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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLV Number 23 Fifty Cents

June 20, 2001

Fountain of youth



Lydia Martell cools off in the fountain at Elm Avenue Park last Saturday.

Jim Franco

Board adopts law for park set-asides

By JOSEPH A. PHILLIPS

A proposed law to require residential developers to set aside land in their developments for public parks — or to pay the town a fee for the purchase of suitable land elsewhere — was adopted by the Bethlehem town board at its June 13 meeting.

"The bottom line is, we're running out of parkland, and we need additional lands to support the standards that have been set," said Councilwoman Doris Davis after the unanimous vote.

The bottom line is, we're running out of parkland, and we need additional lands to support the standards that have been set.

Doris Davis

could alternatively pay a fee in lieu of such set-aside if the amount of land involved is not large enough or suitable for a new park.

The law establishes a schedule of set-asides or fees corresponding to different types of residential development, ranging from 925 square feet, or \$925, per multifamily unit to 1,550 square feet or \$1,550 per single-family detached unit. Any current or future project not yet holding conditional final approval from the planning board would be subject to the new

"We're a growing community, and we need additional parkland as we grow," she added.

First presented for the board's consideration in January and the subject of a Feb. 14 public hearing, the draft Local Law No. 8 for 2001 was scheduled for board action twice since then. It was tabled during the May 9 meeting to clear the agenda for discussion of the proposed Bethlehem Town Center project, and postponed again on May 23 due to the illness of draft law's architect, town planner Jeff Lipnicky.

With Lipnicky on hand for last week's meeting, board members sought clarification of several points of the proposal, which will establish a mechanism to link residential development to meeting the demand for public park facilities that development helps to create.

The law will require developers to set aside a specific percentage or portion of each development for public park use. At the planning board's discretion, they

law, Lipnicky said.

Questions centered on how the determination would be made whether a developer would be required to set aside land or pay a fee, and how those funds would be administered.

Davis expressed concern about a proliferation of small, difficult-to-administer or unsuitable park sites around town if the choice were left in developers' hands.

Town attorney Robert Alessi explained that the determination would rest with the planning board and "very seldom as a practical matter does a planning board determine that there is suitable land within a (given) subdivision," Alessi said. "Landowners themselves don't want to set aside (developable) land. They'd rather pay the fee."

The fees would revert to a dedicated land trust to be used exclusively for the

□ PARK/page 14

Longtime BCMS teacher to retire

By KATHERINE MCCARTHY

Thirty-five years and about 3,850 kids later, social studies teacher Donna Varriale will retire from Bethlehem Central Middle School later this month.

"I wanted to be a lawyer, but that wasn't really an option when I was in school," Varriale said, "so I went into the next best field."

A native of Ephratah, Fulton County, she graduated from SUNY Oneonta in 1966, and through the social studies chair there, found out about the job at Bethlehem.

"There wasn't as much competition for teaching jobs then," Varriale said.



Donna Varriale

"You worked through contacts, and shared names."

It must have been more than contacts, though, for Varriale received four job offers.

work with. As a group, they're great."

So great, in fact, that Varriale couldn't really come up with things that had been

□ TEACHER/page 14

New Scotland develops business plan

By JOSEPH A. PHILLIPS

New Scotland Supervisor Martha Poffit unveiled a "town-wide economic enhancement plan" at last Wednesday's town board meeting.

The proposal, developed with other town board members, would target the town's existing light industrial zones, particularly along Route 85, and areas zoned "commercial/hamlet" in Clarks-ville, Feura Bush and New Salem, as "rural character business zones," applying resources to support and promote businesses that fit the character of those areas.

"The very clear message we're

□ BUSINESS/page 28

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THE SPOTLIGHTS.50

Court cases adjudicated

Four individuals facing charges of driving while intoxicated (DWI) in Bethlehem resolved their cases in Town Court on June 5.

A felony DWI count, lodged on May 10, led to a plea of guilty to a misdemeanor DWI charge by Mark Stewart Biance, 35, of 23 Kenwood Ave. in Delmar. He was fined \$500 and a \$125 state surcharge and had his license revoked for six months.

Thomas J. Collins, 33, of 17 Garland Court, Albany, also pleaded guilty to DWI in his April 14 arrest, and was fined \$750 and a \$95 court surcharge and had his license revoked for six months.

Both Christopher Paul Urig, 27, of 88 Esplanade Ave., Selkirk, arrested May 10, and Christopher John Webster, 30, of 285 Columbia St., Cohoes, arrested May 19, pleaded guilty to driving while ability impaired, and each was fined \$300 and a \$35 surcharge, and a 90-day license suspension.

Police arrest 2 for drunken driving

By JOSEPH A. PHILLIPS

Bethlehem police arrested two individuals last week and charged them with driving while intoxicated (DWI).

The first arrest, at about 3 a.m. on Sunday, June 10, occurred on the Delmar bypass. Officer Adam Hornick observed three vehicles on the southbound shoulder of Route 9W, which proceeded southbound when he turned his car around.

Following them, Hornick observed one of the vehicles veering over hazard markings on the road, and eventually stopped it near Elsmere Avenue.

Officer Jeffrey Vunck assisted Hornick in administering field sobriety tests and a pre-screening for Pamela Sue Kent, 31, of 133 Consaul Road, Colonie. Hornick charged Kent with DWI and unauthorized operation of a motor vehicle, after a license check disclosed an active license suspension in Albany.

Kent was also ticketed for failure to keep right, crossing

hazard markings and failure to notify the state Department of Motor Vehicles of an address change.

Another arrest took place on Wednesday, June 13, shortly before midnight, when Officer Gina Cocchiara observed a vehicle crossing center markings on Elm Avenue.

Stopping the vehicle on Cherry Avenue Extension, she administered field sobriety tests

and a prescreening on the driver, Jason D. Curless, 22, of 256 Tompkins Road, Ravena.

Cocchiara arrested Curless for DWI and for failure to keep right. He was transported to the Albany County Sheriff's Department substation in Voorheesville for additional testing and released.

Both Kent and Curless were ordered to appear in Bethlehem Town Court on July 3 to answer the charges.

Club to host trail runs at park

The Hudson-Mohawk Road Runners Club will hold trail runs of 15K and 3.5 miles on foot paths and ski trails at Thacher Park on Sunday, July 15.

The 15K (9.3 miles) will begin at 9 AM, and the 3.5 mile race will begin at 11 a.m.

There will also be a 1 mile Kids Fun Run beginning at 11:05 a.m.

Race registration and check-in will take place at the Haile's Cave Picnic Area in the park.

Runners may register up to 15 minutes before the start of each

race; the entry fee is \$15 for HMRRC members, and \$18 for non-members.

A barbecue lunch will be served to all participants following the race, and race T-shirts will be presented to the first 250 registrants.

Awards will be presented to male and female winners and to top age group finishers; runners in the Scholastic Division (11-19) will compete for the NYS Parks Commissioner's Cup.

For information, call the HMRRC at 435-4500, or visit its Web site at www.hmrrc.com.

Fresh Air Fund seeks host families

The Fresh Air Fund is now seeking host families for this summer.

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By Susan Luria

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County targets larvae to curb West Nile virus

By JOSEPH A. PHILLIPS

This year's first report of a bird found in New York state infected with West Nile virus was recorded in Westchester County in May — but by then the Albany County Department of Health was already in motion implementing its strategy for confronting a repeat of last summer's upstate outbreak of the virus.

Last year's response to positive findings of West Nile in wild birds and bats throughout the region — including one in Clarksville and numerous hits in Bethlehem — was targeted pesticide spraying. But that strategy was abandoned by mid-September in the face of cool autumn temperatures, rising opposition to area spraying — and the sheer number of finds in the region outpacing funding for spraying efforts.

And with state officials logging fewer reports last year of actual West Nile-related illness in humans than illness related to the effects of the pesticide used to combat it, the 2001 response plan, announced in late May and following guidelines set by the state Health Department and the Federal Centers for Disease Control, is a more measured preventative effort than the previous summer's version.

This year, the county response plan calls for moving earlier and over a broader area — but "adulticide" spraying is out, barring an outbreak of the disease in humans. Instead, municipal officials are moving to eliminate the threat at its source by targeting mosquitoes in the larval stage — while county officials urge citizens to eliminate the sites where mosquitoes are known to breed.

"This summer, we're trying to knock down the adult mosquito population early," said county environmental health specialist Barry Peck, who spearheaded the larvicide application program that began June 1. "We're dealing with standing water issues and focusing on public education."

Sixty-two municipal employees from highway, public works and parks departments in the targeted area were trained earlier this spring as apprentice commercial pesticide applicators in an eight-hour course overseen by the state Department of Environmental Conservation at Schenectady County Community College.

Bethlehem Highway Superintendent Gregg Sagendorph and three other highway workers were among those trained, as well as Mike Weismeier of Voor-

heesville's Department of Public Works.

Village public works Superintendent Will Smith has also been acquainted with the regional protocols on larvicide treatment, Peck said.

"They're really going to be our labor force," he said.

Sagendorph said the larvicide briquettes have an estimated life of about 150 days, so they will remain potent well into September, when mosquito populations go into their normal seasonal decline. While only the completed application is planned at present, a second application of a 30-day version could be made late in the season if deemed necessary, he said.

Meanwhile, a public "Fight the Bite" campaign coordinated by state health officials is focusing on reducing backyard standing water that provides mosquitoes a place to breed — in rain barrels, discarded tires and poorly-drained roof gutters, near leaky faucets, in garden watering cans and plastic wading pools.

Public health officials also urge that water in bird baths and pet dishes be changed frequently, pools and hot tubs properly chlorinated and maintained and dead birds, particularly crows and related species like blue jays, reported to the county environmental health unit at 447-4620.

Dead birds will continue to be collected for testing as a surveillance measure, but a positive finding of West Nile will not necessarily escalate the county's response to area spraying, Peck said.

"Nothing is set yet, but we have no plans for an adulticide campaign," Peck said. "We would certainly have to see human cases occur before an adulticide is applied. And even with a human case, it's not a given that we would adulticide. It's not even a consideration at this point."

Despite the many bird and bat findings in the area last year, no human cases were reported north of Westchester, so health officials consider the risk of human infection to be low.

The virus, first identified two summers ago in the New York metropolitan area, can cause encephalitis, a potentially fatal swelling of the brain and spinal cord. But in most cases, West Nile infection causes mild flu-like symptoms including fever, headaches, and body aches within five days of exposure, generally through a mosquito bite.

In addition to standing water reduction measures, county health officials urge the public to take normal personal-prevention steps like those used to combat Lyme disease and other insect-borne infections.

These include wearing long-sleeved shirts, long pants, shoes and socks; the sparing use of personal insect repellants; checking doors, windows and screens at home for holes and proper fit; and use of "bug lights" for exterior lighting.

Pop culture



The Grateful Dads perform on Father's Day at Elm Avenue Park.

Jim Franco

St. Stephen's offers 'folksy' service

By KATHERINE MCCARTHY

There's a joyful noise coming from St. Stephen's Episcopal Church on Saturday nights.

Since last September, the "Come Celebrate" service at the church at the corner of Elmsmere Avenue and Poplar Drive in Elmsmere has provided parishioners with another way to worship.

"This is something that our vestry has talked about for a couple of years," said the Rev. Darius Mojallali of the contemporary worship service, now held at 5 p.m. on Saturdays. "It's come-as-you-are, informal worship with contemporary music."

The service includes the Eucharist, or communion, and Mojallali described the music played on three guitars and a bass as contemporary Christian praise music.

Some of the songs include "Pass it On," "They'll Know we are Christians by Our Love" and "Here I Am, Lord."

An overhead projector lets the congregation read the words and sing along. Mojallali, one of the guitar players, said he had been doing more informal services at diocesan events before the "Come Celebrate" services were started.

"These don't fit into the Sunday morning format," Mojallali said. "I don't wear vestments or my clerical collar. In the summer, I probably won't wear shorts and T-shirts, but people don't dress up as much on Saturday evening as on Sundays."

The tone of the service is more conversational, Mojallali said, although *The Book of Common Prayer* still serves as the basis of the service.

"During the sermon," Mojallali said, "I might ask a question, and if people don't answer, I'll remind them that it's a question."

In a recent Gospel reading, Mojallali said Jesus was calling on



Rev. Darius Mojallali

people to address their fear. By asking how many people in the room had experienced fear, Mojallali said he was able to help people gain a sense of identification with the Gospel.

During the petitions, or prayers of the people, Mojallali invites people to offer their own petitions.

"People voice their own concerns, or look for support, or offer things that might draw laughter," he said.

Mojallali said the service has been well-received, with an average attendance of about 30 people.

"About half of those had been attending services and the other half had been on the margins," Mojallali said.

He had expected a primarily younger crowd to attend the services, but has found that's not the case.

"There's one man in his mid-to-late 80s who comes regularly," Mojallali said.

Thirty-nine-year-old Gus Calvo of Ravena is one of the musicians at the Saturday service, which he and his wife Noel (who runs the overhead projector) found when they were looking for a folk Mass that hearkened back to the '60s.

"What we always liked about the folk Masses was their

spontaneity," Calvo said. "We were moved by the Saturday service at St. Stephen's. For me, it's a middle point, a meeting between new and old. It's not just us playing music, but the spirit of folk music is that it gets everybody involved. Music gets you into the spirit of being ready to listen."

Mojallali said the Saturday service is not meant to take anything away from Sunday mornings, noting that "Come Celebrate" is a reverent service at the same time that it's informal.

"We don't make light of the Sunday services," Mojallali said. "It's clear that there's a reverence, and when I preach, people are attentive. Some of our concerns were that this would make the services smaller, but it hasn't really happened."

Attendance at the 8 a.m. Sunday service is down a little, and the 10:30 attendance has stayed the same.

Average Sunday church attendance in the parish of 325 families is about 200, Mojallali said. He thinks people are responding to the services on a few different levels.

"This is a time when we all have very busy lives," Mojallali said. "People like to have Sunday morning with their spouses or families. At another level, this service is for people who feel uncomfortable or stiff in a traditional service. We had a young woman with a child who was fussing once, for instance, and I told her just to walk around with her child. Another time, we had a 1-year-old squawking during the Eucharist and I just picked the child up. People don't have to be on their best behavior during the service, but there does have to be reverence."

Mojallali is pleased to see the success of "Come Celebrate."

"It's been a blessing to discover that this kind of worship brings people closer to God," he said. "I'm trying to evoke a response, and that's what God is trying to do, to engage us. It's been a delight for me to do this service and to see it prosper."

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Summertime – will the livin' be nice and easy?

By KATHERINE MCCARTHY

This is it, the last week of school. It will be a welcome change to step out of routine; to not have to harangue children to do homework; to not have to sign what seems like a score of forms every week; to not have to pack snack, lunches, homework and library books every morning.

It will be great to have more time with the kids, to hang out at the pool, to just be together.

All of that assumes a best-case scenario, but alas, Jeff Goldblum's line from the second "Jurassic Park" movie, when he returns to the prehistoric island and watches his compatriots marvel at the dinosaurs, also comes to mind.

COMMENTARY:

Mom's the Word



"Oh, sure, it's all oohing and aahing now," he says knowingly, "but later, there's screaming and running."

That's exactly the way it is as our children stop terrorizing teachers, principals and lunch aides, and return to spend more time in the family nest.

We are delighted to see them — look how they've grown, they're so much older, more

mature, where is the time going? By late August, we will be casting longing glances at their schools, wondering if year-round education isn't really the right thing.

In June, though, I envision that my darling boys and I will spend the summer reveling in each other's company and doing wonderful things that will enrich our hearts, minds and souls.

Hiking, touring historic sites, swimming, both at the town pool and in local lakes, fishing, and trips to the library are just part of the great fun we will have.

Maybe even a precious week sometime this summer, there is a more ambitious list — Blue Mountain Lake, Plimoth Plantation, New York City, Niagara Falls, maybe even Canada.

The boys' list is much shorter — watch TV, go to the pool when Mom begins the harangue us about not spending every second inside, try to buy a lot of junk food at the snack bar. For a change of pace, go to the movies where we can also buy a lot of junk food.

Their excursion list has brevity

Ernest Hemingway would admire: go to the Great Escape.

My fantasy of great enthusiasm over new and different things will yield then to great negotiations, as I seek to further enrich my children's lives, and they crave what modern American society seems to disrespect — unstructured time.

They are really great at filling unstructured time, even without the TV. Legos are a source of endless fascination to them. They are also great readers and will settle down with a book at nearly any moment of any day.

Still, as great as they are at amusing themselves, every parent knows that too little structure leads to the sort of bickering, name-calling and "I was only giving him a hearty backslap" fighting that wear even the most loving mother's patience thin.

I can always get them to walk the dog, although those walks seem to end magnetically at the toy store or the ice-cream stand, leaving me to feel like we need a bank loan to finance our summer.

I don't want to be a hovering over them, since we all need more unstructured time than we get. It's too rare that we look up from mowing the lawn to watch the light cast shadows on the grass; too infrequent that we stop to wonder at the miracle of fireflies on a June night. Mars is visible this time of year — how great is that?

The trick is to find the right balance, so that the kids' time off stays an enjoyable thing and doesn't devolve inward. A current radio ad advocates giving kids more free time, with the promise that they will discover great things, and their imaginations will take them to unknown destinations.

This is wonderful, as long as their imaginations don't lead them to using the tree house pulley to hoist each other up with a rope tied around his waist, or trying to fly from the garage roof, umbrella in hand.

Then again, maybe in this unstructured summer of great enrichment, watching a little TV isn't the worst that could happen.

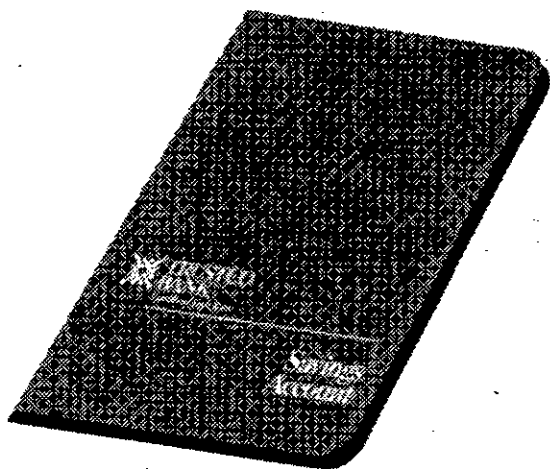
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Board sets public hearing on Klersy zoning change

By JOSEPH A. PHILLIPS

Only part of this story was included in last week's issue. What follows is a complete version of the story, revised to reflect last week's events. We regret the error.

The Bethlehem town board has set a public hearing for Wednesday, July 11, on whether to extend its previous rezoning of a 6.7-acre property on Delaware Avenue, targeted for construction of a senior assistive-living facility.

The request came from Henry Klersy, owner of the site of the CMI Senior Healthcare facility proposed by Epoch Senior Living Associates of Massachusetts. But Epoch officials were absent from the Wednesday, June 13 town board meeting — and whether Epoch remains on board for the project is an open question.

"We're wondering, and of course it's none of our business, but who will the builder be? And will the town board want to know, too?" asked Mary Ann McDermott, one of a group of the project's would-be neighbors who two years ago sued the town in an effort to halt it.

That suit challenged both the town's original decision to rezone the property from residential to a Planned Residential District to permit construction of the 94-unit

CMI facility, and the approval of the project's site plan.

The suit was dismissed in December by a state appellate court. But since then, according to Supervisor Sheila Fuller, town officials have not heard from any Epoch officials about their plans. No building permit application has been filed with the town's building department.

Albany County Department of Health spokesman Debbie Greenfield confirmed that no license application for an assistive living facility on the site has been sought so far either — and "We require licensure as an adult living facility," she said.

Efforts to reach Epoch officials were unsuccessful.

And the clock is running. The original rezoning statute, Local Law No. 8 of 1998, required that the developer obtain a building permit and begin site work within three years of the statute's July 22, 1998 enactment, or the property would revert back to its original zoning designation.

In a letter to Fuller dated Friday, June 8, attorney John Cahill of the Slingerlands firm Messina & Cahill — who represented Epoch in the approval process before Bethlehem's zoning, planning and town boards — requested on

Klersy's behalf a two-year extension of 1998's zoning change.

Noting the delay on closing the sale of the property due to the "protracted litigation," Cahill wrote: "Due to this delay, Mr. Klersy would like to request that the town board adopt a local law to amend Local Law No. 8 of 1998 so as to provide for an extension of the time within which to commence construction."

Cahill's letter does not mention Epoch directly. He said recently that he no longer has authority to speak for his former clients.

"I was retained solely for the purpose of the zoning and planning matters, and they've been resolved," he said.

For his part, Klersy declined to discuss rumors that Epoch has abandoned the project, or that he is seeking another buyer.

"I don't know why you'd want to report on that," he said.

After last week's meeting, he declined to say whether his contingency sale agreement with Epoch remains in force.

"They're still a potential buyer," Klersy said. "Others are also."

"I suspect they're out of the picture," said town planner Jeff Lipnicky of Epoch's involvement. "I have no information, no formal word at this point, on whether they're out, but with this deadline approaching, I'm surprised they haven't surfaced at all."

If a new buyer were to pick up where Epoch left off, without making any changes to the approved site plan, "They would not have to come back for further review or public hearings," Lipnicky said.

All they would need to do is note the change of developer, as was done when Epoch acquired CMI. But any substantive changes would require a reopening of the public review process, he said.

"It will come to pass, but it's going to take some time," said Klersy, blaming the unsuccessful lawsuit for any uncertainty about the project's future.

"They held me up for two

years," he said. "I'm just trying to get some of that back and put the pieces together."

McDermott and her neighbors vow that they will be there at the public hearing. "We do want to know who the builder will be," she said. "Curiosity is going to get the best of me."

Elks Lodge plans indoor flea markets

An indoor flea market and craft fair will be held at Bethlehem Elks Lodge, 1016 River Road., Selkirk, every fourth Sunday of the month from 8 a.m. to 3 p.m.

The kitchen will open at 8 a.m.

Vendors are wanted; the lodge will provide tables and chairs.

For information, call 767-2836.

