>Free Estimates</i> <b>768-8170</b>
<b>APPLIANCE REPAIR</b> Joseph T. Hogan Appliance & Electric Service <b>756-9670</b>	<b>FIREWOOD</b> 426- <b>WOOD</b> (9663)  <ul style="list-style-type: none"> <li>• DRY-SEASONED</li> <li>• STACKING</li> <li>• \$75 FACE - BUY 3, SAVE \$50</li> </ul> <b>FREE DELIVERY</b>	<b>- JH Builders -</b> <i>Serving Your Remodeling Needs</i> Kitchens • Baths • Ceramic Tiles Family Rooms • Basements Fully Insured • 25 Years Experience Call Joe for consultation <b>237-5420 or 522-6584 cell</b>	<b>JEWELRY</b> <b>JEWELRY APPRAISALS</b> 30 years experience Reasonable Rates David Smith, graduate gemologist <b>439-1776</b>	<b>A.T.'S CUSTOM CONTRACTING</b> Residential & Commercial Painting & Remodeling  <ul style="list-style-type: none"> <li>• Free Estimates • Fully Insured</li> <li>• Specializing in Exterior Repaint</li> <li>• Interior Specialists</li> </ul> Adam Taber 767-0424	<b>SNOWPLOWING</b> <b>SALTING &amp; SANDING</b> <b>24 Hour Service</b> Contract or Per Plow <b>439-5855 Ask for Paul</b>
<b>BATHROOMS</b> <b>OLD DIRTY GROUT?</b> <i>Re-grout it to look like new!</i> <b>Bathroom Restorations</b> SPARKLIN' JOHN • 591-0059 • Colonie	ADVERTISE IN THE Spotlight Newspapers Service Directory	<b>FREE Estimates</b> Insured <b>BILL STANNARD</b> CONTRACTORS • 768-2893 RD. 1 Delmar, N.Y. 12054 Masonry and Carpentry New and Repairs Concrete • Block • Brick • Stone Roofing • Decks • Garages etc.	<b>MUSIC</b> <b>Guitar Music</b> <i>by Tom Abbott</i> Compliment your wedding reception, luncheon, anniversary or party. <i>Easy listening, light jazz &amp; Latin</i> <i>repertoire. Vocals also offered.</i> *INSTRUCTION AVAILABLE ON GUITAR & BASS Call <b>237-8360</b>	<b>PLUMBING</b> <b>WMD Plumbing</b>  Michael Dempf <b>475-0475</b>	<b>TREE SERVICES</b> <b>Outdoor Professionals</b> Tree & Stump Removal, Trimming, Land/Brush Clearing <b>FREE Estimates • Insured</b> Gutter Cleaning <b>295-8985</b> Quality work at an affordable price.
<b>CLEANING</b> <i>Sweep it clean with</i> <b>CLEAN SWEEP</b> Fully Insured Bonded • References <b>433-0417</b> Commercial / Residential	<b>HOME IMPROVEMENT</b>  <b>VIKING</b> <b>HOME REPAIR &amp; MAINTENANCE, LTD.</b> <ul style="list-style-type: none"> <li>• Minor Repairs • Painting</li> <li>• Wall Repairs • Masonry • Carpentry</li> <li>• Gutter Cleaning • Electrical</li> </ul> No Job Too Small <b>439-6863</b> <b>FREE ESTIMATES • FULLY INSURED</b>	<b>Robert B. Miller &amp; Sons</b> <b>General Contractors, Inc.</b> For the best workmanship in bathrooms, kitchens, porches, additions, painting, decks, ceramic tile work or papering at reasonable prices call <b>R. B. Miller &amp; Sons</b> 25 Years Experience <b>439-2990</b>	ADVERTISE IN THE Spotlight Newspapers Service Directory <b>Call Us!</b> <b>439-4940</b>	<b>ROOFING</b> <b>GRADY ROOFING</b> For All Your Roofing Needs <b>439-1515</b> Kevin Grady <i>Free Estimates Fully Insured</i>	<b>TREE SERVICES</b> <b>HASLAM TREE SERVICE</b> Complete Tree Removal Call Now for Winter Rates <b>FREE Estimates Jim Haslam</b> Fully Insured Owner <b>439-9702</b>
<b>CONTRACTORS</b> <b>D.P. ESTEY CONSTRUCTION &amp; REMODELING</b> All types of Interior & Exterior Carpentry, Home Improvements & General Contracting Insured-Professional Reasonable-Experienced Don Estey (518) 465-7642 Glenmont.	<b>MISTER FIX-ALL</b> All Types of Repairs Specializing in the Bethlehem Area Senior Citizens Discounts Dependable & Reasonable 30 Years Experience • Free Estimates <b>439-9589</b>	<b>Stephen E. Cofels</b>  Carpentry Remodeling Kitchens & Bathrooms Painting Masonry Ceramic Tile No Job Too Small <b>478-0284</b> Fully Insured	<b>PAINTING</b> <b>W. H. ROTHER</b> Painting & Decorating Custom Staining & Refinishing • Free Estimates • References • Insured Phone: 381-6618 Cell: 364-2007	<b>WEIGHT LOSS</b> <b>LOSE up to 30 lbs.</b> <b>30 Day Guarantee</b> why <b>WEIGHT</b> 464-9584 Offer #153	

# Let Your Business

# BLOOM



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 Niskayuna Journal • Rotterdam Journal • Scotia Glenville Journal • Clifton Park Spotlight*



# Spotlight CLASSIFIEDS

## ADOPTION

**ADOPT:** A caring, loving, financially secure couple will love and cherish your newborn. Expenses paid. Carol & Kevin 1-800-933-1975.

**ADOPTION:** A loving couple promises lots of love, fun, a happy childhood, wonderful future for your baby. Legal/ confidential. Judy/ Chuck 800-219-4185 access code 00.

## ADULT CARE SERVICE

**DAYHAVEN:** For disabled older adults; day services, respite, alzheimer's specialty, 346-1852.

## ANTIQUES

**HITCHING POST,** Antique, Horse head with double rings. Asking \$1000. Call 475-9420 Leave message.

**IRON CEMETERY BENCH,** "Broken Twig" design, Antique. Asking \$1000. Call 475-9420.

## BUSINESS OPPORTUNITIES

**LOCAL CASH CANDY ROUTE,** Includes Ten 3-tier Vending Machines. Excellent Cash Flow. \$2,500. 382-9387.

**FED-EX GROUND ROUTE** For Sale. Fastest Growing Company in the Small Package Industry. Great Earnings and Growing Potential. Serious Inquiries. 758-6237 Evenings.

**ALL CASH CANDY ROUTE.** Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. 800-998-VEND.

**CUBAN CIGAR ROUTE.** Manufacturer needs local distributor. No selling. 20 locations. Income to \$5K weekly. Free CD + samples. 800-606-3729 Minimum investment \$5K.

**PRE-SECURED ROUTES** Features Machines which vend HERSHEY'S candy! Limited areas available! Min. invest. under, \$5k. Potential earnings over \$95k one yr. 1-888-745-5552 24 hrs.

**SUBWAY - Ranked #1** by Entrepreneur Magazine. Low start-up cost. Excellent training program. Locations available in your area. Call 1-800-888-4848 This offer by prospectus only.

Worldwide Telecom II, the exclusive, authorized distributor of Verizon's New York prepaid phonecard has sub-distributor opening available in area. Minimum investment \$1000. Toll Free 1-877-351-2299.

## BUSINESS SERVICES

**Recycle Toner Cartridges** and Save! Cartridges from \$45.00, including pickup and delivery. Guaranteed. Discounted toner for copiers available. We buy empties. 800-676-0749, www.nationaltoner.com.

## CHILD CARE NEEDED

**BABYSITTER WANTED** At My Home, For 4 year-old and 16 month-old. Weekdays only, thru June 24 (star of summer vacation), 8:30AM-3:00PM. Call evenings 768-2344, Leave message. Feura Bush.

**CARING RELIABLE PERSON** to babysit infant in our Delmar home or yours. 478-0523.

**THREE SCHOOL-AGE CHILDREN,** After School & Evenings in our Guilderland home. Own transportation, \$8/hr+. Call 630-0107 with references.

## CHILDCARE SERVICES

**CHILDCARE OPENINGS** For Part-time, Reasonable Rates, Snacks/Lunch Included. 786-9862.

**NEED BABYSITTING?** GRANDMA NEEDS A BABY OR BABIES TO SIT WITH IN GLENMONT AREA. MY HOME OR YOURS. 434-8007.

## CLEANING SERVICES

**CLEANING-** residential/ small business/industrial. Free estimates. References. Call Rose 439-0350.

**CLEAN SWEEP,** Fully Insured, Bonded, Residential and Commercial. 433-0417.

**CORNERSTONE CLEANING:** Professional, reliable. Free estimates. References. Call 439-0121.

**M & E CLEANING SERVICES:** Residential, small commercial. Many references, 465-3099.

**WILL DO HOUSE CLEANING:** Excellent References, \$12 per hour, 377-2332.

## EDUCATION

**EARN YOUR COLLEGE DEGREE QUICKLY.** Bachelors, Masters, Doctorate, by correspondence based upon prior education, life experience, and short study course. For free information, catalog, call: Cambridge State University (800)964-8316.

## EQUIPMENT FOR SALE

**SAWMILL \$3795.** NEW SUPER LUMBERMATE 2000. Large capacities, more options. Manufacturer of sawmills, edgers and skidders. Norwood Sawmills, 252 Sonwil Drive, Buffalo, NY 14225. 1-800-578-1363.

## FINANCIAL

We buy mortgage notes for cash. Free quotes and consultations. Call (518)377-5487.