Group seeks members

The Delmar Writers Group, an organization for published and soon-to-be-published writers of fiction, nonfiction and poetry, has openings for new members.


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Matters of Opinion

A smart move

Enacting a law that requires residential developers to pay a fee to be dedicated to parkland makes a great deal of sense. First of all, the law would help keep existing parks from overcrowding.

Money collected from developers would be used to expand existing parks or develop new areas for recreation. This is a fair policy that will benefit all residents, both old and new.

In addition, the set-aside money can also be used to upgrade existing facilities.

Dealing with residential growth as it happens is a good way to prevent problems in the future, like space crunch and overused equipment.

Bethlehem's parks are second to none, and they should be able to better maintain that status with the new law that was unanimously adopted by the town board.

This is a good way to ensure that the town preserves its character.

Editorials

Be wary of bees

Enjoying the great outdoors isn't as easy as it once was, thanks to Lyme disease and West Nile virus.

And there's another pesky creature who enjoys the great outdoors as much as most of us do.

Bees, in particular, hornets, can wreak havoc if you accidentally disturb their nests, which are located underground. Be especially careful when mowing.

Even if you're not allergic to bees, their multiple stings can be mighty uncomfortable.

If you are stung, and have trouble breathing, go to an emergency room.

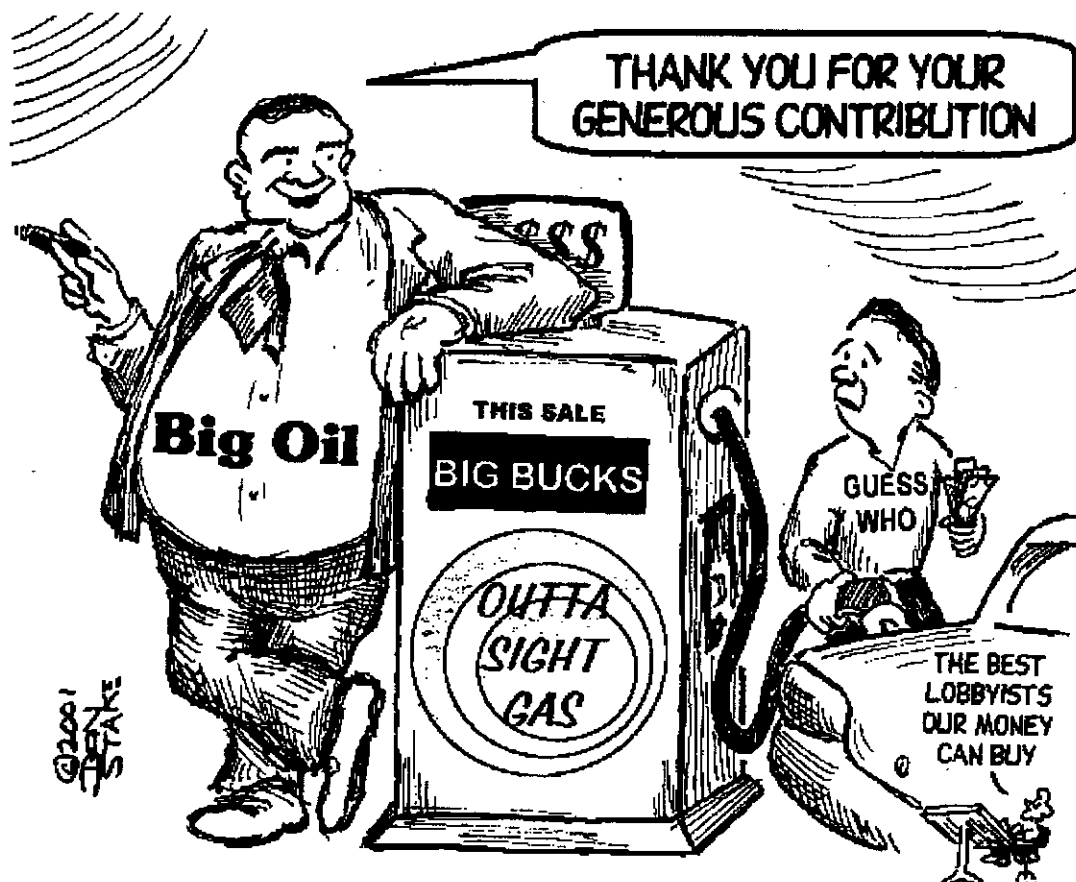
So should you come upon hornets in your yard, steer clear. Call a professional exterminator who can take care of the problem.

Strictly business

Check out *Empire Business* magazine, a free supplement to this week's *Spotlight*, to get the latest information on economic trends in upstate New York.

The premiere issue of *Empire Business* features a one-on-one interview with Gov. George Pataki who reflects that his roots as the son of a Hudson Valley farmer have guided his efforts to continually improve the state's economy.

All in all, there are 28 pages of profiles and stories to give you an insight into our state's business leaders as well as articles on business trends that will mark the state's future growth.



Graduation: A senior's perspective

By MARK SHAWHAN

The writer will graduate from Bethlehem Central High School on Friday.

The last few weeks, especially the last two, have felt very strange to me. And it's not because anything unusual has been happening. I still live in the same house, hang out with the same people, go to the same school.

That's it, I guess: even though I still go to the same school, it's what's going on at school that's so strange. I'm about to graduate. It's simple enough to say; it's simple enough to do, I guess. But it feels incredibly strange.

I guess it's because the person who is going to graduate on Friday, June 22 doesn't feel like me. I couldn't quite say why, though. It's not like I don't understand why I'm about to graduate: I remember all four years of high school, and my college applications, and all that other stuff. But all of that still doesn't help me wrap my mind around the fact that I've already

Point of View

had my last high school class, and that two months and eight days from the time this appears in print, I'll be a college student.

Part of the problem is probably that the last few weeks have been like any other. Sure, it was almost the end of the year, and there was less work done than there were yearbooks signed.

I'm about to graduate. It's simple enough to say; it's simple enough to do, I guess. But it feels incredibly strange.

But that happens every year: it wasn't like there was much to set this year off aside from the last three. And sure, I went to Senior Ball a couple of weeks ago, but I don't feel any different now than I did on June 1.

The last few weeks have been so normal. I've gone through the end of the school year so many times that it's just part of the normal expected routine. It feels like something ought to have stopped, to have paused, in recognition that something special is about to happen to me, and 350 other BC students.

But nothing has stopped. The days have just kept on going, even as the number of class days fell from double digits down to single digits, down to zero, as the cigars came out and the year ended.

That's why I feel so strange, probably. In the last few days, I've gone through all these milestones, all these "lasts:" last full week of high school, last day of high school, last free period, last class.

But they've all been so normal. Even walking home after the last day of class didn't feel odd: it only hit me that it would be the last time I would ever do that when I was halfway home.

It's not totally true that I feel exactly the same, though. Right now I feel nervous, even a little scared, when I think about the fall. And I haven't felt that in a long time. My nervousness is largely due to the fact that I don't know college: I don't know what it's going to be like, and what I will have to do. It's not like high school, which I knew pretty well, after four years. In high school, I had everything into a routine, even something big like a term paper. That isn't true yet for college. And so I'm nervous.

I haven't felt like this in four years, since before I started high school. And this is nothing like that. Now, not only will I have to learn what college

academics are like, but I'll have to learn how to live on my own as well. I mean, I've got some idea of what's involved, and I'm not exactly walking in blind. But I've never done it before, and I'm sure there are many things I need to know, things which I don't know yet. And so I'm nervous.

Graduation feels like it should be a grand pageant, somehow. That's certainly the image I've gotten from popular culture: standing in rows as Pomp and Circumstance plays in the background and some 50-something intones life lessons. It's a pretty (if boring) image.

But I doubt the actual ceremony will be anything like that. Certainly Matt Treadgold and Jon Albert, as student graduation speakers, will be nothing like the middle-aged white male so beloved of cinematic graduation ceremonies. In such ceremonies, the graduates are going through a momentous, life-changing event. And they know it, and understand what's happening, and don't feel odd. Something tells me that when I'm graduating, though, I'm still going to be thinking, funny: "I don't feel any different." I guess that's life.

The Spotlight

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Your Opinion Matters

Business owners should respect their neighbors

Editor, The Spotlight:

I would like to add my voice to those decrying the destruction of the stand of beautiful trees along Delaware Avenue by the underpass.

Residents of the adjacent section of Herber Avenue have lost their only protection from the sights, noise and traffic of Delaware Avenue.

Because we don't see why this is being done, the loss appears tragic and avoidable, yet another example of the insensitivity of commercial property owners to their resident neighbors.

Many Bethlehem residents, in particular those living in the older neighborhoods close to the commercial center, have developed a strong distrust of the business interests in town.

This is because it seems too often commercial decisions are made without attention to residents.

Another example is the inadequate buffer Main Square provides from lights and noise for

the homes adjacent to the parking lot. The outside dining at Main Square is in the back, in sight of the dumpsters and parking lot, and subjects the neighbors to added noise and lights in the evening.

There was also a missed opportunity in the siting of the deck.

Had the outside deck been placed on the Delaware Avenue side of Main Square, it would have been provided a much more social and festive atmosphere, free street-side advertising for the businesses themselves, and at the same time would have protected residential neighbors from more disruption.

There's a good reason why outdoor cafés in other cities are not located in the alleys behind the restaurants but in front for all to see and enjoy.

I believe that business decisions that respect the needs of residential neighbors of the businesses will be good decisions.

Wendy Lefkovich
Delmar

PSEG settlement makes sense

Editor, The Spotlight:

I would like to applaud Supervisor Sheila Fuller and the town IDA for the responsible settlement with PSEG, which avoided a frightening legal judgment against the town.

Our representatives resolved a decade-long lawsuit that could have cost the taxpayers significantly more than it will.

Bethlehem had faced compli-

cated lawsuits that challenge property assessments going back nine years. This situation, initiated by Niagara Mohawk, has been carried over since PSEG purchased the existing power plant, and exposed the town to as much as \$60 million in refunds.

What's more, PSEG has promised to redevelop the site so it will be a more modern and cleaner neighbor.

As a Bethlehem resident, I would like to thank the IDA and Mrs. Fuller for recognizing the importance of redeveloping that power plant to our town's economy and for acting sensibly in the face of a difficult situation.

Michael Chadwick
Glenmont

BOU supports early learning

Editor, The Spotlight:

I am writing on behalf of the Early Learning Center to thank Bethlehem Opportunities Unlimited for its continued support of our early intervention efforts.

This year, BOU funded a summer activities calendar, created by teachers at the ELC, to be sent to all children between the ages of 2 and 5 years old that reside in the school district.

The calendar suggested act-

ivities that parents can do with their preschoolers that will nurture readiness skills, motor skills and be fun to do together.

BOU has generously funded grants at the ELC in past years, and we appreciate BOU's continued support of the young learners of the Bethlehem Central School District.

Helen Salamone
Early Learning Center
supervisor

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VIEWS ON DENTAL HEALTH

The Urgent Toothache

Most people who have had a bad toothache can still recall their suffering (in vivid detail), even after many years. If you ask a mother who has gone through labor whether she would prefer the discomfort of labor or a toothache, most would prefer the labor.

In years past, a toothache was sufficient reason to have the tooth extracted. Earlier in this century tooth infections, or complications from them, were a leading cause of death in many areas.

The most serious dental infections usually begin as toothaches. Decay from the tooth invades the pulp (nerve) of the tooth which becomes infected. This is the pain stage. When the nerve is completely killed in the tooth, the pain stops temporarily but the infection may still be progressing. In an advanced infection, the veins at the base of the brain may clot, resulting in cavernous sinus thrombosis — an often fatal serious medical condition. Today, thanks to advances in dental medicine, almost no one dies from dental infections.

It is wise, however, should you experience a toothache, to seek dental help as soon as possible. It may only be a simple filling that is needed. If you do have an abscess or tooth infection though, early treatment is easier and less costly than waiting until a serious infection develops.

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Matters of Opinion

Legislator urges opposition to Democrats' sales tax plan

Editor, The Spotlight

The Republican Conference of the Albany County Legislature released a plan on June 11 that would change the distribution formula for sales and compensating use taxes collected by the county.

The new formula would result in increased revenues for county municipalities by providing them

with 50 percent of the sales tax revenues, up from their current 40 percent. Based on 2000 sales tax revenue, sharing an additional 10 percent of the sales tax revenues would mean almost \$5 million in additional revenue for municipalities.

Because allocation has always depended on population, towns like Bethlehem which grew

according to the 2000 Census, would receive an even larger piece of the pie. Last year, based on 1990 Census, Bethlehem received \$1,835,828 from the sales tax. Under the proposed plan and using 2000 Census data, this amount would rise to \$2,583,541.50, which is appropriate for a town that is losing revenue due to the PSEG settlement.

Here's where it gets entertaining. Forty-eight hours after the Republicans introduced the allocation plan, which was ignored by local media, County Executive Michael Breslin and Legislature Majority Leader Frank Commisso announced their plan to provide more tax revenues to the municipalities, and suddenly it's front-page news.

Unfortunately, unlike the Republican plan which is based on population data, the whole focus of the Democratic plan is to funnel money to the Democratic city of Albany — it does nothing to help Republican towns like Bethlehem.

The Democratic plan is all about helping Mayor Jerry Jennings, and in a way that's rather questionable — taking general fund dollars and simply giving it to the city.

The Republican plan, which would have given the city an additional \$1.7 million, was fair to all the municipalities.

Clearly Breslin is responding to all the complaints from Jennings about losing sales tax revenue because of reduced population in the city.

But where was Breslin when Bethlehem was faced with possible double-digit school tax hikes as a result of the Niagara Mohawk/PSEG litigation against the town?

Fortunately, Michael Tucker, chairman of the Bethlehem Industrial Development Agency, recently announced the end of the dispute over legal challenges by Niagara Mohawk and PSEG regarding the assessment of the power generating facility in Glenmont, now owned by PSEG.

Tucker deserves a tremendous thank-you from all of us for the outstanding effort he put in to settle this matter and stave off a potentially disastrous situation.

The PSEG settlement will still cost taxpayers in the form of increased school taxes due to PSEG's reduced assessment. The

recent proposal by the Republican Conference was designed to aid all towns, and certainly Bethlehem, which needs the help to offset the impact of the PSEG settlement.

The sales tax reallocation plan the Republican minority introduced would take effect immediately and last until the end of the year, when the Legislature will vote on whether to continue the 8 percent sales tax.

All municipalities should receive a greater piece of the sales tax pie. For Bethlehem, the increased revenues are sorely needed.

At a time when Bethlehem taxpayers are faced with having to make up for millions of dollars in lost revenues from PSEG, county Republicans have acted for the greater good of all its local governments, the city included. Here in Bethlehem, I believe we have tried to do our part to reduce the impact of the PSEG settlement. The response we got from the county executive and Democratic legislators is quite different and wholly unfair.

I encourage people to reach out to their county legislators and urge them to vote against the Democrats' self-serving tax allocation plan.

David Young
Albany County Legislator
Delmar

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Veterinarian to present program on felines

Cat lovers are invited to bring a photo of their favorite feline to the library on Thursday, June 21, at 7 p.m.

You will be asked to introduce yourself and your cat and meet Dr. Susan Sikule of the Just Cats Veterinary Clinic.

Sikule will present a program in honor of National Adopt-a-Cat month, followed by a question-and-answer period.

Please plan to loan us your

Voorheesville Public Library



photo to display on the library bulletin board for a few weeks.

Registration for Summer Reading Club 2001: A Reading Odyssey is ongoing throughout the six weeks of the program. An afternoon of "Magical Merriment, Wondrous Wizardry" with Merdwin the Mediocre marks the

kickoff for the club on Thursday, June 21, at 2 p.m. All ages are invited.

The summer program starts on July 9 with activities, prizes and fun for kids in grades four through six on Mondays and for grades one through three on Wednesdays. Sign up now.

"The Battle of the Books," a reading competition for sixth- and seventh-graders begins on July 9. Sign up now or call Joyce Laiosa

if you have questions.

The community room will be temporarily closed beginning June 22. The staff will be using the room as a work space while the staff work room is renovated.

Artwork by the Every Other Thursday Night Poets will remain on display in the hall gallery through June 28. The poets will meet that night in the director's office.

Barbara Vink

Student to attend technology summit

Jonathan Berk of Delmar was recently selected to join 1,000 high school students from around the country at NexTech: The National Summit of Young Technology Leaders.

The summit will take place in Austin, Texas, from July 1 to 10.

The event will introduce students to careers in the technology field and create relationships between students and business leaders.



New York Lottery

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Lottery Announces Leaders of Tomorrow Scholarship Winners

Under the leadership of Governor George E. Pataki, the New York Lottery recently announced the winners of the Leaders of Tomorrow (LOT) scholarships. Launched last year by the New York Lottery, the scholarships recognize high school seniors with demonstrated leadership skills and commitment to community service. Nearly 1,200 scholarships are being awarded statewide. Each recipient will receive a \$4,000 scholarship, paid annually in \$1,000 increments and applied toward tuition costs at an accredited New York college, university, community college or trade school. Awards this year represent a commitment of more than \$4.7 million by the New York Lottery.

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Jaclyn L. DeMarasse, Tamarac SHS; Bridget M. Mooney, Berlin Central JSHS; Justin J. Peters, Lansingburgh SHS; Kimberly J. Provencal, Hoosick Falls SHS; Michael P. Pugh, Hoosick Valley JSHS; Donovan J. Richards, Redemption Christian Academy; Colin M. Scheriff, Maple Hill HS; Roberto M. Tedesco, Troy HS; Noel S. Thornton, Alternate Learning Center

SARATOGA COUNTY:

Gina T. Bardi, Saratoga Springs SHS; Rachel M. Bowen, Stillwater Central School; Levi J. Cahan, Schuylerville JSHS; Catherine L. Cameron, Mechanicville HS; Bria A. Clarke, Corinth HS; Nicole M. Gabriel, Waterford-Halfmoon JSHS; Joseph M. Hamilton, Community Christian Academy; Adam C. Platka, Burnt Hills-Ballston Lake SHS; Sean P. Spoor, Saratoga Central Catholic HS; Amanda R. Verdon, Ballston Spa SHS; Danielle M. Wilbur, Shenendehowa HS; Andrea L. Winnick, Galway HS; Toren O. Zobel, Spring Hill Waldorf School

SCHENECTADY COUNTY:

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SCHOHARIE COUNTY:

Marisa L. Hayes, Schoharie High School; Jennifer L. Poole, Jefferson Central School; Lauren M. Richmond, Middleburgh HS; Lena C. Scorzelli, Cobleskill-Richmondville HS; Adam J. VanValkenburgh, Gilboa-Conesville Central School; Amanda N. Webb, Sharon Springs Central School

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The names above include only those scholarship recipients from your community. Names were accurate at the time of printing. Alternate names may be chosen should a winner decline the scholarship.

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Bouton graduation ceremony slated for Friday

The Clayton A. Bouton Junior/Senior High School class of 2001 graduation will be held on Friday, June 22, at 7 p.m. at the high school.

The valedictorian is Ashley Miller and the salutatorian is Brendan Shields.

Eighty-eight students are in the graduating class.

Sixth-grade graduation set for June 21

The sixth-grade class will hold graduation on Thursday, June 21, at 9:30 a.m. at the elementary school.

There are 109 students in the

NEWS NOTES

Voorheesville

Jane Norris
439-8532



graduating class.

Schools break for summer recess

The last day for schools in the district will be on Thursday, June 22. Dismissal will be at 11:30 a.m.

Summer reading club to hold registration

Students can register for the summer reading club during

regular library hours.

Kickoff for the program, with Merdwin the Mediocre, will be held on Thursday, June 21, at 2 p.m. Registration is requested.

The reading program will begin the week of July 9. Grades four through six will meet on Mondays.

First- and third-grades will meet on Wednesday. The sixth- and seventh-grade program will be held on Mondays at 7 p.m.

Students in grades four and up can sign up to be senior volunteers. Application can be picked up at the circulation desk.

For information, call 765-2791.

Aquatics Club announces summer swim program

The Helderberg Aquatics Club has openings for its summer swim program.

The Red Cross approved swim program will offer two sessions: June 25 to July 6 and July 9 to 19. Classes will be held Monday through Thursday for 40 minutes each session. Session time will vary depending on course level.

The courses includes adaptive swim for children with special needs, an infant and preschool aquatics program, instructional levels 1 to 5.

Open swim for all age groups

will be held on Monday through Thursday at 12:30 to 1:30 p.m. and Mondays and Thursdays from 8 to 9 p.m. Cost for open swim is adults \$2, children ages 5 to 13 \$1, under 5 free.

For information, call 765-7987.

Village to sponsor youth activities

The village will offer several clinics for youth during the summer.

The clinics are free for residents in the village and \$5 for town of New Scotland residents. All activities will be held at the village park unless otherwise noted.

Clinics will run from June 25 through Aug. 16 unless otherwise noted.

A basketball clinic will be offered on Tuesdays and Thursdays beginning July 10.

Students in grade two through five will meet at 9 a.m. Grades six through eight will meet at 10:30 a.m.

Tennis with Mike Guerette will be offered Monday through Friday at 9 a.m.

Adult lessons will be held on Wednesdays. Registration for all tennis participants will be on Monday and Tuesday, June 25 and 26, from 9 a.m. to noon.

Volleyball for grades six through 12 and an adult league

will be offered on Thursday evenings at 6:15 p.m.

For information, contact George Klapp at 765-2416.

A soccer clinic for grades one through six will be given on Tuesdays and Thursdays from 6 to 8 p.m. at the elementary school.

Basketball leagues to begin June 25

Basketball leagues will run from June 25 through Aug. 9

Men's basketball will be held on Monday and Wednesday night.

To register, call the village office at 765-2692 or Mike Guerette at 765-2836.

The over-40 men's basketball will be held on Tuesday and Thursday evenings.

For information, call Ron Melinger at 765-4923.

Women's basketball league will be held on Wednesday evenings. Registration will be held on June 27 at 6:30 p.m.

To register call the village office at 765-2692 or Jon McClement at 765-9132

Over-35 women's basketball league will be held on Thursdays at 6:30 p.m. Registration and first pick-up game will be on June 28 at 6 p.m. For information, call the village office at 765-2692 or Jane Norris at 439-8532.