**PURCHASE OR REFINANCE THE "MORTGAGE PROFESSIONALS"** Buy a home, consolidate debt, home improvement, cash for any need. Best products, rates and service! Free approvals and consultation! Northern Star Funding 1-888-253-5626. www.northernstarfunding.com NY License #LMBC06272

## FIREWOOD

**DRY-SEASONED HARDWOOD:** \$75 Face, Buy 3, Save \$50. Call 426-WOOD (426-9663). Free Delivery.

**FIREWOOD: \$60 FACE CORD** DELIVERED. CALL 768-8288 EVENINGS.

**SEASONED OAK,** All Oak Firewood, Face Cords \$75.00, Full Cords \$160.00. Jim Haslam. 439-9702.

**SEASONED FIREWOOD:** Mixed hardwood, \$100 face cord, delivered; stacking extra. Call 756-6902 or 365-7334.

## FOUND

**WHITE CAT,** Female, Gray head and tail, Delaware Turnpike, Unionville. 439-7308.

## FURNITURE REPAIR

**FURNITURE REPAIR/ REFINISHING:** Touch-up, 25 years experience. Free estimates, free pickup and delivery. Kingsley Greene, 756-3764, evenings, weekends.

## HANDYMAN

**BEST BET HANDYMAN,** Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

## HEALTH & DIET

**AMAZING METABOLIC BREAKTHROUGH!** Lose Weight Today. I lost 40 lbs in 2 months. Call 1-888-373-6317.

**MEDICARE NEBULIZER/DIABETIC PATIENTS!** Stop paying cash for Albuterol, Atrovent, etc. Medicare pays for them. We bill Medicare and deliver to you. MED-A-SAVE 1-800-538-9849 ext. 180.

## HORSEBACK RIDING

Florida not in your Plans for this February break? Come join us at Walden Farms Ultimate Winter Equine Experience, February 19-23. One week of everything to do

with horses including feeding, grooming, riding, sleighing, and perhaps skijoring. Winter is the best time to ride at Walden Farms. Special Winter Discounts going on now. 439-2506.

## LINOLEUM FLOOR REFINISHING

**LINOLEUM FLOOR REFINISHING:** DOUG'S STRIP AND WAX. I will make your kitchen floor look new again, guaranteed. Specializing in no-wax and linoleum floors, 20 years experience, but new to your area. Call for estimate. You'll be glad you did. Doug. 370-2631.

## MISCELLANEOUS FOR SALE

**VENDING/SNACK MACHINE,** Excellent Condition, Bottom Storage, Model #CS12, \$300., Holds 125 Items. Call 373-0031.

**WASHER & DRYER (Gas),** \$125 each Installed, or \$100 each Cash & Carry. SNOWBLOWER, 5 HP, Self-propelled, Single stage, Gilson, 60 Day Warranty, \$150.00 475-1500.

**STORE FIXTURE/EQUIPMENT.** Liquidation: 1000's of items! Garment racks, showcases, display shelving, shopping carts, snack bar & pos equip, more! Everything goes cheap. Make offers at 53 Bradlees locations: PA-NJ-NY-NH-ME. Details/ complete list: (800)613-6865. www.nrel.com 10% buyers premium.

**WOLFF TANNING BEDSTAN AT HOME.** Buy Direct and Save! Commercial/Home units from \$199.00. Low monthly payments. Free color catalog. Call Today 1-800-842-1310. www.np.etstan.com

## MUSIC

**STRING INSTRUMENT REPAIR:** Bowrehairing, instruments bought and sold, 439-6757.

## MUSIC LESSONS

**GUITAR LESSONS,** guitarist available for private instruction, 20+ years experience. Bass lessons also available. 372-5077.

**PIANO LESSONS,** Now enrolling for private lessons, spring semester. Audrey Langlitz, Slingerlands. 591-0221.

## PAINTING

**WANT TO CHANGE** the colors of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering etc.. Call today for free estimates and prompt, professional service. Bruce Hughes, 767-3634.

## PIANO TUNING & REPAIR

**PROFESSIONAL PIANO** tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

## POSITION WANTED

**PIANIST,** Seeking Church Position, Formerly at Unity Church in Albany 13 years. Also available for Dinner music, Chamber music, accompanist. Ann Roberts 765-4189.

## REMODELING

**REMODELING, RELIABLE REPAIRS & REMODELING.** The results you want at the right price. 372-1173 message.

## WANTED

**ESTATE CLEANOUTS,** Sales Conducted in Homes, Our Specialty. WANTED: Garage Sale Items, Antiques and Collectibles. Call 518-747-0197.

**ABSOLUTE BEST** prices for old costume jewelry and real jewelry, antiques of all types and contents of estates. Call ROSE, 233-1195.

**BUYING:** All old costume and better jewelry. Call 439-6129.

**FORMY COLLECTION:** Old fishing lures. Cash paid. Mike 370-8796.

**ROOMMATE WANTED,** Share a 3 Bedroom Apartment, Washer/Dryer, Watervliet/Port Schuyler Area. 274-6989.

# Classified INFORMATION



## Office Hours • Deadline

8:30 AM - 5 PM Monday-Friday  
Deadline: Friday at noon



## Mail Address • In Person

Spotlight Newspapers  
P.O. Box 100 125 Adams St.  
Delmar, NY 12054 Delmar



## Phone • Fax

(518) 439-4940  
(518) 439-3639 Fax



## Readership

8 Newspapers  
93,500 Readers

## Classified Ads Appear In All Eight Papers

### In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

### In Schenectady County

Niskayuna Journal • Scotia-Glenville Journal • Rotterdam Journal

### In Saratoga County

Clifton Park Spotlight

## Classified Rates

**Private Party Classifieds - Line Ads - Eight paper combo \$10** for 10 words 30 cents for each additional word.

**Commercial Classifieds - Line Ads - Eight paper combo - \$13.50** for 10 words 30 cents for each additional word. Multiple insertion discounts available. Please call for information.

**Display Classifieds - Several combination rates are available - please call for information.**

**Business Directory - Several combination rates are available - please call for information.**

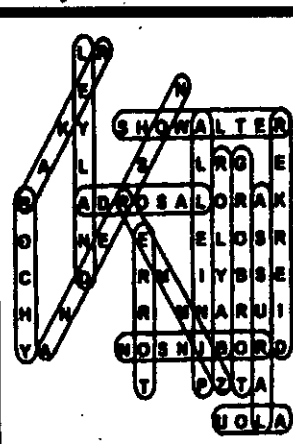
*Ads will appear in all eight newspapers, as well as on the internet for the number of weeks requested*

## Order Form

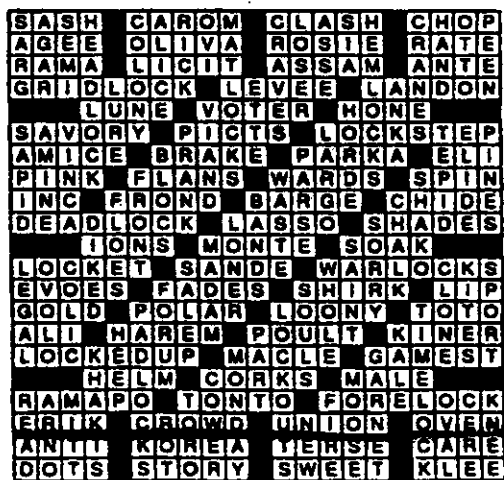
Name: _____	
Address: _____	
City: _____	State: _____ Zip: _____
Home Phone: _____ Work Phone: _____	
Amount Enclosed _____	Number of Weeks _____
MasterCard or Visa# _____	
Expiration date: _____	Signature: _____

1 word per line • 4 line minimum

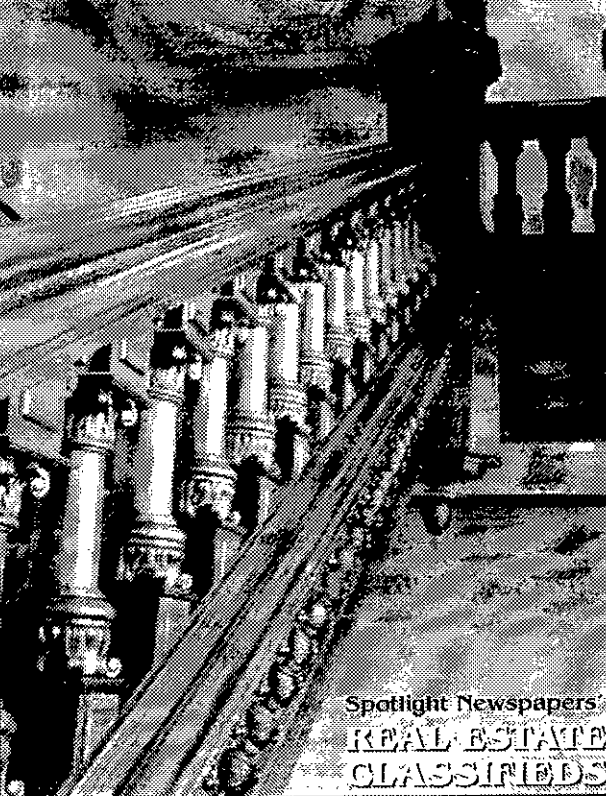
## Magic Maze Answers



## Super Crossword Answers



## Beautiful Things Await You!



Spotlight Newspapers  
REAL ESTATE  
CLASSIFIEDS



# Spotlight on EMPLOYMENT

## HELP WANTED

**ADMINISTRATIVE ASSISTANT**, Part-time, The Village of Colonie is seeking an Administrative Assistant to work in the Youth/Recreation Department. Duties to include; assistance with publicity and scheduled events along with oversight of pavilion scheduling and miscellaneous

clerical work. Hours must be flexible, 15-20 per week, \$7.50/hour. Please send resume to Village Hall, 2 Thunder Road, Albany, New York 12205.