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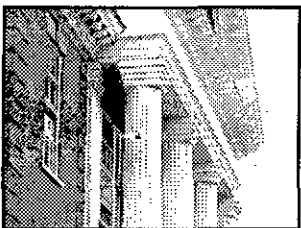
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First Edition

We are pleased that you are receiving, and reading, the first edition of The Great Montreal Getaway.

This newspaper is intended to provide visitors, and potential visitors to Montreal, with timely, informative and even educational information about this beautiful city.

Whether you have visited Montreal in the past, come frequently, or have never been, you will find information about hotel rates and packages, attractions, special events, festivals and more – information that will perhaps entice you to visit soon.

The Great Montreal Getaway will be distributed every other month.

Montréal

Have questions?

Need some information?
All you have to do is ask ...

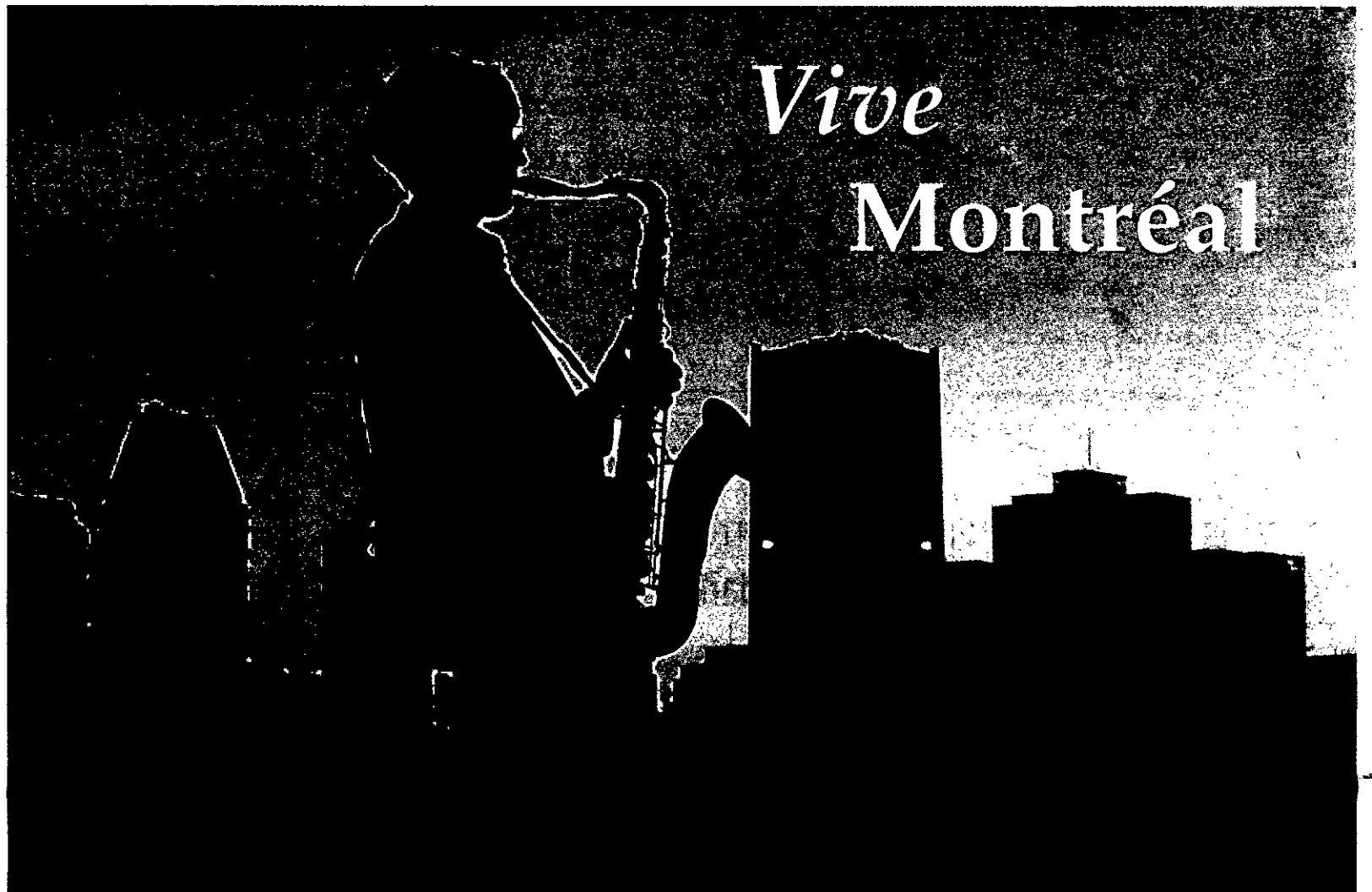
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Web Site
www.tourism-montreal.org

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Tourism Information Centres

- 1001 Dorchester Square
(Corners Peel and St. Catherine)
- 174 Notre Dame Street East
(Old Montreal)



What's another word for personality? or what's the French definition of charm?

Montreal, of course!

And the rest of the world has come to recognize this. The London-based trends and lifestyle magazine Wallpaper lauds Montreal as "up there in the international big leagues" and describes the city as "cosmopolitan, nice to look at, and more fun than Toronto" and "serious about it's food."

Aptly described ...

There's more to Montreal than beautiful women and famous bagels.

And speaking of Toronto ... in a recent quality of life survey Montreal ranked 19th among 215 cities worldwide – and tied with arch-nemesis Toronto, and Luxembourg and Tokyo.

Montreal is charming, and definitely exudes a personality all its own, and is enjoying a resurgence of popularity. People are recognizing that it's fun to have a North American French-speaking city.

As it has been said, "There's such a nice joie de vivre" in Montreal.

And when you visit, one thing you will notice immediately is that Montrealers are extremely proud of their city, and vehemently protest any perceived slight to their city. Residents and visitors alike have a warm and fuzzy feeling about Montreal.

Montreal offers, and delivers, top-quality *everything* that visitors from around the world, and as close as Albany, want in a city.

The city, though, is quite unique: it maintains a rich European charm, North American modernisms, quality tourism activities year-round, and world-class annual events like the International Jazz Festival and Formula 1 Grand Prix.

Montreal is home to more than three million residents that comprise some 80 different ethnic groups, and therefore, has an impressive array of annual cultural events and fabulous festivals. It's also renowned for its nightlife and restaurants.

The city has had more than 350 years of developing a lifestyle. Founded in 1642, traces of the city's historical past are everywhere. It was Jacques Cartier in 1535 who named Mount Royal, and Samuel de Champlain, in 1611, cleared a site near what is now the Old Port. Montreal, by the way, was at one time called Ville Marie, and when you visit, you will often hear a reference to Place Ville Marie, an office and shopping complex in the downtown core.

Take a moment and, from a cobblestone street in Old Montreal when you are standing alongside an old Victorian manor, glance up and see the sun reflecting off a post-modern skyscraper. One can distinguish and appreciate the contrasting nature of the city.

When you are there, especially now that the weather is becoming nice for walking, expect streets full

of activity by day and bustling by night. People in the city are full of life and seem to like nothing better than to celebrate. Be sure to walk along Crescent, St. Denis and St. Laurent. Each street is full of outdoor cafes, jazz bars and restos.

Montreal ranks as one of, if not *the*, culinary capital of North America. One can find, in any category of dining establishment, any type of food one desires. There

co-exist some 5,000 restaurants of every size, shape and description.

We are running out of space ...

So come to Montreal and visit. The cultural activities, arts, festivals, museums and galleries, sports (both professional and annual events), architecture, churches and cathedrals combine to attract more than 10 million people each year to this inspirational city.

Vive Montreal!





Your money's worth more, so come on up!

The Canadian dollar has again lost some value. In fact, it's at almost an historical low. A U.S. dollar is now worth about \$1.54 so, if an item costs \$1 CDN, it costs only about 65 cents U.S.

Loonie diagnosis: Analysts say the dollar may slide even lower. In the somewhat complicated world of currency exchange rates and values, you need to know just one thing: the U.S. dollar in Canada is worth even more now. Which means that an American visitor can stay, shop, dine and be entertained for even less money. Economists and financial analysts – the folks who figure these things out – predict these rates of exchange may last for a year. But, who knows?

It is financially beneficial to purchase Canadian funds at a bank, especially in Montreal where exchanging U.S. funds for Canadian cash is quite routine. You can use credit cards, which also offer a fair exchange rate, for other purchases like accommodations and shopping. If you use U.S. cash for dining or shopping, some restaurants and retailers offer an exchange rate as high as \$1.50; others as low as \$1.40.

Save receipts to get a tax refund

Also, as a visitor to Canada, you are eligible for a tax refund on the GST charged on hotel accommodation and goods that you take back home with you. The Provincial Sales Tax is 7.5%, and the Federal Tax – the GST – is 7%, but you can get a GST rebate on purchases of \$50 and more.

To qualify, pre-tax purchases (including accommodation) must total at least \$200 CDN, and each individual purchase must be at least \$50. Be sure to keep all your original receipts. When travelling by car or charter bus, you can have receipts validated by Canadian customs officials or by staff at participating duty free shops.

Refund applications are available in hotel brochure racks. Private companies charge a fee, but Revenue Canada processes visitor refunds free of charge. You can download an application from www.rc.gc.ca/visitors.

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Magical, mystical inspirations

The Parc des Écluses assumes a new personality as *Mosaïcultures Internationales Montréal* presents *The Magician's Garden*, 2001. Giant floral sculptures will again grace the edges of the mighty St. Lawrence River for the second year.



The Parc des Écluses assumes a new personality as *Mosaïcultures Internationales Montréal* presents *The Magician's Garden*. Giant floral sculptures will again grace the edges of the mighty St. Lawrence River for the second year.

Mosaïcultures Internationales Montréal spans 14 hectares of rich soil located in the Old Port of Montréal, which runs over a mile along the banks of the St. Lawrence River.

The floral sculptures are in bas-relief, their vibrant colours bringing life and passion to the park. Plants are very carefully selected for their intended purpose, as design specifications are precise in order to make the sculptures as realistic as possible. Great consideration has to be given to the stability of the structure, weight of the foliage, humidity of the soil and the effects of the elements. Depending upon the complexity of the structure, the volume of water required varies, so auto irrigation becomes necessary. It takes somewhere in the range of three million plants to create these 100 floral sculptures.

Last year 730,000 visitors to the west end of this historic port marveled at giant floral structures, some 30 feet high. Perhaps one of the most amazing works of living art were the *Mallards Taking Off*. Three of these ducks appeared to be flying so low that their feet just skimmed a pond. Their wingspans were close to three feet long.

This event was obviously a hit last year, as it won the Ulysses Prize for the Event of the Year 2000 in Montreal. The New England Spring Flower Show of Boston voted *Mosaïcultures Internationales Montréal* the Gold Medal for "Something out of the ordinary but displaying horticultural skill and beauty".

Tickets can be purchased on site at the park entrance. Discounted rates are available for groups of 15 or more. The park is open daily from 9 AM to sunset and is wheelchair accessible.

The Old Port of Montréal is located at the foot of McGill Street. For further information, call 1 888 868 9999 or visit the *Mosaïcultures Internationales Montréal* Web site at www.mosaiculture.ca.

the great **MONTREAL** getaway

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How do you take your music? *With Passion!*

Not only will the hills be alive with the sounds of music this summer, but so will the streets, bars, clubs and churches in Montreal. The city's annual **Montreal Chamber Music Festival**, getting bigger and better with each passing year, will this year pay homage to Jascha Heifetz, the legendary violinist who lived from 1901 to 1987. During the festival, from June 2 to 16, Artistic Director and cellist Denis Brott will be joined by a bevy of world-class musicians.

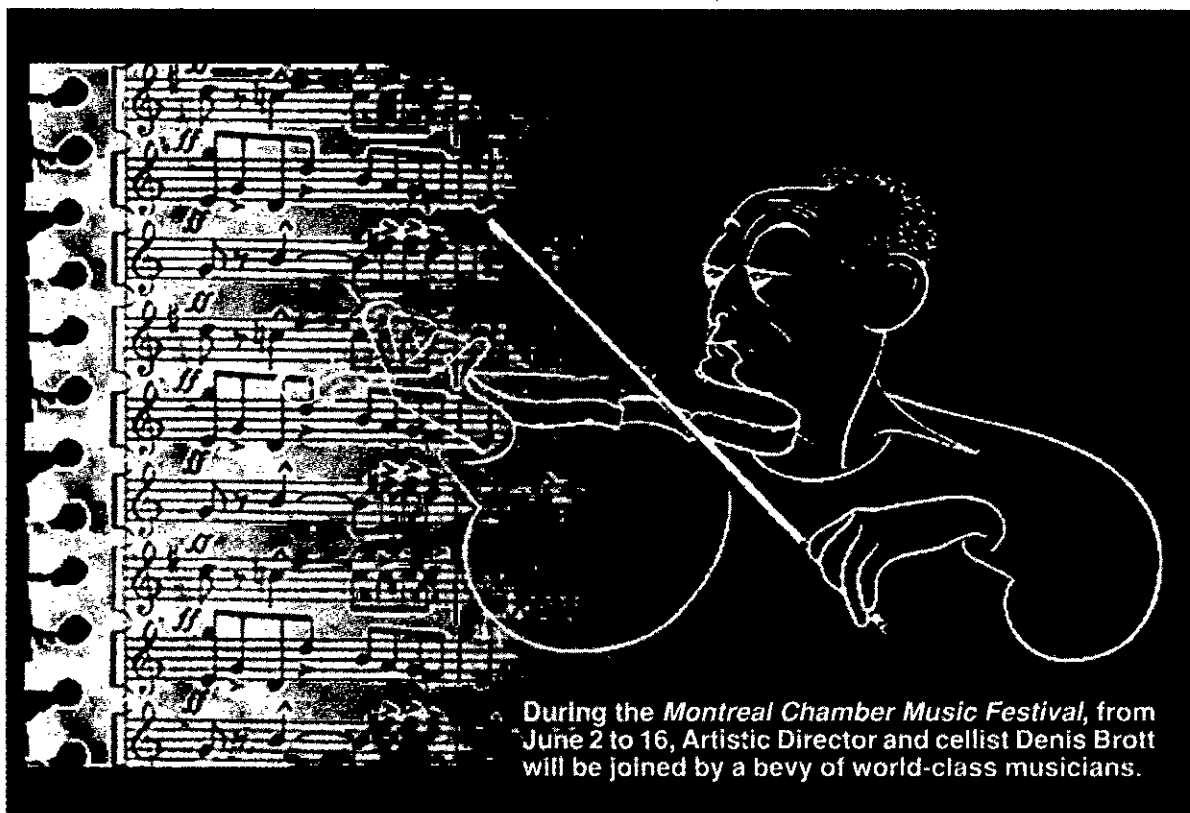
Seven Connoisseur Concerts will take place at the *Chalet de la Montagne*, a delightful spot atop Mount-Royal, one of the city's historical sites. Four "Romantic Strings" and "Baroque" series, a new Baroque series, will be held at the *Chapelle Notre-Dame-de-bon-Secours*. Located in Old Montreal, the Chapelle offers incredible acoustics in a 17th century building. As in previous years, "Concerts in the Streets" will delight passers-by at noon.

The 2001 Festival will feature 25 concerts over a 16-day period. For more information about this annual event, call 514 489 7444 or visit the festival website at www.festivalmontreal.org.

If the strains of a violin aren't music to your ears, then a good dose of jazz may perk you up. The **Montreal International Jazz Festival** has become an event many consider worthy of planning their vacations around. Now into its 22nd year, the festival offers jazz lovers of every ilk a musical treat and thousands jump in response.

From mellow to acid, this music form covers a wide spectrum of jazz styles. Aficionados take in the tunes while sitting back in a cosy bistro, music spilling out onto the streets of the city through the open windows. If joining the masses is more your thing, be one of many adoring fans at *Place-des-Arts*, with its huge outdoor stage.

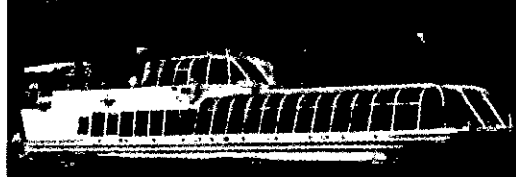
Keep June 28 to July 8 marked on your calendar if you want to get all jazzed up! More than 450 performers will bring their individual flavour of jazz to the stage. The ticketed event lineup has been announced and tickets are on sale now. A list of free shows is also available. Call 1 888 515 0515 for information, or visit the Jazz Festival Web site at www.montrealjazzfest.com.



During the **Montreal Chamber Music Festival**, from June 2 to 16, Artistic Director and cellist Denis Brott will be joined by a bevy of world-class musicians.

Don't be confused...

One's a dome, One's a sphere and they're each bio



At first glance one could confuse the two, but they each have their own personality and *raison d'être*.

Both attractions are focused on the world we live in. Brimming with a myriad of learning opportunities, the two Montreal attractions offer visitors a chance to stop and take a fresh look at the world around them.

Montreal's *Biodôme* is a "house of life". This environmental museum and collection of natural ecosystems is located in the heart of Montreal. Open daily year round, nature lovers can take self-guided tours using interpretation panels to learn as they go. Visitors can take questions to the Info-Ecosphere desk or ask nature interpreters in the various ecosystems.

A Tropical Forest, Laurentian Forest, St. Lawrence Marine Ecosystem and the Polar Worlds of the Arctic and Antarctic teach young and old about the wonders of the world. The *Biodôme* uses hydraulics, power, heating, lighting, monitoring and control to create and maintain the four ecosystems.

A Naturlia discovery room and educational activities will reinforce the importance of living responsibly in each of the four ecosystems.

Nationally and internationally, the Montreal *Biodôme* participates in a multitude of programs designed to reproduce endangered species and to keep a watchful eye on fragile natural habitats.

Nature-themed games, glassware, books, fossils and plush animals are a sampling of the contents in the on-site gift shop.

The Montreal *Biodôme* is open daily from 9 AM to 5 PM - 7 PM during the summer. Parking is available. Wheelchair accessible. www.ville.montreal.qc.ca/biodome 514 868 3000.

The Biosphère. You'll never look at or drink water the same way again! Known as the "museum without walls", this Buckminster Fuller geodesic dome is the largest dome in the world. Originally designed to be the Expo '67 American pavilion, Canada took this architectural masterpiece and transformed it into a testament to H₂O.

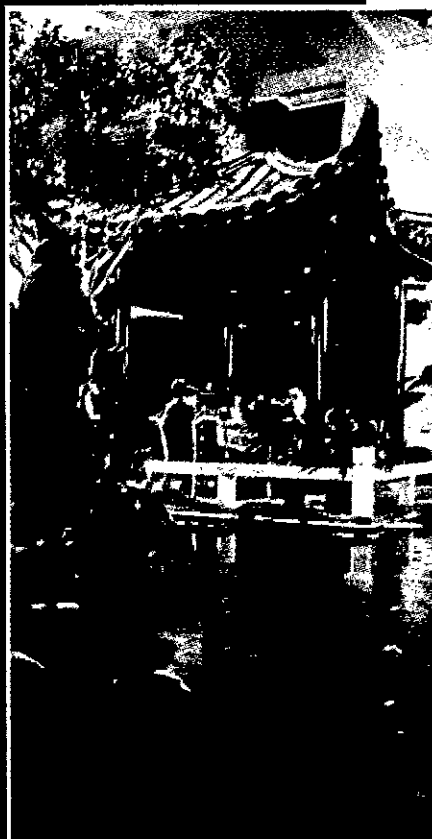
While we often take our supplies and the quality of our water for granted, the *Biosphère* is dedicated to educating visitors about its importance. The St. Lawrence River and Great Lakes are the main focus at the Ecowatch Centre.

Like Montreal's *Biodôme*, the *Biosphère* has four exhibition halls. You will learn all sorts of interesting facts about this essential resource through multimedia presentations, interactive technology and hyper-modern museography. Since knowledge is a source of power, the more you learn about water, the better equipped you are to be responsible. Educated visitors then use this information to help educate others.

Everyone benefits from a visit to the *Biosphère*, so try to set aside a couple of hours for a visit.

There is of course an admission fee. Parc Jean-Drapeau de Montreal. 514 283 5000.

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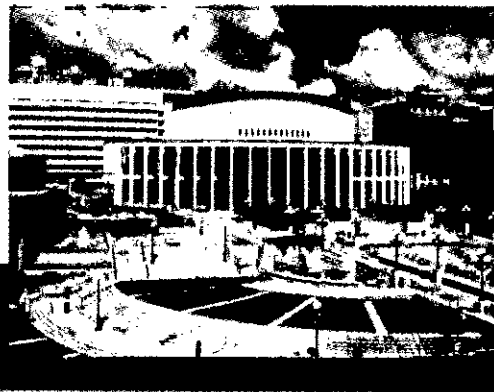
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We encourage you to use these web site listings. There is always new and timely information about cultural, recreational and entertainment activities that you and your family won't want to miss.

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Montréal Planétarium	514 872 4530	www.planetarium.montreal.qc.ca
Montréal Stock Exchange	514 871 2424	www.bdm.org
Mosaicultures Internationales	514 868 4000	www.mosaiculture.ca
Musée d'art contemporain	514 847 6226	www.macm.org
Museum Just for Laughs	514 845 4000	www.hahaha.com
Notre-Dame Basilica	514 842 2925	
Old Montréal Ghost Walk	514 868 0303	www.phvm.qc.ca
Old Port of Montréal	514 496 7678	www.vieuxportdemontreal.com
Orchestre symphonique	514 842 3402	www.osm.ca
Parc Safari	450 247 2727	www.parcsafari.com
Place des Arts	514 285 4271	www.pda.qc.ca
Saidye Bronfman Centre for the Arts	514 739 2301	www.thesaidye.org
Saint Joseph's Oratory	514 733 8211	www.saint-joseph.org
Saint Patrick's Basilica	514 866 7379	www3.sympatico.ca/stpatricksmtl
Stewart Museum at the Fort	514 861 6701	www.stewart-museum.org
The Biosphère	514 283 5000	www.biosphere.ec.gc.ca/bio



Site of the Month
Place des Arts
Montreal's cultural arts centre. Events attract some 800,000 people a year. Guided backstage tours are available.