**Albany ARC DRIVER:** We are seeking an experienced driver to join our transportation group. Our van drivers transport adults with developmental disabilities to and from our day treatment program.

## Atria Assisted Living Community

Is recruiting for the following positions FT, PT and per diem:

**Personal Care Aides, HHA's, CNA's  
Dishwashers/Kitchen Aides  
Waiters, Waitresses  
Maintenance/Housekeeping**

Please apply in person, or send resume to:  
Executive Director, 140 Washington Ave. Ext., Albany, 12203  
Or fax to 869-0269

- Top Wages and Benefits • Free Meals
- Central Location on bus line
- Performance Bonuses • Attendance Bonuses
- Growth Opportunities • Solid Job Security
- Flexible Schedules

## GROUNDKEEPER SUPERVISOR CROSSGATES MALL

Full time year round Groundskeeper and light maintenance for the largest mall in the Capital Region. Must be at least 18 years old with a valid NYS driver's license. Must have working knowledge of gas power equipment and snow removal equipment. Must have a minimum of 2 years supervisory experience. Requires ability to maintain flexible schedule including weekends and holidays. We offer competitive wages and good benefits.



Apply: Crossgates Mall Office,  
M-F 9am-5pm. E.O.E.

## INTERIOR JANITORIAL SUPERVISOR CROSSGATES MALL

This individual will supervise and coordinate the activities of all interior Janitorial personnel assigned to the 1st and 2nd shift. Responsibilities include but are not limited to maintaining supplies and equipment, training department employees, administrative duties and customer service. Experience required. Excellent Benefits.



Apply: Crossgates Mall Office,  
M-F 9am-5pm. E.O.E.

## STAFFING BY PRIORITY INC.

Nursing Agency

Pick your own hours - Flexible schedules

We are looking for enthusiastic and motivated healthcare providers for the following positions:

**RNs \$18 - \$21.50 hr**  
**LPNs \$14 - \$16.50 hr**  
**CNAs \$10 - \$12.50 hr**

Ask about the additional \$ we pay for differentials and transportation.

### NURSES NEEDED!

for

Guiderland • Schenectady • Niskayuna  
Troy • East Greenbush

Call 374-6033 for an appointment

EOE

CDL preferred. Hours are 7:00-9:00 a.m. and 3:00-5:00 p.m., Monday-Friday, (20 hours/week). We offer full benefits, a competitive salary, and a friendly team environment. Apply to: Transportation Coordinator, Albany ARC, 334 Krumkill Road, Slingerlands, NY 12159, (518)-459-0750. www.albanyarc.com Equal Opportunity Employer.

**ATTENTION: WORK AT HOME.** Full training free booklet, www.desiredream.com (800)431-8240.

**ATTN: Work From Home.** \$25-\$75 PT/FT. Free Booklet. 1-800-482-5653. www.lovebeinghome.com

**BOOTH RENTER** Wanted: Hair Stylist, Nail Technician or Skin Care Specialist, First 2 Weeks FREE. Great Location, Very busy shop, turning people away. Ask for Linda or Joanne. 455-8737.

**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.

**CHILDCARE:** Do you enjoy working with children? Before school program staff needed 7:15-9:15 a.m., 3:00-6:00 p.m. also available. \$6.50/hr. plus benefits, Call for Appl. 439-9300.

**CLEANERS (PART-TIME),** Environmental Service Systems, Inc. has part-time openings in the Guiderland, Colonie, Delmar and Glenmont areas. Positions are from 6PM-10PM, Mon-Fri. Duties include sweep/mop floors, trash removal, restroom cleaning, etc. Transportation required. Interested candidates call (518)438-8059 or (800)805-6599 or apply in person at 85 Watervliet Avenue, in Albany, N.Y.

**COMPUTER SPECIALIST:** Busy suburban Library needs all-around computer specialist to maintain

LAN, install and maintain current PCs, install software, vendor contact, software/hardware training, give oral presentations, produce administrative reports & maintain web site. Requires excellent oral and written communication skills; strong organizational skills; ability to keep to a schedule; flexibility; ability to work in a dynamic environment; knowledge of popular microcomputer applications including Windows NT; and an ability to train and work well with people with a wide range of skills, education and experience. Bachelor's Degree in Comp. Sci., IT, info. resource management, micro, technology or related field and one year experience in operation & maintenance of microcomputers or Associate's Degree and three years experience. \$40,000 yearly with benefits. Flexible schedule 35-40 hours per week, on call hours occasionally necessary. Resume, proof of degree & 3 references by January 31, 2001 to: Director, Guiderland Public Library, 2228 Western Ave., Guiderland, NY 12084.

**CURVES FOR WOMEN,** Glenmont, is accepting applications for a part-time employee. Hours 7:30AM-12:00Noon, or 3:30PM-8:00PM, Mon.-Fri. People-oriented person should have an interest in health and fitness. No experience necessary. Please call 427-0725.

**DEMONSTRATORS (Non-food)** Needed for Albany and Colonie Wholesale Clubs. No Experience Necessary. 1-888-274-3210.

**DENTAL RECEPTIONIST/ASSISTANT** Needed for dental office, full or part-time. Must be familiar with computer. Will train right

**First Teachers FCU** seeks individuals with outstanding customer service skills. We offer competitive compensation, excellent benefits that include medical, life insurance, 401k, and more!

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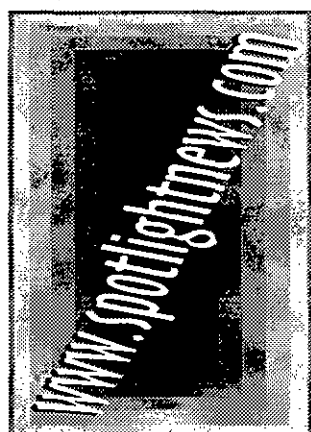
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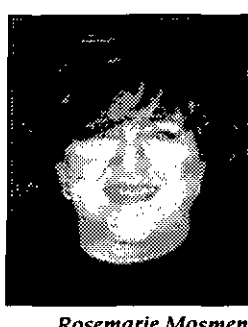
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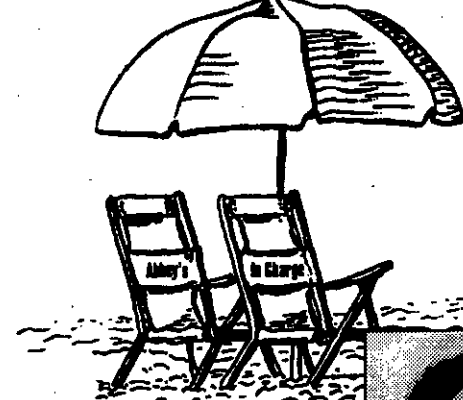
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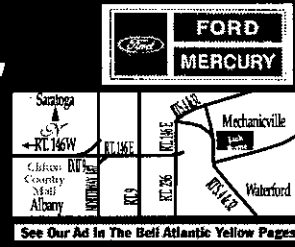
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Spotlight on **AUTOMOTIVE**

# Never Too Young To Attend "Car Class"

"Where did you learn that?" This question pops up frequently in households with young children. Kids tend pick up on what's happening around them. That's why the Car Care Council's Women's Board is urging parents to use travel time to teach their children about cars and driving.

"As a mother of a kindergartener and first grader, I spend an average of 7 hours a week in the car with my kids. Lots of parents I know spend twice that," says Donna Wagner, director of the Women's Board. "Recently it occurred to me that most of our car time is not very productive."

That's when Wagner decided to teach her little ones about the automobile that she sometimes feels is their second home. Because the boys were fascinated with gauges, the instrument panel was the natural starting place.

"I explained the speedometer and the importance of speed limits," says Wagner. "Since then, they've been very vocal if I go too fast. They know how to check a speed limit sign against the speedometer."

That's another important benefit of using the car as a classroom, says the Women's

Board. Children learn or enhance skills like math and science.

"As soon as we get in the car, the boys write down the odometer reading. At our destination I do the subtraction with them, and they see how many miles we traveled. When they get a little older, I'm going to teach them how to check their miles-per-gallon."

Wagner also explained to her sons why the engine temperature gauge rose to normal when the engine was warmed up. The boys learned that if the needle moved too far to the right the engine was running hot. She also showed them the check engine light, the engine oil pressure and battery charge lights. The class wouldn't be complete without discussing the fuel gauge. Having a little one who can remind a harried parent that it's time to stop for gas can be a big plus.

Like other children's activities, car class is more fun when it's made into a game. Wagner lets the youngster who correctly answers her "car quizzes" listen to his favorite tape or CD. Of course, before she could teach car class, she had to educate herself.

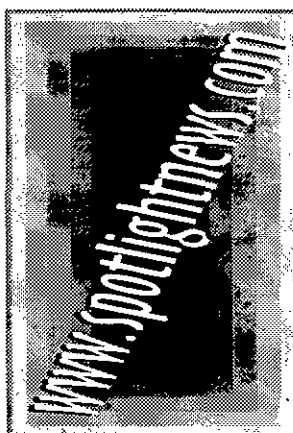
"I am fairly knowledgeable, but I re-read my owner's

manual as a refresher. You can't explain it to your kids until you're familiar with it."

According to the Women's Board, car classes teach life skills, and you can start class as soon as your child is old enough to converse. Like getting into the habit of fastening their seat belts, these kids are likely to be tuned into their cars forever.