Are we there yet? Soon What are we gonna do!? Lots What's for dinner? A surprise

Finding interesting and even educational ways to keep the little ones occupied while in another city can sometimes be a challenge, but not in Montreal. In fact, coming to Montreal specifically for the benefit of the kids can be quite rewarding. There are many attractions and events that are family oriented. Here are some suggestions ...

First, plan on staying in a kid-friendly hotel. There are several hotels in the downtown core that provide family-oriented facilities, as children's recreational facilities may be an important factor during the time you are in the hotel.

For example, at this time of year an outdoor or even indoor pool is always popular, so it's a good idea to ensure that you choose a hotel that has such - and of course, bring bathing suits. Some hotels will provide for pre-arranged children sitters while you are out doing adult things.

Check theatre listings and, if possible, reserve tickets in advance (although you can sometimes buy tickets the day of the performance).

These are just a few of the interesting things to do with kids ...

Visit the Canadian Railway Museum at Delson: The museum has a grandiose collection of more than 130 vehicles. Kids are sure to be fascinated and rides are available. 450 638 1522.

The Dolls and Treasures Museum in Old Montreal is always an intriguing place to visit - whatever your age. The museum, as you can surmise, is dedicated entirely to dolls, and has a collection that spans 100 years. 514 866 0110.

Dad, or mom, (or both) whoever may be a baseball fan, can take the young baseball fans to an Expos game. The regular season continues until September at the "Big O". For tickets call 514 8 GOEXPOS.

For the brave at heart (parents) and adventurous kids, try rafting or jetboating on the St. Lawrence River. Two companies operate these adventures: Lachine Rapids Jet Boating (514 284 9607), and Rafting and Jetboating on the Lachine Rapids (514 767 2230).

La Ronde (pictured) is located in Parc Jean Drapeau, and is Quebec's largest amusement park. The park has 35 rides and attractions.

The Montreal Insectarium is fun for boys. The girls make faces and funny noises. Moms? They have to take their kids! During the summer, the Insectarium is featuring the beauty and splendour of Quebec's butterflies. 514 872 1400.



MONTREAL TEASERS FIND A WORD

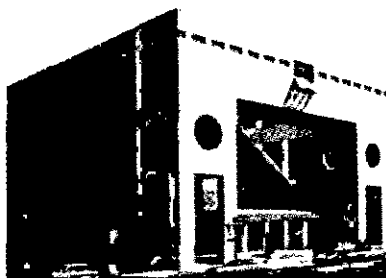
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Reasons to visit Montreal!

- Canada's answer to Starbucks
Won Stanley Cup in 1993
Subway system
Mountain inspiration
Flaky pastry
Longest street
- Downtown university campus
Patio
Bring your own
Daily special
Car race
Morning drink

Visit a museum ... or take a pass

Montreal, which provides visitors with an opportunity to browse through a variety of distinctive – some very unusual – museums, has come up with a very user-friendly idea: a museum pass.



Montreal Museum of Fine Arts

Good for access to 25 museums, the pass will appeal to as many people of diverse interests as there are museums.

When purchasing a Montreal Museum Pass, you receive a passport with details on all of the participating locations.

This is how the system works; the first time you visit a museum, the pass will be validated, then for two out of three consecutive days, admission to all of the other participating museums is free.

The Museum Pass may be purchased for \$20 CDN at all of the participating museums, at the Infotouriste Centres in Montreal (1001 Dorchester Square and 174 Notre-Dame Street East) and at many of Montreal's hotels.

For information on the Montreal Museum Pass, call 1 877 266 5687 or 514 873 2015.

To give you a taste of what you can expect to see in the museums, here is a sampling to whet your cultural appetite.

The Montreal Museum of Fine Arts is featuring, from June 14 to September 16, *Erotic Picasso*, an exhibit of love and sex.

Summer 2001 Fou Rire, at the Just for Laughs Museum, pokes fun at, and of, 50 years of Francophone humour. Taboos and stereotypes, the body, authority and hierarchy and interpersonal communications are the themes of this exhibit.

From May 24 to November 18, *Astronomy in the Time of the Pharaohs* is at the Montreal Planetarium. This exhibit will be appreciated by an adult audience.

The Château Ramezay Museum has an interesting, permanent exhibit of *Hochelaga, Ville-Marie and Montreal*, which depicts the history of Montreal and Quebec.

The Montreal Insectarium is always a fascinating museum to visit. Kids are always enthralled.

Artists have created larger than life mosquitoes, mites and a collection of other creepy-crawlies. This exhibit, entitled *Giant Insects*, will be at the Insectarium until September 2. A more genteel exhibit opens June 16 and continues until September 2. *Butterfly Tent* features Quebec's most beautiful butterflies.

The Fur Trade at Lachine National Historic Site has a permanent exhibition about the fur trade in Canada and uses audiovisuals and interactive games to educate museum-goers.

Montreal is
sometimes referred
to as "the city of a
hundred bells".
Do you know, or can
you guess why?



Montreal has an
abundance of churches
from the august St.
Joseph's Oratory to the
magnificent
Notre-Dame Basilica.

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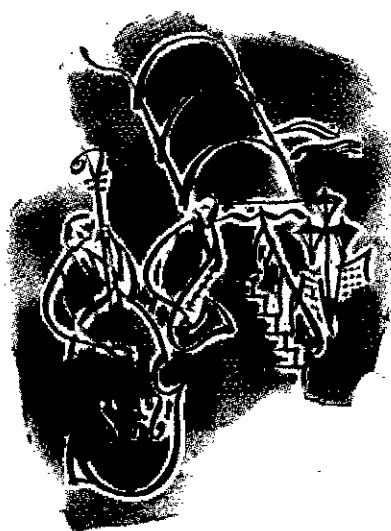
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Reservations: 1 877 286 1986

*Based on availability and some conditions, restrictions apply. U.S. prices subject to exchange rate fluctuations.

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Vieux-Montréal ... classique et romantique



It's the classic romantic setting – narrow streets ringing with the clip-clop of horses' hooves as they transport an elegant carriage. Add a rainy night and you've set the stage for romance worthy of a movie. Old Montreal beckons to the incurable romantic, and it would take a hard heart, indeed, to turn it down.

Whether you choose a gentle horse and carriage ride, waiting for you at *Place d'Armes* (in front of City Hall) or you prefer strolling along the streets, the pleasures of Vieux-Montréal are many. Official walking tours operate every day from June 24 to September 30 at 11AM and 1:30 PM. Tours are 90 minutes in length and begin at the Notre-Dame Basilica gift shop.

Thank *Sieur de Maisonneuve* and *Jeanne Mance* for landing at *Pointe-à-Callière* in 1642. Without their discovery, you may not have

the opportunity to enjoy this walled town worthy of international fame. There are only a few cities in North America to have conserved their historic city centre, and Montreal is one of them.

Since Old Montreal will captivate your senses, plan to make it your home away from home. There are several larger, and smaller boutique-style hotels. Some hotels are as small as nine rooms.

You may wish to start your unofficial tour of old Montreal at *Place Jacques-Cartier* – a beehive

of activity. This square was originally a marketplace with a monument to Admiral Nelson as its focal point. Times have changed and now, during the day, visitors to the city wander through on their way to boutiques and restaurants, stopping to people watch.

When evening falls, the square comes alive with buskers and musicians. Make the most of a summer's evening on the terrace of one of the restaurants – savour fine food while being entertained. It's always fun to have your likeness recreated in charcoal by one of the local artists who set up their easels in the square. If you can laugh at yourself, then perhaps a visit to a caricaturist will be more to your liking.

Friends and relatives may be expecting a "little something" when you return home, so stop in at one of the numerous boutiques selling quality Quebec-made gifts and remember that Montreal has a flair for fashion. With U.S. funds in your pocket, you can spend, spend, spend.

Join in with the local culture at what the French call a *bûche à chansons*. Over drinks, local performers and musicians invite visitors to join in the festivities while celebrating French Canadian life through song.

If your idea of history and culture leans more towards art galleries and museums, Old Montreal will keep you intrigued. Museums include the *Château Ramezay Museum*, a former Governor's residence from the 18th century, *Marguerite Bougeoy's Museum*, depicting life in 17th-century Montreal through the eyes of a valiant woman and the *Bank of Montreal Museum* – Canada's first bank built in 1817. The *Pointe-à-Callière, Montreal Museum of Archeology and History* is here as is the *Marc-Aurèle Fortin Museum*, which is devoted to the work of its namesake, one of Québec's best-known painters.

Down by the waterfront, shop at the *Bonsecours Market* and enjoy the *Promenade des Artistes*. If you're feeling energetic, rent an oversized tricycle and pedal your way around. Cruise ships dock in Montreal's harbour, adding to the cosmopolitan flavour of the area.

Lovely restaurants abound in the Port area, so take this opportunity to savour the local cuisine. Surrounded by winding streets and beautiful buildings from the 1700s, the old world charm of this historical centre will shift your perspective and take you back to a more relaxed time.

For more information, visit the Old Montreal Web site at www.old.montreal.qc.ca. While in Old Montreal, you can pick up information on activities and the Old Port at the tourist information centres located in *Place Jacques-Cartier*, the *Bonsecours Market*, the *iSci Centre* and in all museums.

No extra charge

Hotel provides guests with convenience

The Delta Montréal seems to be all about convenience. Everything about the hotel seems to be convenient – from the location to the layout. Which explains the unusually high rate of well satisfied and repeat guests.

First, from its location on President Kennedy Avenue, guests can walk within minutes to almost everywhere: Place des Arts, the Molson Centre, McGill University, the best of Montreal's shopping districts and Old Montreal. You can easily access the city's underground and public transit system – The Metro – as well. The hotel even has two entrances; one on President Kennedy and the other on Sherbrooke Street. The hotel is also located very close to many of the performance locations of the Montreal Jazz Festival, one of the largest annual events in the city. The Jazz Festival this year is from June 28 to July 8. The Delta Montréal is also the host hotel for the Just For Laughs Festival from July 12 to July 22. Keep your eyes open ... especially in the hotel. Many festival celebrities stay here.

However, inside the hotel is where you will find the facilities most conveniently accessible, from the indoor pool area to the location of the dining room and lounge. Suffice it to say that all the facilities are very well situated.

The Delta Montréal (not to be confused with the Delta Centre Ville) has been a Delta property for some

15 years, which is unusual these days as many hotels change names and ownership every so often.

The hotel has achieved a level of success by not only being in an excellent location but also providing guests with unusually spacious rooms, which accommodates families (and excess luggage) very well. Even small pets are welcome. The hotel staff is exceptionally friendly and accommodating and Delta Montréal has well developed and well thought out programs and packages.

The rooms have, of course, all the amenities one would expect to find in a deluxe hotel, from coffee makers to hair dryers and – ladies pay attention – the rooms also have full length and magnifying mirrors. Nice touch when you are dressing for a special occasion. Most rooms also have balconies and from many of the rooms the views of Montreal are exceptional.

The hotel has 453 deluxe, oversized guest rooms, including suites, and guests can choose king or double accommodations. There are several wheelchair accessible rooms, and several floors are designated non-smoking. The hotel also offers guests Delta's Signature Club service, which provides upgraded services and amenities on two limited-access floors and also includes complimentary continental breakfast and hors d'oeuvres in a private lounge.

Delta Montréal has a sportsclub which includes an indoor pool, a very well equipped fitness centre, two squash courts, a sauna and a full service spa and beauty centre for women and men called Atmosphere, and a children's creative centre. If you forgot to pack bathing suits or

your squash racquets, the sportsclub has a complete line of accessories to purchase, or guests can rent squash racquets.

Children are treated as V.I.P. guests at the hotel. There is a separate check-in for kids, which even has a bilingual toy laptop game to keep kids occupied while parents check-in for real.

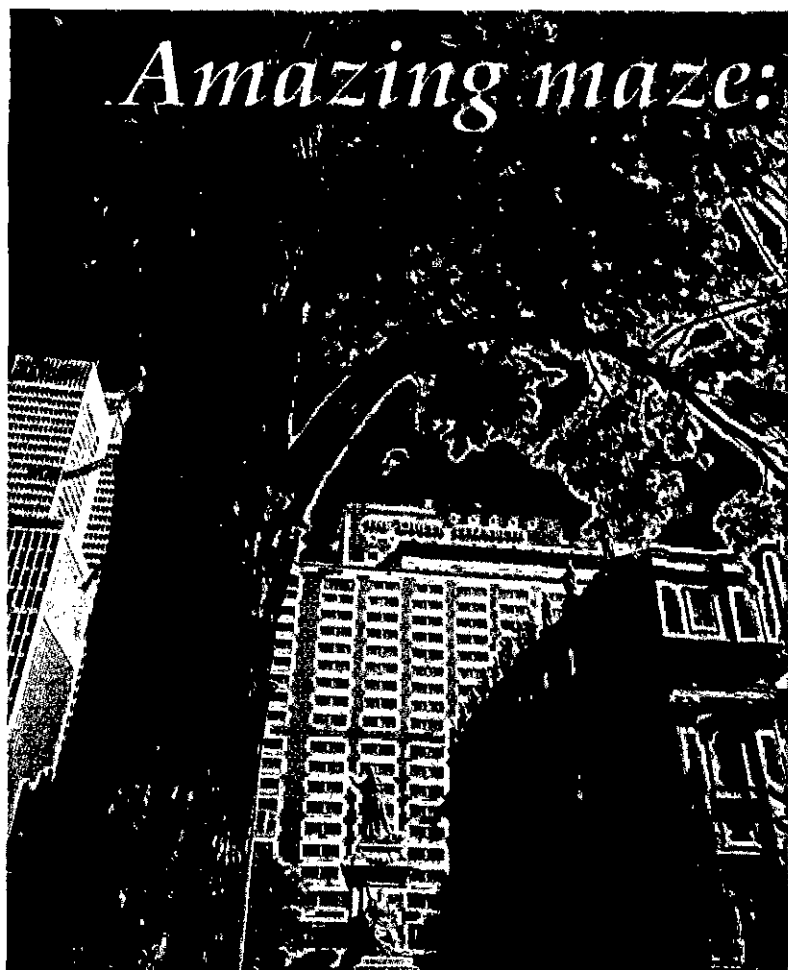
The hotel has perhaps two of the best dining/lounge facilities to be found in any of Montreal's hotels. *Le Bouquet Restaurant* is comfortable and decorative and offers an à la carte menu. *Le Cordial bar* is a lounge where guests can have a luncheon buffet and relax alongside a pianist during the late afternoon. In both, the servers are very friendly and go out of their way to be accommodating. During the summer months, there is a large outdoor patio where one can sit, enjoy the Montreal sunshine and lunch on specials of the day. Children's menus are available in all the dining spots. In-room dining is of course available.

Delta Montréal offers several attractive and value-added packages. There is, for example, an *A la Carte* package, a package for shoppers which includes a 25% discount at The Bay (Montreal's largest department store), a *Celebrate Montreal* package which includes tickets to two city attractions and a coupon for Casino de Montréal, a *Romantic Getaway* package and a *Family Bliss* package. All packages include different things, choices and discounts.

To inquire about rates, packages, reservations or any information, you can call Delta Montréal at 1 877 286 1986 or see the hotel web site: www.deltamontreal.com.



DELTA MONTRÉAL is conveniently located to daytime and evening activities.



THE LANDMARK HOTEL Fairmont The Queen Elizabeth opened in 1958 and remains one of Montreal's most prestigious hostels. Famous folks – from Fidel Castro to John Lennon and Yoko Ono – have stayed here. In fact, people still sometimes leave roses near Room 1742 in Lennon's memory!

Amazing maze: Montreal's underground

By Ronald T. Harvie

For native Montrealers, on their daily rounds through the city's famous 31 kilometres (18.5 miles) underground network of malls, office complexes, apartments and food halls, there's often a moment of truth: a challenge that stops them in their tracks.

Standing in front of them is a tourist, map in hand and an awe-struck look on her/his face, asking a simple-sounding question: "How do you get to (shop/restaurant/hotel) X from here?"

What seems so natural to the native familiar with the maze of tunnels, corridors, escalators and concourses that make up the underground city is sometimes not quite so easy to explain! After all, in the central part of the subterranean world alone, you can walk about six kilometres without going outside, having entered the system by any one of five Metro (subway) stations.

Just for fun, let's take a tour of the heart of the "maze".

We'll enter from the Peel Metro station at the western edge of the underground city. Good choice, actually, because it's one of the snazziest stops on the subway system. Decorated by well-known local artist and bon-vivant, Jean-Paul Mousseau, its platforms and corridors sport big, colour-striped circles – dozens of them, some as large as an amazing six metres in diameter. Very chic, very 60s!

From the station, we'll go into the first major hub, Les Cours Mont-Royal. This was once the Mount Royal Hotel, built in 1922, and for many years one of the hotspots of Montreal's (in)famous nightlife. All the big bands and big stars of the 30s and 40s played here – and its new, refurbished atmosphere maintains an echo of those glamorous years.

From Les Cours Mont-Royal, a passageway leads to a Paramount cineplex – the busiest movie house in town – and an equally fashionable "boutique" department store called Simons.

Another bright, wide passageway lined with shops leads us to the next mall, Place Montréal Trust. Here you'll find Indigo, one of the city's biggest and brightest bookshops, along with dozens of other great shops – like the hot European chain, Zara. There's a huge atrium here, too, whose claim to fame is one of the tallest indoor fountains in North America. Every five minutes, a "geyser" of water shoots 150 feet into the air.

Strolling through another busy connector-mall, we arrive in the Eaton Centre, another multi-level shopping complex. From here, you can go in one direction to the Promenades Cathédrale and The Bay department store, or the McGill Métro station. In the case of our tour, we'll head south through a different tunnel though, because it brings us to Place Ville

Marie. This is the beginning of it all. The original-and still-ticking-heart of the underground city.

First planned in the 1950s by architect I.M. Pei, and inspired by New York's Rockefeller Centre, it opened in 1962. A 45-storey, 285,000-square-metre office tower rises above an equal amount of shopping and eating space.

Place Ville Marie is legendary, not only in Montreal but also across Canada, because it led the way into a renaissance of urban development and a rethinking of how business could be conducted.

Directly connected to Place Ville Marie is Montreal's Central Station, the main public plaza of the underground city. It's three storeys tall, 350 feet long and over 100 feet wide. Yet for all its vastness, it feels somehow human and intimate. Over 50,000 people pass through it every day.

But one of the glories of Central Station adorns the end walls of the concourse. Two monumental bas-relief friezes done by Charles Comfort in the early 1950s, depict, in the artist's words, "the daily life of Canadians, their hopes and, to some extent, their environment."

OK. By now, you've walked almost three kilometres – all without going outside.

You've "solved" the maze of the underground city.

If you know 19 or 39 people ...

You too can be a Montreal groupie

FIRST OF A SERIES

City offers visitors more than the usual reasons to organize a group

Just glance at the license plates: New York, Vermont, Massachusetts, Maine. Every week, during all four seasons, we see motorcoaches from these and several other states that are bringing folks to Montreal.

One of the first considerations of course, is typically the cost. A Canadian dollar is worth less than the U.S. dollar, so Americans receive unparalleled value. One U.S. dollar is now worth about \$1.54. When arranging group hotel accommodations or admission fees to attractions and events there are usually group discounts.

The proximity to several large U.S. cities accounts for another reason that Montreal is so popular as a group destination. Many groups come from the border states.

People visit Montreal for all kinds of reasons – shopping, theatre, arts and cultural activities, festivals, sports events, concerts – because the city just seems to have an abundance of first-class activities that have developed over the years, and a reputation that Montreal is tourism friendly and safe. When asked, many U.S. visitors first comment that the city is clean, safe and that there is much to do.

We keep referring to "reasons" and "groups". Well, one usually needs a reason to go somewhere, so we have detailed some of the reasons to visit Montreal and we have also provided some ideas so that you can arrange groups that perhaps you haven't thought to organize.

From every walk of life – from clubs, social organizations, churches, synagogues, schools – people have been organizing group trips to the city for all kinds of reasons, so we thought we would provide some information to help plan and organize your own group trip. Sorry, though; no "I'm a Montreal groupie" t-shirts.

The first thing you will need is transportation. Get a van(s) or a bus. There are several motorcoach operators that can provide buses and drivers, and/or make hotel and sightseeing arrangements. Tourisme Montréal can provide several suggestions and assistance.

Then you will need hotel accommodation. Virtually every hotel in the city will quote group rates and provide many sundry services and offer advice.

These are just some of the interesting, educational, entertaining and fun things to see.

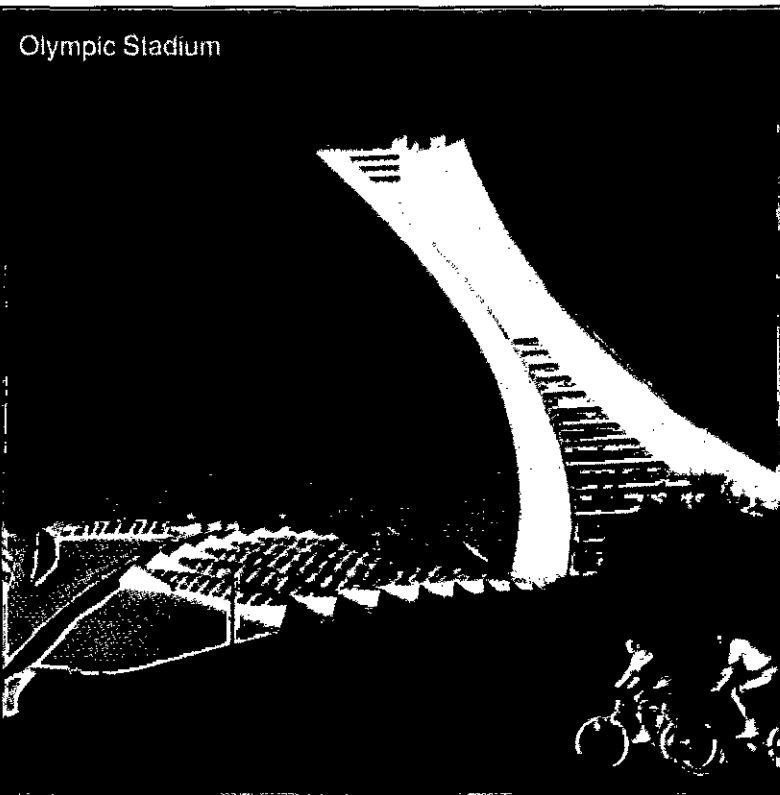
SPORTS Montreal's baseball team, the *Montréal Expos*, meets rivals head-on at the Olympic Stadium from April to September. Discounted rates and special offers are divided into several categories: 25-49, 50-299 and 300 or more people. Youppi is the team's colourful mascot. For group rates and information call 1 800 678 5440 or visit their website at www.montreal Expos.com. Known throughout the city for its mouth-watering ribs, P.A.'s Chicken & Ribs is the ideal restaurant for a pre-game meal. The baseball themed restaurant is located on the premises. To make reservations for groups of 10 or more, call 514 251 4385.