Of course, the instrument panel just scratches the surface of what can be taught. From tires to headlights to brakes, travel time is the perfect time to fill those little heads full of something they can use.

For more information on automotive maintenance, visit the Council's web site at [www.carcarecouncil.org](http://www.carcarecouncil.org).



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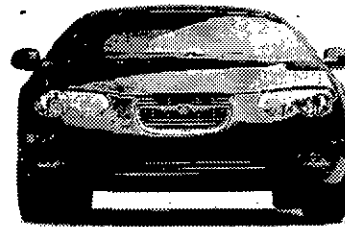
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## Bruno

(From Page 1)

also notified the Bethlehem Industrial Development Agency (IDA) of its intent to seek a so-called PILOT, or payment in lieu of taxes — a financing agreement with the agency to ease its tax burden on the new property.

"We are preparing a PILOT application," said company president Bob Bruno, and we're waiting to see what they can do for us."

He hopes to obtain a PILOT agreement to gradually phase in a full assessment of the property over 15 years. But even as he awaits a resolution of the tax incentive package, Bruno said his firm will not wait to get his new plant under construction.

Bruno Machinery has inked an agreement with Zandri Construction of Albany to build the \$5 million, 80,000-square-foot facility, and he said he expects to seek a building permit soon.

The project will not require planning board review, he said, and once the permit is approved

by the town building department, he hopes to have construction under way this spring.

As for a specific start date, "I want to leave that up to God and the weather, but I want to have some kind of a groundbreaking ceremony toward the end of March or maybe April 1," he said. "I want to be in the new building by September of this year."

His eagerness to get the ball rolling stems from a desire to expand the company's core business, supplying die-cut presses for the automotive industry. The decision to build a new production plant and move the firm's 75 employees to Glenmont, he said, stems from the limitations of the current production facility in Troy.

The mechanical presses Bruno produces, used in industries from industrial plastics to home products by customers including Hasbro, Mohawk Carpet and Lear Industries, range in size up to 3,000 tons.

But roughly 65 percent of its customers are auto makers.

including Ford and Daimler-Benz, needing large die-cut presses for making molded interior trim parts. Expansion of that business would require more ceiling space in the plant to support the cranes necessary to move the finished units off the production floor.

The current plant is able to produce 35 finished units a year, with annual sales of about \$12 million, but "our goal is to do 45 to 50 units a year," Bruno said.

He also expected that his work force would expand immediately by at least a half dozen workers upon opening the new facility.

As for the PILOT agreement, IDA chairman Michael Tucker confirmed last week that the agency's counsel is in contact with Bruno officials regarding its as yet unsubmitted application.

"We understand they're finalizing their proposal with various lenders and they're not yet ready to move forward," he said.

## Sr. Smollin to speak at St. Thomas School

The PTO at St. Thomas the Apostle School at 42 Adams Place in Delmar is hosting a free lecture by Sister Anne Bryan Smollin on Wednesday, Feb. 7, from 7:30 to 8:30 p.m.

Smollin is a lecturer and consultant in communication skills, and is executive director of Counseling for Laity for the Roman Catholic Diocese of Albany.

Her topic will be "Parenting for Fun." To attend, call the school at 439-5573.

## Library program on Internet links

Bethlehem Public Library will be offering the chance to explore Internet links in "Accessing Electronic Resources," on Tuesday, Feb. 13, at 1:30 p.m.

The program will demonstrate access from the library's homepage to magazine and newspaper databases, area library catalogs, online phone books and other useful sites.

The library will also demonstrate how to use a home computer to request library materials on Thursday, Feb. 1, at 9:30 a.m.

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

# Four hospitalized following accidents

By JOSEPH A. PHILLIPS

Weather-related road conditions appear to have been contributing factors in two accidents on busy local roads last week that left four individuals hospitalized.

A serious two-car accident on Tuesday, Jan. 16, on Route 85A in the village of Voorheesville involved two Westerlo women — one of them likely to face traffic charges.

The accident took place near the intersection with Crow Ridge Road at about 4:23 p.m.

According to Capt. Jeffrey Meyers, supervisor of the Voorheesville substation of the Albany County Sheriff's Department, who witnessed the accident in traffic while on his way home from the midday shift, a Ford Bronco driven by 18-year-old Shannon Peck apparently drifted out of the eastbound lane on a curve in the icy road and collided head-on with a westbound Chevrolet Impala, driven by 20-year-old Erica Bader.

Peck "was going toward the (Voorheesville) elementary school, eastbound on 85A, apparently at a high rate of speed," Meyers said. "It's not a sharp curve, but it's deceptive."

Both drivers suffered head and facial injuries and leg trauma, and Bader was pinned in her vehicle, requiring heavy rescue equipment from the Slingerlands Fire Co. to extract her.

She was transported to Albany Medical Center by the hospital's Medflight helicopter rescue service for treatment of severe fractures to both upper and lower extremities, and admitted in serious condition.

Peck was also taken to Albany Medical Center by Voorheesville Ambulance. Both were released the next day.

Also responding at the scene of the accident were Albany County sheriff's deputies and paramedic units, as well as units from the Voorheesville, New Salem and Oneschaw fire companies, Meyers said.

For a time the accident blocked both lanes of 85A, a key commuter route through Voorheesville, at rush hour.

"It is pretty heavily traveled,

but we didn't have any trouble with traffic control once fire police were on the scene," Meyers said. "Commuters were very cooperative."

Deputy Shawn Spring of the Sheriff's Department is investigating the accident. Initial reports indicated that alcohol did not appear to be a factor.

But based on various eyewitness accounts, Meyers said, Peck is likely to be ticketed for imprudent speed for the existing driving conditions and "more than likely is going to be charged for failure to keep right."

Windblown, drifting snow is believed to have contributed to a second accident that took place on Sunday, Jan. 21, on Route 9W south of Route 32 in Selkirk.

State Police from the Feura Bush substation responded shortly before 3 p.m. to a report of a three-car accident there.

According to the report filed by Trooper Kevin Grogan, a southbound vehicle driven by Akiko Fukami, 25, of Oakbrook Manor, Ravena, crossed into the northbound lane after Fukami lost control on the snowy road.

She struck a vehicle driven by Kelly Hart, 32, of 8 Norge Road, Delmar, and spun into the path of a third driven by 20-year-old Julie Mazzaferro of Peel Street, Selkirk.

Both Fukami and Hart suffered leg and chest injuries in the accident, and were transported to Albany Medical Center by Bethlehem Ambulance.

They were reported in fair condition Sunday night.

Mazzaferro was not seriously injured in the accident.

A passenger in Fukami's vehicle, 23-year-old Leonard McGeary Jr., also of Oakbrook Manor, was also taken to Albany Medical Center by private vehicle and later released.

## Book program set at town hall

Bethlehem Humanities Institute for Lifelong Learning will sponsor a "Books in the Morning" lecture by Helen Adler, on Friday, Jan. 29, from 10 a.m. to noon at Bethlehem town hall on Delaware Avenue in Delmar.

Benito Cereno and Billy Budd by Herman Melville, will be discussed.

For information, call 439-9661.

## Attorney

(From Page 1)

board on Jan. 10.

The overlay district would be the first such zoning designation in the town, and Fuller was reluctant to proceed with any board action on the new concept without the advice of counsel.

There will also be no shortage of development issues coming before the board this spring that will benefit from the presence of a town attorney, including review of the Bethlehem Town Center proposal in Glenmont, and resumption of the discussion about rezoning throughout the town, using the LUMAC land use reference documents as a guide.

"The sooner he can hit the ground running, the better," she said. "And attorneys who do work for the town need to be paid, vouchers that are normally reviewed by the town attorney."

Alessi made a point to offer his thanks to Burns, in the past a vocal critic of his handling of the Fraser-Rust lawsuit, for her support.

"I'm very thankful for the strong bipartisan support I

received from the town board when they selected me," he said later. "I'm honored to be following in Bernie Kaplowitz' footsteps after he served the town for so many years in this position."

Alessi said his new post will have no impact on his continued representation of the town in the water plant matter, and Fuller said the board was satisfied that it represented no conflict of interest. The town next faces a deadline to file a formal "notice of issue" — a certification that it is ready to proceed to trial — in federal district court in late March or early April.

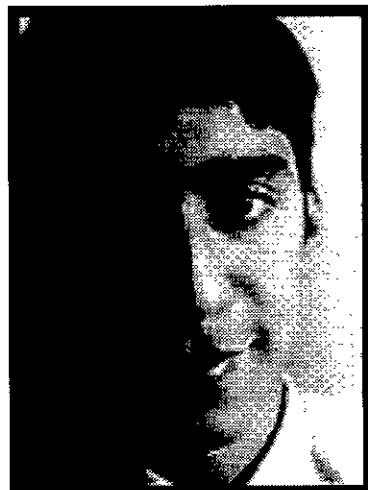
"The schedule is such that there probably isn't going to be any court action until late summer or early autumn at the earliest," Alessi said.

In the meantime, he said, "I really am excited about serving as chief legal officer for the town and serving its residents."

A prior commitment to attend the state Bar Association's annual meeting in New York City will prevent him from joining the board at its next scheduled meeting tonight.

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## FEESTELIJK BETHLEHEM

CALL FOR ARTISTS

On Sat., April 28, 2001,

Feestelijk Bethlehem

will highlight the artistic offerings of the Town of Bethlehem. To be considered, send a promotional package containing either individual and/or group biography, audio or video tape, photo and contact telephone number(s) to:

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P.O. Box #1, Delmar, N.Y. 12054

(\*Note: Solicitation materials will not be returned.) Deadline for applications is: February 15, 2001

Volunteers also needed to help plan the event

Call 439-0512