SCIENCE The *iSci Centre*, located in the Old Port of Montreal, offers more than 27 hours of activities through the use of technical displays, interactive games, video clips and debates on various scientific and technical issues. Opened in May 2000, the complex is ready to wow you with a combination of science, leisure and entertainment. There is an IMAX, IMAX 3D and an Immersion Theatre. Restaurants and boutiques are located on site. "Porto Fiorentino", the family restaurant provides a terrace with a great view of the Old Port. While dining, watch daily circus performances and mad science demonstrations. Enjoy a pizza from Canada's largest wood-fired oven. Call 1 877 496 4724 or visit the centre's website at www.isci.ca for group rates and information.

SIGHTSEEING Take to the water in a Paris-style river boat. Montreal's *Bateau Mouche* offers daytime and evening cruises from the Jacques-Cartier Pier. From mid-May to mid-October, enjoy a narrated cruise on the St. Lawrence River. With a 22-inch draft, the *Bateau Mouche* enables visitors to access areas that other boats couldn't. Daytime cruise capacity is 200 and dinner cruises accommodate up to 140 passengers. Departures for daytime cruises are 10am, 12noon, 2pm and 4pm. Dinner cruises take place at 7pm. Board 30 minutes prior to departure. Group packages have been developed with other local attractions. 1 800 361 9952. www.bateau-mouche.com

OPERA You may not be able to carry a note, but if you have an appreciation for the opera, Montreal's Opera will delight. *L'Opéra de Montréal* was founded in 1980 and has become one of the most listened to companies in North America. Visit the Opera at Place des Arts. Group discounts depend on the size of your group. Groups of 14-25 people receive a 15% discount, 26-50 people a 20% discount and 50 plus people a 25% discount. Contact the group sales coordinator for further details or to make reservations. 514 985 2582. www.operademontreal.qc.ca

SPOOKY Entertainment from another world awaits you when your group takes a walk down the *Old Montreal Ghost Trail*. There are three different walks that will educate while sending shivers down your spine – the New France Ghost Hunt, Montreal's Historical Crime Scene and the Traditional Ghost Walk. This is an ideal way to learn about the history of Montreal and is a favourite with teachers. Call for group information at 514 868 0303 or fill in the online reservation form at www.phvm.qc.ca





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Planning to get away with your family this summer? Holiday Inn welcomes you and your children with our Kids Eat, Stay & Play Free program. Kids 12 and under eat free¹ in the restaurant off the kid's menu, kids 19 and under stay free², and kids 12 and under receive a free activity fun pack³. Call 1-800-HOLIDAY and ask for **GREAT RATES**sm. Rooms available at this rate are limited.



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¹ Kids Eat Free is available for kids age 12 years old and under dining in the hotel's restaurant from the Kid's Menu and when accompanied by a family member dining from the regular menu. Available at Holiday Inn®, Holiday Inn Select®, and Holiday Inn SunSpree® Resort hotels. For registered guests only. Limit 4 kids per dining family. Not available for room service, or with room rates negotiated for groups of 10 or more people, travel industry personnel or employees. ² Kids 19 and under stay free in their parents room; Maximum occupancy subject to local laws; rollaway bed charges may apply. All kids and adults must be registered guests. ³ While quantities last. Offer available at participating Holiday Inn® hotels & resorts in Canada. Offer not available at Holiday Inn Express® hotels. © Registered trademark of Bass Hotels & Resorts, Inc. Most hotels are independently owned and/or operated. ©2001 Bass Hotels & Resorts, Inc. All rights reserved.

Students do well on tests

A number of local fifth- and sixth-grade students recently received recognition for their high performance on Johns Hopkins University's Center For Talented Youth Talent Search.

Recognized were Steven Busch of Ravena, Michael Ernst of Delmar, Hannah Gibson of

Voorheesville, Joshua Glover of Voorheesville, Molly Gordon of Delmar, Kyle Hickey of Delmar, Rebecca Lewis of Delmar, Damian Privitera of Glenmont, Daniel Roberts of Delmar, Chelsea Swete of Glenmont, John Teevan of Delmar, and Stacey Toseland of Selkirk.

Five Rivers slates fishing event

The Five Rivers Environmental Education Center will host a program on fish and fishing on Saturday, June 23, at 10 a.m.

The program will give participants a grounding in the basics of fishing.

Participants in this free program should dress for the outdoors, and will rig poles, catch

lines, and may be able to catch and release a fish.

Different poles, reels, hooks and lures will be also discussed in the program.

Pre-registration is required by Wednesday, June 20.

For information or to pre-register, call Five Rivers at 475-0291.

Library seeks young volunteers

Middle school students can volunteer for summer service at Bethlehem Public Library.

Volunteer workshops will be held on Friday, June 22, at 2 p.m. and Tuesday, June 26, at 7 p.m.

Volunteers must complete one

of the workshops and commit to at least six hours of service, aiding the youth services staff during the summer reading club program.

Call 439-9314 for information or to pre-register.

RCS honorees



Ravena-Coeymans-Selkirk teacher Diane Albano, left, and Assistant Superintendent Leslie Nulton, right, receive congratulations from Joan Macher, president of Alpha Nu Chapter of Delta Kappa Gamma, for being inducted into the honor society.



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Sports

NCAA elects Stevens to chair advisory committee

By ROB JONAS

Megan Stevens' college lacrosse career is over, but her involvement in collegiate sports is not.

The 1997 Bethlehem Central High School graduate was recently elected chair of the NCAA Division III Student-Athlete Advisory Committee after serving one year as the vice chair.

"I'm extremely honored to be

elected chair," said Stevens, who graduated from SUNY-Cortland last month with a degree in recreation management. "I absolutely love the work I do."

Stevens had been involved with the committee since her sophomore year of college.

"I kind of fell into it through my school's athlete advisory committee," Stevens said in a phone interview from Long Island, where she is interning at the

Women's Sports Foundation.

Stevens said that Cortland's associate athletic director submitted her name to the committee, and she was honored when she was accepted.

"One of the first things you learn is that you're 24 people (on the committee) representing 127,000 people," Stevens said.

"So, you realize that your opinion matters because you're obviously a leader just by being there."

Stevens said the committee tries to be proactive in discussing issues that affect Division III athletes.

"We look through all of the rules at our November meeting and find issues that we're interested in," Stevens said. "It's the little issues that turn into the big issues. So, we try to look at everything on a large scale."

One issue that was recently resolved by the committee was whether Division III teams can continue to play "non-traditional" seasons. In the past, teams have been allowed to hold practices and play games outside of their usual seasons.

The NCAA wanted to eliminate non-traditional seasons, but the Division III Student Athlete Advisory Committee heard a different message from some of its athletes.

"The student athletes we heard from basically didn't want to see non-traditional seasons end,"

Stevens said.

The issue was eventually resolved to keep non-traditional seasons for Division III teams, but the competition period can only last five weeks.

Stevens said that student athletes need to continue to communicate their concerns in order for the committee to be effective.

"We're still trying to raise awareness that we are accessible and that if you have a concern, you can e-mail us," Stevens said.

Stevens' work on the committee made her college life even more hectic, but she still managed to find the time to do her schoolwork and play women's lacrosse at Cortland.

"I was definitely very busy," said Stevens, who was among the leading scorers on the Red Dragons with 39 goals and 14 assists this past season. "College is all about time management. I knew going in that athletics would take up a lot of my time, so I did the best I could to manage my time."

The majority of Stevens' time is now taken up with her internship and her search for a graduate school.

"At this point, it's very, very open," Stevens said. "All I know is that I want to continue being involved in sports the rest of my life."

Just because schools are out of session for the summer doesn't mean that Stevens will take time off from the committee, though. She will be meeting with the other representatives in less than two weeks to wrap up the past year and begin looking toward the fall.

"We won't discuss a lot of issues," Stevens said. "Those are usually reserved for the fall."



Stevens

Olson fifth at nationals

Voorheesville resident Daniel Olson finished fifth at the United States Association of Track and Field junior national championships Sunday in Richmond, Va.

Olson, a senior at Albany Academy, cleared a height of 2.10 meters (6-feet, 10.75-inches) to become the highest-placing high school jumper at the meet. The top two finishers, Jason Mill and Keith Moffitt, were not representing schools, and the third and fourth place finishers were from NCAA Division I colleges. Mill won the title with a height of 2.16 meters (7-feet, 1-inch).

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Kevin Cassidy of Mail Boxes Etc. slides under the tag of Back Crackers pitcher Will Baynes during last Saturday's Tri-Village Little League Intermediate Division game in Delmar.

Rob Jonas

Bethlehem teams honored for academics

By ROB JONAS

Five Bethlehem Central High School varsity sports teams received all-New York honors for academic achievement.

The boys and girls lacrosse teams, the boys and girls track and field teams and the boys tennis team all had grade point averages over 90 to earn all-state awards.

"We've done well this year," Bethlehem athletic director Chuck Abba said. "We've had several teams make (all-state honors) in the fall and winter seasons, and we had several teams make it in the spring."

The boys tennis team added to its list of achievements by earning all-state academic honors with

a 92.955 average. The team also won the Suburban Council and Section II, Class A team titles, and senior Matt Treadgold claimed the singles title at the state championships last month in New York City.

The girls lacrosse team, which won its third consecutive Section II title this season, had a grade point average of 91.890 to earn an all-state nod. The boys lacrosse team had a grade point average of 90.154.

Bethlehem's girls track and field team received an all-state nod with an average of 94.208, while the boys track team had an average of 92.983.

"We have kids who work very hard in school and do well in their

other activities," Abba said.

Ravena-Coeymans-Selkirk had two teams that earned all-state scholar-athlete awards. The boys track and field team had an average of 92.078, and the girls track team had an average of 93.470.

Youth hoop camp at Bethlehem Central

The Bethlehem Boys Basketball Camp will be held July 23 through 27 at Bethlehem Central High School.

The camp is open to boys entering grades four through eight.

For information, call Bethlehem varsity basketball coach Chuck Abba at 439-8938.

BC baseball players honored by league

Seven members of the Suburban Council Gold Division champion Bethlehem baseball team earned all-star honors from the Suburban Council.

Pitcher Avi Rasowsky and utility player Mark Bulger were first-team all-star choices, while middle infielder Parker Brown and outfielder Bill Tierney were named second-team all-stars.

Honorable mentions went to Josh Burnett, John Nowak and Jim Rice.

Voorheesville players earn all-league honors

Second baseman Chris Spina, third baseman Collin Adalian and designated hitter Kevin Vanderwarker of the Voorheesville baseball team were named first-team all-stars by the Colonial Council.

Vanderwarker led the Colonial Council with a .509 batting average. The junior had 27 hits in 53 at-bats, including six extra-base hits, and drove in 19 runs. Vanderwarker also had a 3-1 record as a pitcher against league opponents with a 2.74 earned run

average.

Spina batted .423, led the league in walks with 22, stole 13 bases and scored 26 runs. He also had a 3-2 record as a pitcher with a 2.76 ERA against Colonial Council opponents.

Adalian batted .415 and led the Colonial Council with 28 runs batted in. The senior also had 10 extra-base hits, including three triples and two home runs.

Junior Kevin Massaroni was an all-Colonial Council honorable mention.

Blanchard beats Watervliet

The Blanchard Post 1040 baseball team won its first American Legion league game of the season last Friday with a 7-6 victory over Legnard Curtain Post of Watervliet.

Blanchard Post (1-4) trailed 6-1 after six innings before scoring six runs in the bottom of the seventh, highlighted by John

Marcella's game-winning three-run homer.

"The importance of the game is nobody expected us to win because Watervliet was undefeated at the time," Blanchard coach Matt Dwyer said.

Jon Glisson contributed a pair of hits in support of Blanchard pitcher Chris Macomber.

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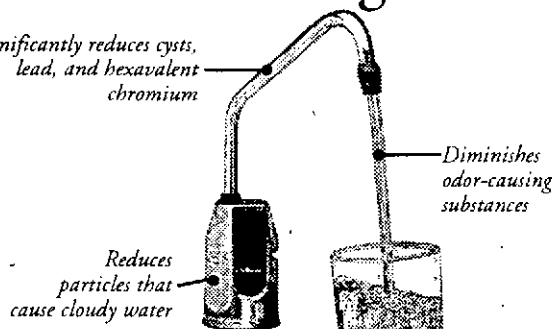
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The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length.

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

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

Park

(From Page 1)

future land purchases, or for the development of new facilities at existing parks. "Can it be used to resurface (an existing) pool? I don't know," Lipnicky said. "Can it be used to build a new pool? Yes... the question is how much it can be used for maintenance." But town parks administrator David Austin indicated his intention to use the fund solely for expansion and new facility development.

Board member George Lenhardt sought clarification that the law would not apply to private

landowners dividing a parcel of their property for an heir, and was assured by Lipnicky that a single-lot division of this sort would not be subject to the town's subdivision law or the new provision.

Reflecting the views expressed by several developers at the public hearing, board member Dan Plummer said, "I've heard some criticism from people who thing we're trying to control development by doing this. We aren't trying to control development. We may be shaping it, but only in a positive way."

League seeks volunteers

AnimaLovers (the Animal Welfare League of the Greater Capital District) is seeking volunteers to work in a variety of capacities.

AnimaLovers mission is to provide housing, veterinary care and adoption for unwanted, abandoned, and injured stray cats and dogs. The group educates the general public about the health and needs of companion animals.

Volunteers are needed to work on the telephone committee, at local cat and dog adoption clinics, and to foster abandoned or stray dogs and cats until a proper adoption can take place. The group is seeking individuals who can commit to a few hours a week, on an ongoing basis.

To volunteer or learn more about the opportunities, call 448-5468.

Library announces concert dates

Bethlehem Public Library has announced its schedule for its 2001 "Evenings on the Green" summer concert series.

• Wednesday, July 11, 7:30 p.m.

Brenna Bavis and Jack Kelly will perform jazz and blues standards.

• Wednesday, July 18, at 7:30 p.m.

The Electric City Chorus will showcase barbershop harmonies.

• Wednesday, July 27, at 7:30 p.m.

Curragh will perform Irish music and dance.

• Wednesday, Aug. 1, at 7:30 p.m.

Joe Banana and the Bunch will perform a program of Dixieland jazz.

Admission is free. audiences are advised to bring a blanket or a lawn chair.

In the event of rain, performances will be indoors.

Teacher

(From Page 1)

difficult in her job.

"In the early years," she said, "I may have had trouble doing justice to the program. Some-times in the heterogeneous grouping, you're trying to reach varying levels, high, low and in-between." As for changes she's seen, she said that things come and go — and come around again.

"We've emphasized skills, we've emphasized content, we've differentiated, we've pushed the kids to work at the same pace," Varriale said. "The paperwork is greater, as accountability and state testing have increased. But really, it seems like it's always been just like it is."

"In order to review the seventh-grade material," Varriale said, "I had to leave out some of the later content, the post-Watergate material. I think that will even out over time, as the content is readjusted." History has long been Varriale's great love.

"To me, it's a story," she said,

"about how people lived. When I came here, Vietnam was just heating up, and I lived through that. There's a lot of history I've lived through."

To help her students understand that history is something alive, she often has them do oral projects, interviewing older people in the community. Varriale has also brought diversity into her curriculum, mainly through the African-American Day that takes place every year, and which students prepare for throughout the year.

"I didn't have much contact with minorities, growing up," Varriale said. "Kids need to know people beyond their own socioeconomic group, or religious group. The kids are interested in this." Varriale draws on a lot of literature to teach history, using books about Harriet Tubman, or the Irish in America in the industrial era of the 1800s. She also uses a book about a Vietnamese refugee, and draws on Holocaust literature.

"I try to work in stories about people — especially teens — who have had difficulties and overcome them," Varriale said. Varriale plans to spend time with her husband, George, after her retirement, as well as garden and read.

Varriale said she may work some with kids who can't be in school, but is looking forward to not waking up at 5:15 to get to work. "I'll miss the kids and my colleagues," Varriale said. It's clear that they will miss her, too, as a group of former students, now high school freshman, stood waiting to visit with her. "She was the best social studies teacher ever," Jessica Schoen said. "She's organized, and she always got there early." "She made it easier to understand," Anna Rubin said. "She wouldn't be boring, and her personality helped you learn."

"She had a good sense of humor," Kevin Perazzelli said. "She individualized everybody," Kathleen Hanley said. In addition to the personal praise, this year's senior class has selected her — for the second year in a row — to be a marshal at commencement. Superintendent Les Loomis praised Varriale's work. "She's a terrific person," Loomis said. "First and foremost, Donna is a master teacher. She's had a tremendous impact on the quality of the social studies program. She's been a leader in developing the African-American cultural presentation at the middle school. My closest role with Donna was when she was president of the Bethlehem Central Teachers Association. She was an excellent leader, and helped us move toward a positive partnership between BCTA and the district. Donna has always given 100 percent to everything she's ever done. She's a true leader, in the classroom, at the middle school, and within the BCTA."

JoAna Finger, who has taught eighth-grade English at the middle school for about 12 years, also had only good things to say about Varriale. "She's wonderful," Finger said. "She makes the curriculum meet the needs of all the students. She always goes out of her way to help students who need a push, and she takes a leadership role in helping the faculty teach. I'm really going to miss her."

Good Samaritan Senior Living
by Lee Bormann
President/C.E.O.

Men and Women of Leisure

Because people live longer than they did in the past, they have more time for leisure than ever before. This puts them in a very enviable position. As modern leisure researchers Gene and Lei Burrus-Bammel once observed, "In leisure occur the most important events of one's life: insights, personal relationships, choice of careers and delights in ourselves, our friends and the natural world." Older adults may find leisure to be essential as they go about defining new goals and directing their energies into new channels. To get the most out of it, leisure needs to be taken seriously. By doing so, the elderly can reach beyond idleness to realize leisure as an activity in itself, a career later in life.

Focusing on interests that are particular to you is essential for maintaining involvement that lasts. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, it's never too late to take care of your interests and to develop an interest into a real hobby that makes you take pleasure in it. Call 439-8116 for more information.

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Women in Business

June 20, 2001

A supplement to Spotlight Newspapers

By DONNA J. BELL

You've got an office meeting at 10 am, a doctor appointment for your toddler at noon, an important client to meet at 2:30 and kids to bring to soccer and dance after school. Sound familiar?

You aren't alone. Working parents struggle with issues of dealing with work and family every day.

"The key is to keep it all balanced and know what your limits are," said Heather Tangora of Tangora Technologies located in Delmar. But even Tangora admits that balance isn't always easy achieved. Five years ago, when Tangora and her husband Michael decided to open their own business it was just the two of them. Over the years the business has expanded from heating and cooling service and installation to adding high-end home automation systems, custom designed home theater, structured wiring builder packages, Beam central vacuum and a new mosquito control device.

From a humble start with the just two of them, they now have 10 employees. As the business has grown, so have the techniques the Tangoras have used to keep their schedule under control. Tangora relies on her ability to be able to work from home as well as at the business location. Her telecommuting helps her keep a focus on her two young children while still being a productive partner in developing and growing Tangora Technologies.

The "how to" of achieving what families want for personal, family and financial growth has everyone from college professors to Oprah looking to supply answers.

Stephen Covey, the guru of effective living and the author

of *The 7 Traits of Highly Effective People*, said in a recent article "I have always believed that we should govern our lives by our compass rather than our watch. For most of us, the trick is not to cram one more task into an over-stuffed life but to make our choices based on our

enduring principles."

Covey recommends that couples make a personal and family mission statement. "Your mission might be a few words scribbled on a restaurant napkin," Covey said. "Or it might be a family constitution you have crafted and refined

over the years. A mission statement teaches us when to say no and how to say yes." While making a mission statement may seem to be going a little too far for some, a simple plan of what your family priorities are will stop you from being pushed and pulled into too many

directions.

Karen Heath, owner of The Toy Chest in Slingerlands and mother to two toddlers, often finds herself playing the work-to-home shuffle. "With kids you have one going here and one going there and have to look at a calendar everyday,"

Heath said. "The biggest challenge is making my children's school functions being held during the day or if my kids are sick." Both Heath and Tangora said that having a supportive husband is a major factor in being able to run a business and still be available for the children.

"I depend a lot on my husband, John," said Heath. "He takes the kids to after school activities, he comes in to work for me, and he has a full time job, too."

Tangora and her husband find that communication is a key to being partners in marriage, parenting and work.

"I have a very supportive husband," Tangora said. "We spend a lot of time planning and communicating. There are sacrifices on a personal level — we are not home all the time — but we support each other because we want the business to survive."

Finding time to accommodate family and work tasks is an issue for both women. Every parent has thought "If there were just a few more hours in the day."

Stephen Duncan of the Montana State University department of Health and Human Development recommends that families work on making the most of the limited time they have. He suggests: Make a to do list. Incorporate tasks like planning the day while commuting, cooking while talking on the phone, exercising or while watching TV. Encourage the help of other family members. Solve problems one at a time. Assign age-appropriate tasks to others and involve all family members with household tasks. Notice when you are at your

Continued on pg 4



Balancing Act

Women juggle
home and business

women in business

Local businesswomen share passion for success

By KATHERINE MCCARTHY

Dogs, eyeglasses, organization and high-quality crystal might not seem to have much in common, but they're all businesses that local women have started and continue to run.

In every case, this sample of women business owners from the Capital District has matched their skills with their passion — a dy-

namic formula that has led to success.

Helen Volk, who celebrated the 10th anniversary of her business Beyond Clutter this May, offered some thoughts on why women are succeeding in business.

"This is the way business is going, run by one person, by entrepreneurs," she said. "For women, we have a wonderful future this way. Women tend to be very personable, outgoing,

and very result-oriented. We know what good service is, we've worked with service people our whole lives, getting this fixed, getting that fixed. As consumers of services, we have a good sense of what offering a service is all about, and we know as women that sometimes we don't like how we're treated, especially by certain industries. Women are better at relating to all kinds of people in all walks of life."

Volk founded Beyond Clutter, a business that helps people declutter and destress their lives, after a series of changes in her own life.

"I was a pack-rat," Volk said. "I was raised by pack-rats, and things were always cluttered. In the 1980s, I chose to unclutter my life, and live more simply. I sold a 12-room house and moved to a five-room condo, and I got out of debt."

Volk said her mother's death in 1989 crystalized things for her, and pushed her farther along the path toward her own business.

With the money she saved by not buying things, she was able to quit her job as a lawyer for the state Department of Education, and she "got lost" for nearly two years.

When she returned from her sojourn, she began talking to people about what she should do, and friends recommended she share her experience of living more simply and with more organization.

Since she had taught before she became a lawyer, Volk drew on those skills and contacted the Knowledge Network, where she offered a workshop on how to unclutter life.

"The business started on its own," she said. "It didn't require capital, and I didn't need to borrow money."

Volk joined the Albany-Colonie Regional Chamber of Commerce and printed up some business cards. From those initial workshops, more classes evolved, and people started calling Volk for personal help.

"The business has kind of grown on its own, primarily because people know I practice what I teach," Volk noted.

Volk has also spent a lot of time educating people as to what professional organizers do, giving speeches and seminars, and doing hands-on professional organizing, for homes and businesses.

The main benefit of owning her own business, Volk said, is the flexibility, and being in charge of her own schedule. The hard part was learning a business from the bottom up. "Early on, I didn't always follow up on things, and didn't recognize opportunities," Volk said.

Ten years into it, Beyond Clutter is profitable, and the 80 hours a week she worked at the beginning are history — Volk said she no longer needs to work all year long.

Diane Campion, after 20 years at CSEA, started her own organizing business two years ago, Organize This. Working out of her home in Slingerlands, Campion offers professional organizing for residences and businesses, as well as training, coaching and consulting.

"I was contemplating retirement from CSEA," Campion said, "I decided I wanted to create the kind of job that could utilize the best aspects of my job and shed those I wasn't fond of."

Campion spent a lot of time studying the organizing field — one she had been unaware existed. She invested in computer equipment, became part of a Web site (www.organizersweb.org), joined the Bethlehem Chamber of Commerce, and because she is a Cornell graduate, took advantage of seminars offered by Cornell Co-operative Extension.

Campion did some advertising, but most of her clients came through word of mouth. Like Volk, she has also taught at The Knowledge Network.

"The best part about having my own business is doing exactly what I like to do," she said. "I work with people I like, in situations I like."

The hardest part, she said, is keeping the work flowing.

"Getting publicity is hard," she said. "I'm not used to selling myself. I've always represented an organization, which I could speak up about, but it's difficult to speak about yourself."

Figuring out what to charge people has also been a challenge, but Campion said she has referred to the National Association of Professional Organizers' guidelines. The good news for clients is that organizing can be

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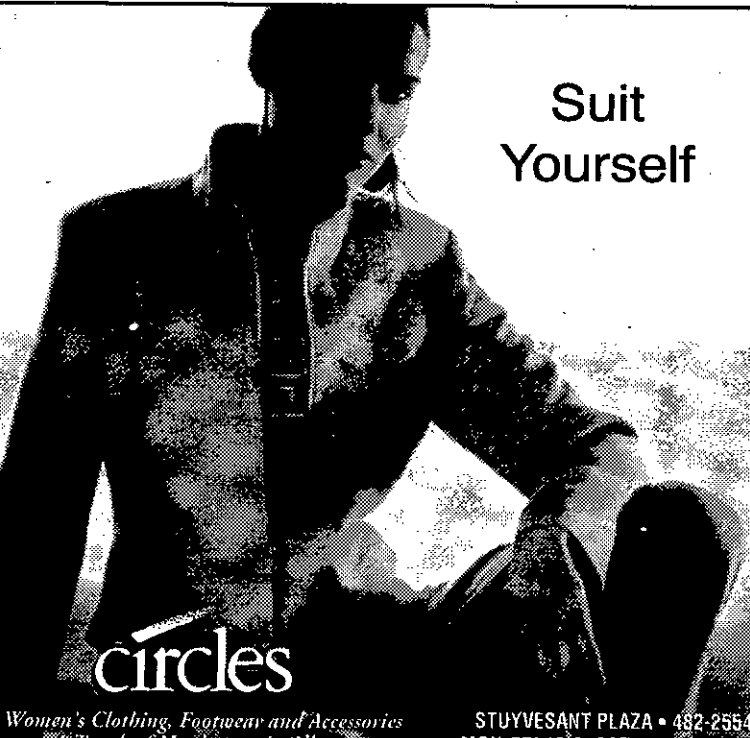
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women in business

be very affordable.

Volk and Campion recently joined forces to create a package of services that they're marketing to lawyers and small businesses called The Organized Business Professional.

In Colonie, two sisters have also drawn on their professional experience in the optometry field to create Eyedentity Eyewear. Located at 1315 Central Ave., just half a mile east of Colonie Center, Marie Coluccio and Loretta Ackerman opened their optometry shop when Kaiser Permanente, where they had both worked, left the Northeast.

Coluccio had been director of optical services for Community Health Plan, then Kaiser Permanente, and had a 23-year career behind her. Ackerman worked in private practice before working at CHP and Kaiser Permanente for 10 years.

Coluccio worked in Latham; Ackerman in Delmar, and both found themselves getting phone calls at home from worried patients as Kaiser prepared to leave the area.

"Owning our own business had always been a dream," Coluccio said, "but this gave it a kick."

Both women had gone to optician school in the 1970s, and today, they fit eyeglasses, fill prescriptions, and do eye exams at Eyedentity. Once a week, there's an optometrist on premises.

The women worked quickly to set up their business, since patients get eyeglasses only once every few years.

"We got a lot of help from the Small Business Development Center," Coluccio said. "We talked to people in business, physicians and professionals. We asked a lot of questions, and did a lot of research."

To finance their business, the women put up some of their own funds and got a micro-loan from the Albany-Colonie Chamber of Commerce. Thanks to a strong business plan, developed with assistance from the Small Business Development Center, they were able to quickly secure a bank loan.

"The hardest part was finding a good location," Coluccio said. "We're doing what we'd been doing for 20 years. We were hustling, but we found a great location and it's been wonderful."

Apparently, it's successful, too. The Small Business Administra-

tion awarded Eyedentity, which opened in May 2000, an Excellence in Business award for 2001. In their first year, they were profitable, 35 percent over their projections.

"What we like about having our own business," Coluccio said, "is that we don't have to answer to a corporate headquarters. We can make decisions based on our client base, and that's wonderful. We also make our own policies." "We're excited," Coluccio said. "We took a leap of faith. We felt strongly that we had a lot of people who would follow us, and our patients are happy with what we've provided."

In Glenmont, Sandy Travis has started her fourth entrepreneurial effort, a dog-washing facility called Shampoodle. Travis' first three businesses allowed her to stay home with, or close to, her two children while they were small.

When she was approaching 40, she decided to follow her heart instead of returning to the 9-5 world, and started

Shampoodle. With her children now older, Travis is putting on a full-court press with Shampoodle. As she started the process of opening Shampoodle, Travis started with a concrete business plan, setting stages and goals to accomplish.

Like Campion, she has found it challenging to keep the momentum going.

"The reason most great small businesses do not stay in business is because the initial run is tough," Travis said. "It costs so much to stay in front of the public eye."

Travis said her past marketing experience helped her figure out a marketing strategy. Another challenge is convincing people that they should come to Shampoodle to wash their dogs, instead of doing it at home in their own tubs.

"I put every feature in to make life convenient, comfortable and affordable," Travis said. "With my kids, work and regular house cleanup, the last thing I wanted to do is wash my dog in the tub,

with the cleanup, backache, etc."

The best part of Shampoodle, she said, is watching people relax and bond with their dogs, as the animals step into the waist-high purple tubs and get soaped down. "People are already on the verge of relaxing in their

old comfy clothes and accompanied by their stinky best pal," Travis said. "After they get the hang of things, the relaxation, fun and bonding takes over. I love to see the smiles and happiness after a successful run."



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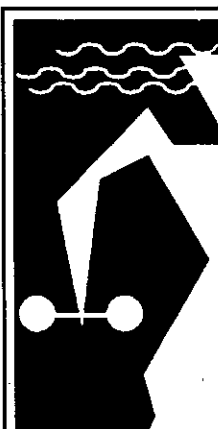
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Hospital from 1984-1995. I felt it important to continue my education beyond my Doctor of Dental Surgery degree from Case Western University and worked on postgraduate study. I completed my Fellowship of the American Academy of General Dentistry (FAGD) exam and over 500 continuing Education Credits and was honored to graduate in July 2000. I take pride in being an active member in the American Dental Society, The Academy of General Dentistry, Third District Dental Society and the Bethlehem Chamber of Commerce.

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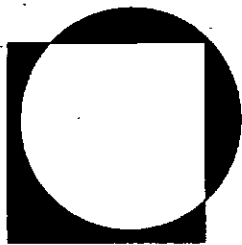
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Family affair

Gail Leonardo Sundling, left, owner of the Delmar Bootery, joins her mother Jessie Leonardo, who along with her husband founded the business, and her granddaughter, Mandy Sundling Young.

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Balancing work and home**Continued from pg 1**

peak and use this time wisely. Create a family calendar to help plan time efficiently. Enlist outside supports such as family, friends and modern conveniences. Making priorities of what your family deems important will help keep juggling work and family tasks in

perspective.

Tangora and her husband live by the family motto "The only thing constant around this house is change and change is good."

Marjorie Shaevitz, author and director of the Institute of Family and Work Relationships in California, outlines her tips to

help anyone do a better job of balancing their work life and their family life. Seek out quality in your life. Don't settle for second best in what you read, listen to or how you spend your time at work or home. Find an exercise you enjoy and simply do it. Don't wait until you are in the mood — just command yourself to exercise every day. Exercise is crucial to quality of life — everything else improves as a side effect to your exercise program. You'll have more stamina, energy and a better disposition to face the other challenges of life. Set limits for different parts of your life. Limit the amount of time you spend working, doing jobs around the house and running errands. Try picking one room to clean and set a timer for 30 minutes. When the timer goes off, stop. You will prioritize your work and become more efficient at tasks.

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John Kasarjian and Patricia Campbell

Campbell, Kasarjian to wed

Patricia Campbell of Colonie, and John Kasarjian of Colonie, formerly of Delmar, are engaged to be married.

The bride-to-be is a graduate of Catholic Central High School and Hudson Valley Community College.

The future groom is a graduate of Troy High School.

He is a sales associate at Goldstein Buick of Albany in Colonie.

The couple plans a July 5, 2001, wedding, after which they will be moving to Delmar.

Class of '01

SUNY Fredonia

Amanda Genovese (bachelor's in musical theater) and Charles Valentine (bachelor's in media arts — music/sound production), both of Delmar; and Ann Zekoll of Voorheesville (bachelor's in psychology).

SUNY College at Oneonta

Stephanie Goeldner of (bachelor's in elementary education) and Tricia Sleasman (bachelor's in psychology), both of Delmar; Michael Mansky of Slingerlands (bachelor's in sociology).

Salve Regina University

Katie Sumner of Glenmont (bachelor's in American studies).

Siena College

Mark Hotaling of Delmar (bachelor's in economics, finance, marketing and management).

Tufts University

Brad Einhorn of Delmar (bachelor's in art history).

Mary Washington College

Sarah Bigelow of Delmar (bachelor's in economics).

Michigan State University

Sarah Cook of Delmar (master's in fisheries and wildlife).

Dean's List

Hamilton College — Elizabeth Backer and Lynne Hutter of Delmar.

SUNY Geneseo — Rachel Schoolman of Delmar.

University of Rochester — Janet Shaye of Slingerlands.

SUNY Cortland — Rian Korarik of Glenmont.



Agnes and Richard Neumann in 1951 and today.



Neumanns celebrate 50th

Richard and Agnes Neumann of Delmar, recently celebrated their 50th wedding anniversary at a luncheon held at the Best Western Albany Airport Inn given by their children.

The couple were married March 31, 1951, in Oswego.

The couple have three sons, William and his wife Marianne

Neumann of East Greenbush, James and his wife Karen Neumann of Rotterdam and Gary Neumann of Albany.

They have one daughter, Kathleen Plog of Delmar.

The couple have six grandchildren, Michael, Suzanne and Timothy Neumann, and Amanda, Kristine and Rebecca Plog.

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Obituaries

Albert Mead

Albert H. Mead, 90, of Mead's Lane in Delmar died Monday, June 11, at his home.

Born in Bethlehem, Mr. Mead owned and operated Mead's Dairy in Delmar for many years.

He was the oldest living member of Unionville Reformed Church.

He was husband of the late Rhea Mead.

Survivors include two sons, John Mead of Delmar and James Mead of West Berne; a daughter, Virginia Mead of Delmar; six grandchildren; and three great-granddaughters.

Services were from Unionville Reformed Church.

Burial was in Onesquethaw Cemetery in Clarksville. Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Unionville Reformed Church, 1134 Delaware Turnpike, Delmar.

Ruth Taylor

Ruth M. Lavery Taylor, 83, of Glenmont died Thursday, June 14, at Community Hospice of Albany County at St. Peter's Hospital.

She was a graduate of Bethlehem Central High School.

She worked on the family farm and at Buck Smith's Garage. She also worked in the cafeteria at BCHS.

Mrs. Taylor was a longtime member of Delmar Reformed Church and the Delmar Fire Department auxiliary.

She also raised AKC beagles for more than 40 years.

She was the widow of Arthur Taylor.

Survivors include two sons, Douglas Taylor of Nashua, N.H., and Wayne Taylor of Baltimore, Md.; three sisters, Margaret Schultz, Ethel Snyder and Virginia Marks; a brother, Richard Lavery; and three grandchildren.

Services were from the Applebee Funeral Home in Delmar.

Burial was in New Scotland Cemetery.

Contributions may be made to the Delmar Fire Department auxiliary, Adams Place, Delmar or the American Cancer Society, Albany County Unit, 1450 Western Ave., Albany 12203.

Robert Gallagher

Robert T. Gallagher, 83, of

Glenmont died Thursday, June 14.

Mr. Gallagher was a longtime resident of Slingerlands and Delmar.

He worked on radar development for General Electric during World War II.

He was a sales representative for Spector Freight Lines and was a florist.

He was husband of the late Florence Gallagher.

Survivors include a daughter Judith Gallagher; a son, Paul Gallagher; a sister, Marjorie Sorenson; five grandchildren; and two great-grandchildren.

Services were from the Meyers Funeral Home in Delmar.

Burial was in Calvary Cemetery in Glenmont.

Ada McTague

Ada M. McTague, 70, of Delmar died Thursday, June 14.

Survivors include two daughters, Linda Ray and Susan Martin; two sons, Michael McTague and Thomas McTague; and several grandchildren and great-grandchildren.

Mrs. McTague donated her body to science. There were no services.

Contributions may be made to St. Jude's Children's Research Hospital, 501 St. Jude's Place, Memphis, Tenn., or Community Hospice of Albany County, 445 New Karner Road, Colonie 12205.

Esther Patterson

Esther B. Patterson of Albany and formerly of Slingerlands died Wednesday, June 13, at St. Peter's Hospital in Albany.

Born in Albany, she worked in the cafeteria at Slingerlands Elementary School for 20 years.

Mrs. Patterson was a member of Third Reformed Church and Castleton/Greenbush Rebekah Lodge.

She was the widow of Perry Patterson.

Survivors include a daughter, Eleanor Taggart of Clifton Park; and a son, Robert Patterson of Delmar; five grandchildren; and seven great-grandchildren.

Services were from the Daniel Keenan Funeral Home in Albany.

Burial was in Albany Rural Cemetery in Menands.

Contributions may be made to

St. Jude's Children Research Hospital, 501 St. Jude's Place, Memphis, Tenn. 38105-1905.

M. Patricia Reynolds

M. Patricia Reynolds, 76, of Voorheesville died Sunday, June 10, at her home.

Born in Niagara Falls, she worked at the former Strand and Cataract theaters and was a secretary for the Niagara County treasurer's office.

Mrs. Reynolds also worked for Albany County Department of Social Services for 20 years before she retired.

Survivors include two sons, William Reynolds of Albion, Orleans County, and Robert Reynolds of Atlanta, Ga.; a sister, Mary O'Callahan Haigh Linn of Anderson, S.C.; and five grandchildren.

Services were from the Rhoney Funeral Home in Sanborn, Niagara County.

Burial was in Niagara Falls Memorial Park Cemetery.

Lyle Schoenthal

Lyle J. Schoenthal, 86, of Delmar died Thursday, June 7, at Teresian House in Albany.

Born in Bennington, Wyoming County, he was a graduate of Lancaster High School.

He attended Hurst Business School and Bryant & Stratton Business Institute and graduated from Millard Fillmore College.

He was a business administrator for the Lancaster school district. He later became an associate director for the New York State School Boards Association.

He was a member of the Buffalo Chapter of the National Office Management Association, the Lancaster-Depew Rotary Club and the Albany Chapter of the Administrative Management Society. He was also a life member of the New York chapter of the School Business Officials of the United States and Canada and the Albany Rotary Club.

Mr. Schoenthal was a member of First United Methodist Church in Delmar for 50 years.

Survivors include his wife, Helen Snyder Schoenthal.

Services were from First United Methodist Church.

Arrangements were by the

Applebee Funeral Home in Delmar.

Contributions may be made to the Albany Rotary Foundation, c/o Peter McLetchie, 15 Durham Way, Clifton Park 12265 or the Telos Missionary Foundation, PO Box 294045, Kerrville, Texas 78029.

Mary Kuschner

Mary Fish Kuschner, 92, of Clifton Park and formerly of Delmar, died Tuesday June 5, at Schuyler Ridge Health Center.

She was a magna cum laude graduate of Syracuse University. She was a member of Chi Beta Kappa Society.

Mrs. Kuschner taught high school Latin and French for 14 years in Chautauqua and Westchester counties. She also taught accounting and business English at Albany Business College. She then worked as a senior tax examiner for the state Department of Taxation & Finance.

She was the widow of David Kuschner.

Survivors include a niece, Mary Agnes Wilson; and two nephews, the Rev. William Bouton and Donald Bouton.

Arrangements were by the Applebee Funeral Home.

Services were from First United Methodist Church in Delmar.

Burial was in Onesquethaw Cemetery in Clarksville.

Harold Jerry

Harold A. Jerry Jr., 80, of Albany died Saturday, June 9, at St. Peter's Hospital in Albany.

Born in Plattsburgh, he was a graduate of Princetown University and Harvard Law School.

Mr. Jerry was a former state senator and a longtime member and former chairman of the state Public Service Commission.

He was an Army veteran of World War II.

He was a conservationist and counselor for the Adirondack Council.

Survivors include his wife, Jocelyn Jerry; a son, Harold A. "Chip" Jerry III; two daughters, Daniella Jerry and Jocelyn Jerry-Wolcott; and eight grandchildren.

Services were from St. Mary's Church in Albany.

Arrangements were by the Durant Funeral Home in Glenmont.

Contributions may be made to the Protection of the Adirondacks, PO Box 591, Schenectady 12301.

Breakfast set

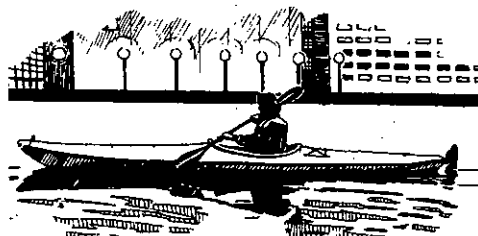
The Onesquethaw Volunteer Fire Co. will dish up a home-style breakfast on Sunday, June 24, at Clarksville firehouse on Route 301.

Breakfast will be served from 7 a.m. to noon. The cost is \$5 for adults and \$3 for children. Kids under 5 eat for free.

Sprinkler restrictions

The town of Bethlehem has issued restrictions for Water District No. 1. Residents can only use sprinklers on lawns and shrubs from 7 to 9 a.m. and 7 to 9 p.m.

Explore the Waters...



Sea Kayaks by Perception, Walden, Wilderness Systems & Current Design. Canoes by Old Town.

Boat with paddle starting at \$399⁰⁰

STEINER'S

SKI BIKE KAYAK
FOOTWEAR

Town Squire Plaza, Route 9W Glenmont
www.steinerssports.com 427-2406

BOB BELLIZZI'S 2001 GRAND SLAM Baseball & Softball Camps

Held at Elm Avenue Town Park, Delmar

SPONSORED BY THE MOHAWK BASEBALL CLUB

*individual instruction *drills emphasizing throwing, base running, and fielding

*intra camp scrimmages and games *recreational swimming

*Bob Bellizzi - Director of Camps

*Ken Hodge - Director of Baseball Camps

*Dave Benyo - Director of Softball Camps

Counselors are former & present college players

2001 CAMP APPLICATION

Check Appropriate Choices:

Session 1 6/25-6/29 _____ Baseball _____ Softball

Session 2 7/02-7/06 _____ Baseball Only

Session 3 7/09-7/13 _____ Baseball Only

Session 4 7/16-7/20 _____ Baseball Only

Session 5 7/23-7/27 _____ Baseball _____ Softball

\$165.00 Per Week

(\$315.00 2 Weeks • \$445.00 3 Weeks • \$565.00 4 Weeks • \$675.00 5 Weeks)

Name of Camper _____ Age _____

Address _____ City _____ State _____ Zip Code _____

Parent/Guardian _____ Phone _____

Emergency Phone # _____ T-Shirt Size _____

HOW TO REGISTER: Complete the application and enclose a \$65.00 deposit for each week that you are registering Mail To: Bob Bellizzi's Grand Slam Camp, 99 Longmeadow Drive, Delmar, N.Y. 12054. Balance due first day of camp. Make checks payable to EMPIRE SPORTS CAMPS, INC. FOR MORE INFORMATION CALL: (518) 475-1005.



Bethlehem Auto Service

AUTO FACTS

by John Quirk

BATTERY CHECK

Vehicle owners should refrain from automatically assuming that their batteries need to be replaced on the basis of a battery tester's indication that their batteries are operating at less than full capacity. Upon further examination, it may be found that a loose belt or charging system malfunction may have caused the problem. Batteries may also not recharge fully if they are not driven for prolonged periods or the engine is continually cranked over then shut off after very short trips. Charging the battery or testing for related electrical problems will usually reveal the culprit. In the meantime, vehicle owners should have their batteries inspected when they come

in for oil and filter changes.

You rely on your vehicle to get to work, take children, and go away on vacations. By having your car or truck professionally inspected, you help avoid breakdowns and costly auto repairs. At BETHLEHEM AUTO SERVICE, routine maintenance checks include inspection of the battery, brakes, A/C, and all fluids. We are an AC Delco Master Technician Service Center. Call 426-8414 to arrange a convenient appointment. We are conveniently located at 62 Hannay Lane in Glenmont off Rt. 9W behind Stone Ends. Business hours are Mon.-Fri., 7-6.

HINT: Test your car battery every six months during periods of extreme temperatures, either hot or cold.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

Tradition continues with Old Songs

By JOHN BRENT

"Folk music has no beginning and no end," said Andy Spence, organizer of the Old Songs Festival this weekend in Altamont. "It's a continuum. It evolves. The music is passed on from one person to another ... from one generation to the next."

Spence should know. She and her husband have been putting the festival together for over two decades. 2001 marks the 21st year of the event.

Approximately 5,000 people will head for the Altamont Fairgrounds beginning on Friday and continuing through Sunday to attend the three-day event which features performers, not only from around the United States but from other countries as well.

"We have a strong contingent from the British Isles this year," said Spence. "We have some people from Canada and some music from Eastern Europe, too."

All in all, more than 80 individual performers and groups will be on site to present folk and traditional music from many lands and cultures of the world and from many regions of the U.S. including the Northeast and New York state.

Unlike other venues where a performer shows up, does a gig and then leaves, the talent at Old Songs stay throughout the weekend and during the day they participate in workshops where people attending the festival can have some hands on training and interaction with the artists.

The festival gets under way on Friday afternoon with nine in-depth, two hour classes taking place from 3 to 5 p.m. Covering a wide range of subjects, the classes include Shape-Note Singing with Peter Amidon, Beginning Pennywhistle with George Ward, Advanced Pennywhistle with Ray Wall, Arranging for Ensemble Playing with Simple Gifts, Voice as a Meditative Instrument with Akire Bubar, Swing Guitar for Folkies with

Joel Mabus, 5-String Banjo with Bob Zentz, Songs and Ballads with Sara Grey, Harmonica with Rick Epping and a class called Great Groove Band which is a participatory dance band for young people. The cost to take one of the classes is \$10.

At 7 p.m. on Friday the first concert takes place and features Simple Gifts (an eclectic, multi-ethnic trio), Mamadou Diabate (a West African kora player), Silk City (newgrass), Arrogant Worms (performing outrageous novelty songs), Laurie Riley (playing Celtic harp), Finest Kind (featuring songs from Canada and England), Tom Spiers & Alison MacMorland (with Scottish traditional songs) and The Sevens (a contemporary Celtic ensemble).

"Each artist takes the stage for about 25 minutes," said Spence. "All the performers are of equal weight," she said. "We don't book headliners or big names in that sense. Each performer brings something different to the festival." Spence is very proud of this year's talent lineup. "There isn't a dud in the bunch," she said.

Following the Friday concert will be a Contradance beginning at 11:30 p.m. with music by The Sevens and Fred Breunig serving as caller.

During the day on Saturday and Sunday, patrons are invited to participate in the various workshops that will be taking place at a number of different areas around the fairgrounds. Performing artists will conduct the sessions on a wide range of topics. Just a sampling of the subjects covered include: Irish Music, French Canadian Tunes, Seafaring Shanties, Mountain Ballads, Gypsy Music, Gospel Sing, Songs of Social Justice and Storytelling.

For those interested in a particular instrument there are workshops entitled, Old Time Fiddle Styles, Learn to Play the Clawhammer Banjo, Learn About the Kora, Harmonica, Celtic Harp, Mandolin and a Hammered Dulcimer Jam Session.

Both the Saturday and Sunday schedule are packed with the workshops from which patrons can pick and choose those most suited to their interests.

"We put various performers with common interests together to conduct the workshops," said Spence. "Sometimes they don't even know each other until they do it. But it's interesting. Good things always come out of it."



Roger the Jester will delight young and old at Old Songs.

In addition to the workshops geared to a more adult taste, there are two areas — the Family Performance Area and the Children's Corral where younger patrons are the focus. With themes like Silly and Singable Songs, Songs to Move and Shake To and Story Stew there should be plenty to please the kids. There will also be jugglers and for the first time this year, the Ithaca League of Stilt Walkers will be on hand to entertain and conduct workshops for children in stiltwalking.

"They are amazing," said Spence of the stiltwalkers. "They're really up there — so tall." Spence is quick to reassure parents, "Of course for the workshops the stilts will be much shorter," she said.

One of the most impressive events of the weekend will be the Shape Note and Sacred Harp Sing beginning at 9 a.m. on both Saturday and Sunday. About two or three hundred people will join in a singing session with four part harmony. "It really gives you

goosebumps to hear it," said Spence.

The Main Stage Concert on Saturday begins at 7 p.m. and features Harmonica (with music of Eastern Europe), Tom, Brad and Alice (old time music), Martin Carthy & Norma Waterson (English songs and ballads), Artisan (an English a cappella trio), Montcorbier (French and Breton music), Sally Rogers & Howie Bursen (traditional and original songs), Karen Casey (Irish Songs and Ballads), and Joel Mabus (singer/songwriter).

The Saturday concert is followed by a Contradance at 11:30 p.m. with music by Beverwyck String Band and caller David Kaynor.

The Sunday Concert begins at 3:30 and includes Stillhouse Rounders (an old time string band), Mark Ross (songs of Montana and the West), Scuttlebutt (seafaring songs), Ben Murray & Siobhan Quinn (Celtic and Blues), Sara Grey (ballads), Ruth Pelham (singer/songwriter), Cindy Mangsen & Steve Gillette (traditional and original

songs).

In addition to the music there are also about 30 craft vendors at the festival displaying their wares and well as a number of food vendors.

Spence is convinced that the traditions of the old songs will continue. "Year after year people bring their kids," she said. "The young people grow up with the old songs and then come back with their kids."

"People unfamiliar with old songs might be curious and they might say, 'I don't know what this music is all about,' and I say if you like acoustic music in a relaxed laid-back style, come to the festival," said Spence.

Ticket prices are as follows: All weekend tickets are \$75 for adults and \$50 for young people (ages 13 to 18). Friday evening (concert & dance) \$20, Saturday all day \$40, Saturday evening \$25, Sunday all day (including afternoon concert) \$25.

For information call 765-2815, Monday - Saturday, 10 a.m. to 4 p.m.



Singer/songwriter Ruth Pelham



Peter and Mary Alice Amidon will perform this weekend.

ARTS and ENTERTAINMENT

www.spotlightnews.com



Theater

THE DIARIES OF ADAM AND EVE
adapted from Mark Twain story, Capital Repertory, 111 N. Pearl St., Albany, through June 24, \$25 to \$35. Information, 445-7469.

KISS ME KATE
Mac-Haydn Theatre, Route 203, Chatham, through July 1, \$18.90 to \$20.90. Information, 392-9292.

ART
Adirondack Theatre Festival, at the Hyde Collection, 161 Warren St., Glens Falls, June 20 to 26, \$22. Information, 798-7479.

Music

PROFESSOR LOUIE AND THE CROWMATIC
featuring Garth Hudson of The Band, Tricentennial Park, Broadway, Albany.

June 21, 5 p.m., free. Information, 434-2032.

BLACK 47
with the McKrells, McGeary's, North Pearl Street, Albany, June 22, 8 p.m., \$8. Information, 463-1455.

OLD SONGS FESTIVAL
folk cornucopia, Altamont Fairgrounds, Route 146, June 22 to 24, \$10 to \$75. Information, 765-2815.

WYNTON MARSALIS
and the Lincoln Center Jazz Orchestra, The Egg at Empire State Plaza, Albany, June 23, 8 p.m., \$30 to \$40. Information, 473-1845.

CESARIA EVORA
The Egg at Empire State Plaza, Albany, June 24, 8 p.m., \$24. Information, 473-1845.

ALLMAN BROTHERS BAND
with Deep Banana Blackout, Saratoga Performing Arts Center, June 24, 7 p.m., \$25 and \$35, \$17.50 for lawn. Information, 476-1000.

The Egg at Empire State Plaza, Albany, June 28, 8 p.m., \$22. Information, 473-1845.

ROCKAPELLA
with Naturally Seven, Tricentennial Park, Broadway, Albany, June 28, 5 p.m., free. Information, 434-2032.

NRBQ
Valentine's, 17 New Scotland Ave., Albany, June 29, 9 p.m., \$10. Information, 432-6572.

Visual Arts

NEW YORK STATE MUSEUM
20th-century American Landscapes, through Oct. 14, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INTERNATIONAL AIRPORT GALLERY
23rd Photography Regional, third floor of main terminal, through June 30. Information, 783-2517.

ALBANY CENTER GALLERIES
Out of Context: New Work by Sergio Sericolo and Terry Slade, through July 20, 161 Washington Ave. Information, 462-4775.

LOCAL COLOR ART GALLERY
Spring into Summer show, featuring works by 30 area artists, plus Shaker and Colonie Central scholarship winners, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

Call For Artists

CALLFOR ENTRIES
for 2002 exhibitions, Albany Center Galleries, all media by artists living within 75 miles of Albany, slides due by Aug. 15 to 161 Washington Ave., Albany 12210. Information/prospectus, 462-4775.

CALLFOR ENTRIES
for October juried show, "Artists of the Capital Region," limited to two-dimensional works by artists within 50 miles of Colonie, slides due by Aug. 10, Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information/prospectus, 786-6557.

Recycle

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 6 p.m., Clifton Common Senior Center. Information, 783-2511.

SINGERS NEEDED

for Electric City Chorus, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

rehearsals at Columbia High School, Luther Road, East Greenbush, 7 to 9 p.m., Tuesdays. Information, 477-8308.

Classes/Lectures

DANCE CLASSES

ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096.

ART CLASSES

watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

MAGIC MAZE • YELLOWSTONE GEYSERS

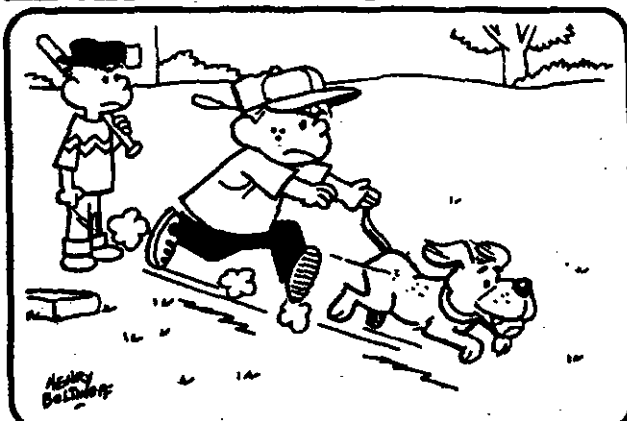
S V S P M J H E B Y E V T Q O
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Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

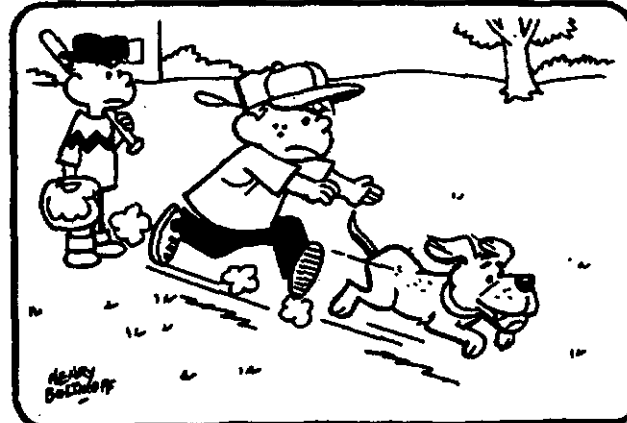
Beehive Buried Castle Fountain Imperial Lakeshore Lone Star Oblong Pink Cone Rustic Spray Steady Till Twin White Dome

©2001 King Features, Inc.

HOCUS-FOCUS



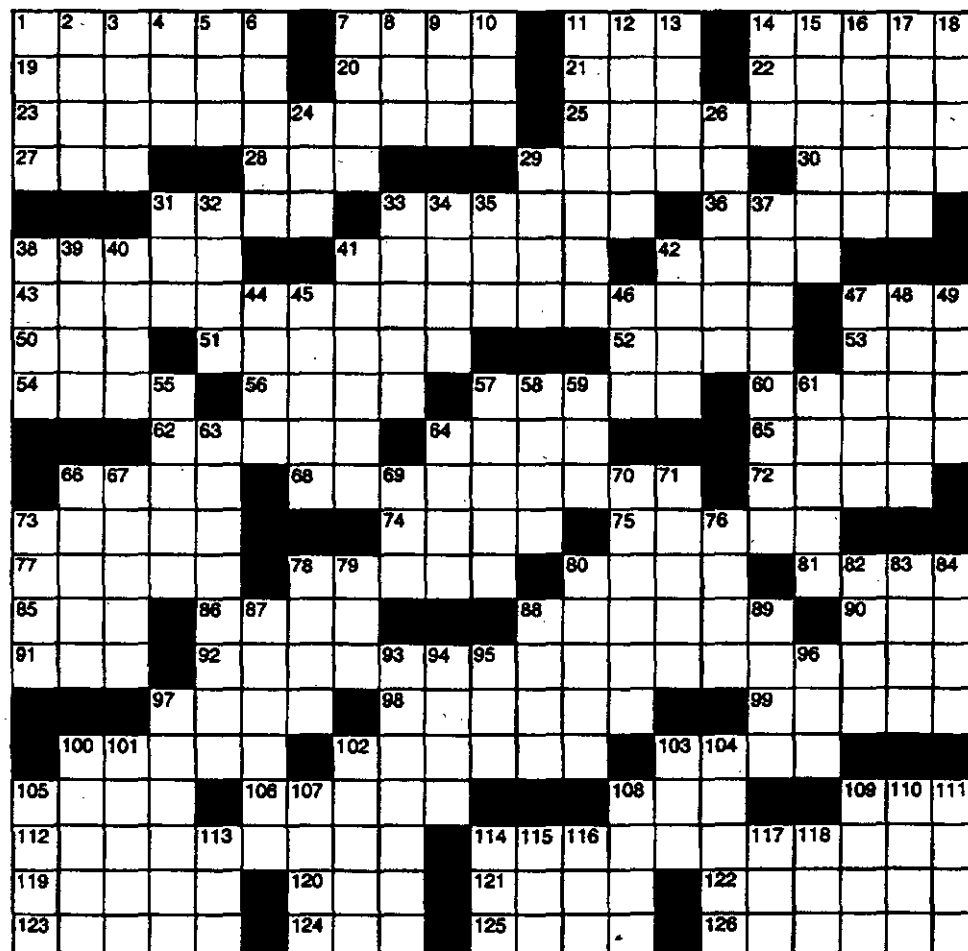
Find at least six differences in details between panels.



Differences: 1. Sweater stripe is black. 2. Glove has been added. 3. Base is missing. 4. Tree has been moved. 5. Dog's leg is not visible. 6. Dog's tail is positioned differently.

The Super CROSSWORD

- ACROSS**
- 1 '84 Daryl Hannah film
 - 7 Belfry sound
 - 11 Poetic monogram
 - 14 Little rascal
 - 19 Bunch of ballplayers
 - 20 Fairy-tale fiend
 - 21 Spring mo.
 - 22 Forbidden
 - 23 Start of a remark by 114 Across
 - 25 Teddy-bear president
 - 27 Tut's relative
 - 28 Ganesh or Hanuman
 - 29 That's the spirit
 - 30 Building wings
 - 31 Level
 - 33 Actress Welch
 - 36 With 51 Across, "Wuthering Heights" author
 - 38 Face lift?
 - 41 Anchored
 - 42 Hot spot?
 - 43 Part 2 of remark
 - 47 Aries animal
 - 50 Important numero
 - 51 See 36 Across
- DOWN**
- 52 "— look at me!"
 - 53 Distinctive period
 - 54 Irving character
 - 56 Hotels
 - 57 Prepare the Parmesan
 - 60 Toil
 - 62 Dwelling
 - 64 Trim a photo
 - 65 Rotund
 - 66 Vittle
 - 68 He's got plans for you
 - 72 Skilled
 - 73 Pick-me-up
 - 74 Sheet of stamps
 - 75 Big name in kids' music
 - 77 TV's "Starsky and —"
 - 78 Get on
 - 80 Cougar
 - 81 Viscount's superior
 - 85 Put into service
 - 86 Partially open
 - 88 "Summer —" ('72 hit)
 - 90 Mauna —
 - 91 Augsburg article
 - 92 End of remark
 - 97 Wise guy?
 - 98 Bother
 - 99 Like Hawaiian shirts
 - 100 Walls
 - 102 Vicar's assistant
 - 103 Bend
 - 105 Saucy
 - 106 It gets squirreled away
 - 108 Beastly place?
 - 109 Jacket info
 - 112 Gardener's friend
 - 114 Speaker of remark
 - 119 "— Gay"
 - 120 Khan opener?
 - 121 Kind of roast
 - 122 He's left holding the bag
 - 123 Enticed
 - 124 Pewter base
 - 125 Cunning
 - 126 Layers
 - 1 Blind part
 - 2 Body-builder's pride
 - 3 Need
 - 4 Give it — (try)
 - 5 Big —, CA
 - 8 Reduce a risk
 - 7 Little lake
 - 8 "The — and I" ('47 film)
 - 9 Word with folk or fine
 - 10 Tenor
 - 11 Durham denizen
 - 12 Bobbin
 - 13 Cupid, in Corinth
 - 14 Saul —
 - 15 Collapse
 - 16 Ring — (seem familiar)
 - 17 Aquarium fish
 - 18 Saucepans
 - 24 Charged atom
 - 26 Witty Wright
 - 29 Spiritual guide
 - 31 Lily of pharmaceuticals
 - 32 Do or die?
 - 33 Takes a break
 - 34 Exercise aftermath
 - 35 Statue —
 - 37 Diner fare
 - 38 Self-important
 - 39 Blabby bird
 - 40 Borodin's "Prince —"
 - 41 Sermon subject
 - 42 Woodwind instrument
 - 44 The Furies, e.g.
 - 45 Toyota competitor
 - 46 Banned pesticide
 - 47 Delft a dictator
 - 48 Faced the day
 - 49 Stallion's sweetheart
 - 55 Lose control
 - 57 Puverize
 - 58 Learning method
 - 59 Mimic
 - 61 Activist Hoffman
 - 63 15th president
 - 64 Bum a bit
 - 66 Animal that roared?
 - 67 Log
 - 69 Pocket protector?
 - 70 Altar
 - 71 He keeps lions in line
 - 73 Heavy blow
 - 76 Disconcert
 - 78 Bete noire
 - 79 Nev. neighbor
 - 80 Novel language?
 - 82 Baseball family name
 - 83 Crucifix
 - 84 Tramp's tootsie
 - 87 Pieceful pursuit?
 - 88 Gravy vessel
 - 89 Finish the lawn
 - 93 "The Avengers" actress
 - 94 Knitter's need
 - 95 Monk's title
 - 96 Wicked stuff?
 - 97 Pay up
 - 100 Reeves of "The Matrix"
 - 101 Mistake
 - 102 It's walked at Windsor
 - 103 Watch pocket
 - 104 Crochet units
 - 105 Rind
 - 107 Winter wear
 - 108 Off-the-wall
 - 109 — carotene
 - 110 "Players" actor
 - 111 Gumbo veggie
 - 113 Possessed
 - 114 North Pole worker
 - 115 Milne creature
 - 116 Cowboy Tom
 - 117 Bon — (witticism)
 - 118 "I'm freezing!"



The Spotlight CALENDAR

Wed. 6/20

BETHLEHEM

ANTIQUES DISCUSSION

Antiques Study Group of the Delmar Progress Club hosts discussion of lace and handkerchiefs with Gladys Amos and Pat Lattimer. Community Room, Bethlehem Public Library, 451 Delaware Ave., Delmar, 1:30 p.m. Info, 439-9314.

BETHLEHEM LIONS CLUB

Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., Delmar, 7 p.m.

BETHLEHEM ELKS LODGE 2233

Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

PRAYER MEETINGS

Solid Rock Church, 1 Kenwood Ave., Glenmont, 7 p.m. Information, 439-4314. *Church of the Nazarene*, Krumkill Road at Schoolhouse Rd., North Bethlehem, 7 p.m.

ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4955.

BINGO

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

BC SCHOOL BOARD

District office, 90 Adams Place, 8 p.m. Information, 439-7098.

ONESQUETHAW CHAPTER, ORDER OF THE EASTERN STAR

Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

TESTIMONY MEETING

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

NEW SCOTLAND

V'VILLE PLANNING COMMISSION
Village Hall, 29 Voorheesville Ave., 7:30 p.m. Information, 765-2692.

FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

PRAYER MEETING

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

Thurs. 6/21

BETHLEHEM

RECOVERY, INC.

self-help for chronic nervous symptoms, First United Methodist Church, 428 Kenwood Ave., 10 a.m. Information, 439-9976.

AMERICAN LEGION LUNCHEON

for members, guests and membership applicants, Blanchard Post, 16 Poplar Drive, noon.

BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

ALTERNATIVE WORSHIP

Contemporary-worship service throughout summer, 7 p.m. Sermon series "Ten Values That Build Families." Nursery care provided. Assistive listening

devices, handicap accessible. Bethlehem Lutheran Church, 85 Elm Ave., Delmar. Information, 439-6217.

AA MEETINGS

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

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 8 p.m. Information, 439-8280.

NEW SCOTLAND

PROGRAMS AT LIBRARY

Magic from Merdwin the Mediocre kicks off summer reading club, 2 p.m. Just Cats program, bring cat photos, 7 p.m. Voorheesville Public Library, 51 School Road. Registration, 765-2791.

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

Fri. 6/22

BETHLEHEM

LIBRARY VOLUNTEER WORKSHOP

For middle school students; must complete one workshop and commit to at least six hours service with youth services staff. Bethlehem Public Library, 451 Delaware Ave., Delmar, 2 p.m. Also Tuesday, July 26, 7 p.m. Info 439-9314.

FAMILY FUN AT BIG ARENA

Featuring ice/roller skating, live music, Guertze's Barbecue, BIG Arena, 900 Delaware Ave., Delmar, 5:30-7:30 p.m. \$2 admission, \$2 skate rental. Information, 439-2211.

AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Info, 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. 6/23

BETHLEHEM

FISHING PROGRAM

Participants will rig poles, catch lines, and may catch and release fish; discussion of basics of poles, reels, hooks and lures. Dress for outdoors. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 10 a.m. Free. Preregister, 475-0291.

AA MEETING

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

Sun. 6/24

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.

ST. THOMAS THE APOSTLE

Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

ST. STEPHEN'S EPISCOPAL

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:25 a.m., Poplar Drive and Elsmere Avenue. Info, 439-3265.

BETHLEHEM LUTHERAN

85 Elm Ave., Delmar, summer communion worship service 9:30 a.m., following 8:30 a.m. fellowship breakfast. Assistive listening devices, handicap accessible. Information, 439-4328.

DELMAR REFORMED

Sunday School and worship service, 10 a.m.; T.G.I. Sunday contemporary worship at 5:30 p.m. with children's program through grade 6. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMM. CHURCH

Worship services 9:30 a.m.; nursery and Sunday School through 5th grade. 201 Elm Ave., Delmar. Info, 439-3135.

SOUTH BETHLEHEM UMC

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, 65 Willowbrook Avenue. Info, 767-9953.

DELMAR FULL GOSPEL

Sunday service, 9:30 a.m., with Sunday school and nursery, home groups, women's Bible studies and youth group, 292 Elsmere Ave. Information, 439-4407.

CHURCH OF THE NAZARENE

Sunday school 9:45 a.m., worship 11 a.m. and 6 p.m. Krumkill Road at Schoolhouse Road, North Bethlehem.

FIRST REFORMED OF BETHLEHEM

Summerworship, 10 a.m., child-care provided, no summer church school. Route 9W, Selkirk. Info, 767-2243.

FIRST UMC OF DELMAR

Sunday school and worship service, 9:30 a.m., adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

UNITY OF FAITH CHRISTIAN FELLOWSHIP

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Info, 438-7740.

CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child-care provided, 555 Delaware Ave. Information, 439-2512.

ST. MICHAEL'S SHRINE

Traditional Latin Catholic mass, 10 a.m.; 1 Beacon Road at Route 9W, Glenmont. Information, 462-2016.

KING'S CHAPEL

Traditional Baptist Bible service, 10 a.m.; 434 Route 9W, just south of Glenmont Road, Glenmont. Information, 426-9955.

JEHOVAH'S WITNESSES

Bible lecture, 10 a.m., Watchtower Bible study, 10:55 a.m., Elm Avenue and Feura Bush Road. Information, 439-0358.

SLINGERLANDS COMMUNITY UMC

worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

DELMAR PRESBYTERIAN

worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

GLENMONT COMM. CHURCH

Sunday school and worship service, 10:30 a.m., child-care available, 1 Chapel Lane. Information, 436-7710.

SOLID ROCK CHURCH

worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314

NEW SCOTLAND

HOME-STYLE BREAKFAST

Adults \$5, children \$3, under 5 free; Onesquethaw Volunteer Fire Co., Clarksville Firehouse, County Route 30'1, 7 a.m. - noon.

ST. MATTHEW'S RC CHURCH

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Info, 765-2805.

FIRST UNITED METHODIST

early worship, 8:30 a.m., worship celebration, 10 a.m., church school for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Info 765-2895.

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Info, 475-9086.

UNIONVILLE REFORMED

Sunday school, 9:15 a.m., worship service, 10:30 a.m., fellowship, Delaware Turnpike. Information, 439-5001.

CLARKSVILLE COMM. CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

Family Bible Hour, 9:15 a.m.; worship service, 10:30 a.m., nursery care provided. Route 155, Voorheesville. Information, 765-3390.

ONESQUETHAW REFORMED

worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Info 765-2870.

JERUSALEM REFORMED

worship service, 10:30 a.m., followed by coffee hour, child-care provided, Route 32, Feura Bush. Information, 439-0548.

PRESBYTERIAN CHURCH IN NS

worship service, 10:30 a.m., Sunday school, 9:15 a.m., nursery care provided, Route 85. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening

service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

FAMILY WORSHIP CENTER

Sunday Worship 10:30 a.m., nursery and Sunday School available, Thursday night prayer and praise at 7 p.m. 92 Lower Copland Hill Road, Feura Bush. Information, 768-2021.

THE DRAGON'S EGG

Welsh language group of the Saint David's Society of the Capital District, New Scotland Presbyterian Church, 2010 New Scotland Road, 2:30 to 5 p.m. Information, 861-6976.

Mon. 6/25

BETHLEHEM

DELMAR KIWANIS

Quality Inn, Route 9W, 6:15 p.m. Information, 439-2437 or 439-6952.

EXPLORER POST 157

Weekly, 310 Kenwood Ave., Delmar, 7:30-9 p.m. Information, 439-4205.

DELMAR COMM. ORCHESTRA

rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Info, 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. Info, 765-4410.

Tues. 6/26

BETHLEHEM

TREASURE COVE THRIFT SHOP

First United Methodist Church, 428

Kenwood Ave., 9 a.m. to 6 p.m.

THRIFT SHOP AND LUNCH

South Bethlehem United Methodist Church, Willowbrook Avenue, 10 a.m. to 4 p.m., with lunch from 11 a.m. to 1 p.m. Information, 767-9953.

BETHLEHEM AARP

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

TAKE OFF POUNDS SENSIBLY

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

BINGO

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

DELMAR ROTARY

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

NEW SCOTLAND

NIMBLEFINGERS/QUILTERS

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

ZONING BOARD OF APPEALS

New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

V'VILLE VILLAGE BOARD

Village Hall, 29 Voorheesville Ave., 8 p.m. Information, 765-2692.

Wed. 6/27

BETHLEHEM

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

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



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)

July 4th Deadlines

For our July 4th issue, deadlines for all display ads will be **Thursday, June 28th at 12 Noon**,
deadlines for classifieds, business directory ads and legals will be **Thursday, June 28th at 5:00 P.M.**



LEGAL NOTICE**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

Articles of Organization of 187 Wolf Road, LLC ("LLC") were filed with the Secretary of State of New York ("SSNY") on May 9, 2001. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, 14 Hemlock Street, P.O. Box 517, Latham, New York 12110. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Conway Lavelle & Finn, LLP Address: 450 New Karner Road Albany, New York 12205 (June 20, 2001)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is 20 MALL AT GUILDERLAND, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on May 18, 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 92 2080 Western Avenue, Guilderland, New York 12084. (June 20, 2001)

LEGAL NOTICE

680 NEW SALEM ROAD, LLC Notice of Formation of Limited Liability Company Articles of Organization of 680 New Salem Road, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on May 1, 2001. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, 680 New Salem Road, Voorheesville, New York 12186. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Conway Lavelle & Finn, LLP Address: 450 Karner Road Albany, New York 12205 (June 20, 2001)

NOTICE OF PUBLICATION

A&B ADVISORS LLC was filed with SSNY on 06/11/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc., at the same address. Purpose: any lawful purpose. (June 20, 2001)

LEGAL NOTICE

Acordia of Indiana, LLC, DBA Acordia Insurance Agency of Indiana was filed with the SSNY on April 16, 2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: William G. Niezer, 1721 Magnavox Way, Fort Indiana, IN 46804. Purpose: Any lawful purpose. (June 20, 2001)

LEGAL NOTICE

1. The name of the limited liability company is ALEXANDRIA ASSOCIATES, LLC.
2. The Certificate of Conversion creating the limited liability company was filed in the Office of the New York Secretary of State on May 2, 2001 and became effective on said date.
3. The principal office of the limited liability company is in Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is ALEXANDRIA ASSOCIATES, LLC, c/o Lisa Friedlander, 670 Western Avenue, Albany, New York 12203.
5. The purposes of the limited liability company are to engage in the real estate business, and in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law.

LEGAL NOTICE

6. The latest date on which the limited liability company is to dissolve is: June 30, 2085. Dated: May 7, 2001 (June 20, 2001)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC)

Name: ASK REALTY, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on May 21, 2000. 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 781 Central Avenue, Albany, New York 12206. Purpose: Any lawful purpose. (June 20, 2001)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is BENCHMARK REALTY OF ALBANY, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on May 29, 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 52 Corporate Circle, Albany, New York 12203. (June 20, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: BEVENDI INTERNATIONAL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/23/01. The latest date of dissolution is 12/31/2100. 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, Post Office Box 3980, Albany, New York 12203. Purpose: For any lawful purpose. (June 20, 2001)

LEGAL NOTICE

Notice of Application of CapitalSource Holdings LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 5/10/01. LLC organized in Delaware (DE) on 8/29/00. 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: 1133 Connecticut Ave., Suite 310, Washington, DC 20036, principal office address of the LLC. Copy of Arts. of Org. on file with DE Secy. of State, Div. of Corps., Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. (June 20, 2001)

LEGAL NOTICE

Notice of formation of limited liability company (LLC). Name: DATABASURUS, L.L.C. Articles of Organization filed with Secy. of State of N.Y. (SSNY) on 4/25/01. 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: 100 Congress Ave., Suite 455, Austin, TX 78701. CT Corporation System, 111 8th Ave., NY, NY 10011 is the registered agent of LLC upon whom process may be served. Purpose: any lawful act or activity. (June 20, 2001)

LEGAL NOTICE

Notice of formation of professional service limited liability company (PLLC). Name: Emergency Medicine Physicians of Albany County, PLLC. Articles of Organization filed with Secy. of State of N.Y. (SSNY) on 4/13/01. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation Systems, 111 8th Ave., NY, NY 10011, the registered agent of PLLC upon whom process may be served. Purpose: practice the profession of medicine. (June 20, 2001)

NOTICE OF PUBLICATION

ESCILA LLC was filed with SSNY on 05/07/01. Office: Albany

LEGAL NOTICE

County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (June 20, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: FERGUSON GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/13/01. 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, 32 Fuller Road, Albany, New York 12205. Purpose: For any lawful purpose. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of GU Markets of Albany LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 5/9/01. LLC organized in Delaware (DE) on 2/22/01. 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 C & S Wholesale Grocers, Inc., Old Ferry Rd., Brattleboro, VT 05301, Attn: General Counsel. Office address of LLC in DE: 1209 Orange St., Wilmington, DE 19801. Copy of Arts. of Form. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: operation of supermarket business. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of GU Markets of Glenmont LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 5/9/01. LLC organized in Delaware (DE) on 2/22/01. 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 C & S Wholesale Grocers, Inc., Old Ferry Rd., Brattleboro, VT 05301, Attn: General Counsel. Office address of LLC in DE: 1209 Orange St., Wilmington, DE 19801. Copy of Arts. of Form. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: operation of supermarket business. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of GU Markets of Ravena LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 5/9/01. LLC organized in Delaware (DE) on 2/22/01. 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 C&S Wholesale Grocers, Inc., Old Ferry Rd., Brattleboro, VT 05301, Attn: General Counsel. Office address of LLC in DE: 1209 Orange St., Wilmington, DE 19801. Copy of Arts. of Form. on file with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: operation of supermarket business. (June 20, 2001)

NOTICE OF PUBLICATION

HARDCASTLE LLC was filed with SSNY on 05/07/01. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of Harwood Service Company, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 4/16/01. LLC organized in Delaware (DE) on 3/1/01. NY of-

LEGAL NOTICE

fice 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 Raymond G. Smerge, P.O. Box 199000, Dallas, TX 75219-9000. Office address of LLC in DE: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. (June 20, 2001)

LEGAL NOTICE

HOFFMAN'S GOLF, LLC Notice of Formation of Limited Liability Company Articles of Organization of Hoffman's Golf, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on March 28, 2001. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, 12 Glennon Road, Latham, New York 12110. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Conway Lavelle & Finn, LLP Address: 450 New Karner Road Albany, New York 12205 (June 20, 2001)

NOTICE OF FORMATION OF LLC

HRF International, LLC, filed Articles of Organization with the New York Secretary of State on May 8, 2001. 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 HRF International, LLC, 75 State Street, Albany, NY 12207. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. (June 20, 2001)

ARTICLES OF ORGANIZATION OF J.B.H. PROPERTIES, LLC

Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is J. B. H. Properties, LLC. SECOND: The office of the limited liability company is to be located in Albany County in the State of New York. THIRD: The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Attn: Khalan S. Hennessey, 4 Providence Ct., Cohoes, New York 12047. FOURTH: The Articles of Organization are to be effective upon filing. FIFTH: The limited liability company is to be managed by one or more of its member; provided, however that the managing members may only bind the limited liability company in accordance with the terms of the operating agreement of the limited liability company. SIXTH: The business purposes of this limited liability company are to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law; provided, however, that the limited liability company is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency or other body without first obtaining the consent of such body. IN WITNESS WHEREOF, this certificate has been subscribed this 5th day of April, 2001, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S/ Khalan S. Hennessey 4 Providence Court Cohoes, New York 12047 (June 20, 2001)

NOTICE OF PUBLICATION

M. R. SECURITIES LLC was filed with SSNY on 05/02/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC< 46 State Street, 3rd Flr, Albany, NY

LEGAL NOTICE

12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of MICRON GOVERNMENT COMPUTER SYSTEMS, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 6/6/01. LLC organized in Delaware (DE) on 5/30/01. 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: 625 Stratford Rd., Suite 2000, Meridian, ID 83642. Office address of LLC in DE: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Copy of Arts. of Org. on file with Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: computer sales. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of Mirant Services, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 5/4/2001. LLC organized in Delaware (DE) on 7/29/1981. 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 the principal office address of LLC: 1155 Perimeter Center West, Atlanta, GA 30338. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. (June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of National City Abstract, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 4/25/01. LLC organized in Pennsylvania (PA) on 4/2/01. 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: CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent of LLC upon whom process against it may be served. Office address of LLC in PA: 103-105 Brilliant Ave., Aspinwall, PA 15215. Copy of Arts. of Org. on file with PA Corporation Bureau, 308 N. Office Bldg., Harrisburg, PA 17120. Purpose: provide title insurance and other real estate settlement services. (June 20, 2001)

LEGAL NOTICE

Notice of formation of limited liability company (LLC). Name: NC VENTURES, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/15/01. 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: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activity. (June 20, 2001)

LEGAL NOTICE

NC VENTURES, L.P. has been formed as a domestic limited partnership (LP). Cert. filed with Secy. of State of N.Y. (SSNY) on 5/18/2001. 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. Name and address of each general partner available from SSNY. Term: until 5/17/2051. Purpose: any lawful activity. (June 20, 2001)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name: Nufrio Financial Group L.L.C. Application of Authority filed with Secretary of State of New York ("SSNY") on 4/10/01. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against LLC may be served. SSNY may mail copy of process to LLC, c/o Marc E. Nufrio, 15 Meeker Place Suite 2, Millburn, NJ 07041. Purpose: any lawful purpose. (June 20, 2001)

LEGAL NOTICE**LEGAL NOTICE**

Nuntel Holdings LLC was filed with the SSNY on 05/24/01. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose. (June 20, 2001)

LEGAL NOTICE

NY Health Educational Associates, L.P., Cert. of LP filed SSNY 4/19/01. Albany Co., SSNY designated as agt. upon whom process may be served & shall mail copy of process: Robt. Westervelt, 2 Vatrano Ln., Loudonville, NY 12211-2026. Purpose: any lawful purpose. Latest date 12/31/2011. (June 20, 2001)

NOTICE OF FORMATION OF LLC

Articles of Organization for Olson Property Maintenance, LLC were filed with the Secretary of State of New York on May 24, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and copy of process shall be mailed by the Secretary of State to the LLC, P.O. Box 13323, Albany, New York 12212. Purpose: For any lawful purpose. (June 20, 2001)

PUBLICATION NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

A Couple of Nuts, LLC Dated: Albany, New York May 15, 2001 Notice is hereby given of the formation of the above-named limited liability company for the transaction of business in the State of New York and elsewhere. Pursuant to Limited Liability Law Section 206(a)(8)(b), your attention is directed to the following facts:
1. The name of the limited liability company is A Couple of Nuts, LLC.
2. The Articles of Organization of A Couple of Nuts, LLC were filed with the Secretary of State on May 3, 2001.
3. The county in which the principal place of business of A Couple of Nuts, LLC shall be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. The Secretary of State shall mail a copy of any process against A Couple of Nuts, LLC to the following post office address: Donald Reinhardt 13 Mayhall Street Albany, New York 12205
5. The name and business or residence address of each member is available from the Secretary of State.
6. The company does not have a specific date of dissolution.
7. The character of the business of A Couple of Nuts, LLC is as follows:
To own and operate both retail and wholesale food and sundry items and to engage in any business permitted under the law, except to do in New York any business for which any statute of New York other than the Limited Liability Company Law specifically requires some other business entity or natural person to be formed or used for such business. (June 20, 2001)

NOTICE OF PUBLICATION

QUATRA TRAVEL & FINANCIAL SERVICES LLC was filed with SSNY on 05/21/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (June 20, 2001)



LEGAL NOTICE

RESOLUTION AND PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 13th day of June, 2001, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to replace certain pieces of Highway Department snow removal machinery, and

WHEREAS, it is estimated that the cost of said equipment will be approximately \$220,000; and

WHEREAS, in recognition of these needs, funds for such purpose are in the Highway Department Reserve; and

NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to purchase this new machinery; and

BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this purchase up to a maximum amount of \$220,000; and

BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Highway Department Equipment Reserve the funds necessary up to \$220,000 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law.

The motion to adopt the resolution was made by Mrs. Davis, was seconded by Mr. Lenhardt and duly adopted by the following vote:

AYES: Mrs. Fuller, Mr. Lenhardt, Mrs. Davis, Ms. Burns, Mr. Plummer.

NOES: None

LEGAL NOTICE

ABSENT: None
DATED: June 13, 2001
(June 20, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: RICE BUILDING LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/28/00. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 214 Western Avenue, Albany, New York 12203. Purpose: For any lawful purpose.

June 20, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

Name: Rocky Knoll, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 5/21/01. 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 Rocky Knoll, LLC, c/o Lanart Works, Inc., 2622 7th Ave., Bldg. 50, Watervliet, NY 12189. Purpose: any lawful purpose.

(June 20, 2001)

NOTICE OF PUBLICATION

SBENY HOLDINGS, LLC was filed with SSNY on May 25, 2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Simon

LEGAL NOTICE

Kappel, 1315 53rd Street, Brooklyn, NY 11219. Purpose: any lawful purpose.
(June 20, 2001)

LEGAL NOTICE

SCMART International Consulting LLC was filed with the SSNY on 06/05/01. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.
(June 20, 2001)

NOTICE OF FORMATION OF LLC

Articles of Organization for Sidney's Hair Salon, LLC were filed with the Secretary of State of New York on May 7, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 357 Troy Schenectady Road, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law.
(June 20, 2001)

LEGAL NOTICE

Articles of Organization for SPORT FLOOR, LLC, were filed with the New York Secretary of State on April 19, 2001. LLC's office is located in Albany County. SSNY is designated as agent for

LEGAL NOTICE

the LLC for service of process. SSNY shall mail a copy of any process against LLC to c/o The BIG Arena, 900 Delaware Avenue, Delmar, New York 12054. LLC shall terminate on December 31, 2050. Purpose: any lawful act or activity for which limited liability companies may be organized.
(June 20, 2001)

LEGAL NOTICE

1. The name of the limited liability company is SUNBELT BUSINESS BROKERS OF THE CAPITAL DISTRICT, LLC.
2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on April 16, 2001 and became effective on said date.
3. The principal office of the limited liability company is in Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: SUNBELT BUSINESS BROKERS OF THE CAPITAL DISTRICT, LLC, 44 Elliot Road, East Greenbush, New York 12061.
5. The purposes of the limited liability company are to engage in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law.
Dated: May 7, 2001
(June 20, 2001)

NOTICE OF FORMATION OF LLC

Articles of Organization for Suttiff Tree Service, LLC were filed with

LEGAL NOTICE

the Secretary of State of New York on May 24, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and copy of process shall be mailed by the Secretary of State to the LLC, 1494 New Scotland Road, Slingerlands, NY 12159. Purpose: For any lawful purpose.
(June 20, 2001)

LEGAL NOTICE

Notice of Application for Authority of Texas Eastern Transmission, LP, a foreign limited partnership (LP). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 4/25/01. LP organized in Delaware (DE) on 4/16/01. 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 CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent of LP upon whom process may be served. Principal office address of LP: 5400 Westheimer Ct., Houston, TX 77056. Name and address of each general partner available from SSNY. Copy of Cert. of LP on file with DE Secy. of State, Div. of Corps., Federal & Duke of York Sts., Dover, DE 19901. Purpose: transmission of natural gas.
(June 20, 2001)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is THREE WEMBLEY, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on

LEGAL NOTICE

May 4, 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 3 Wembley Court, Colonie, New York 12205.
(June 20, 2001)

NOTICE OF PUBLICATION

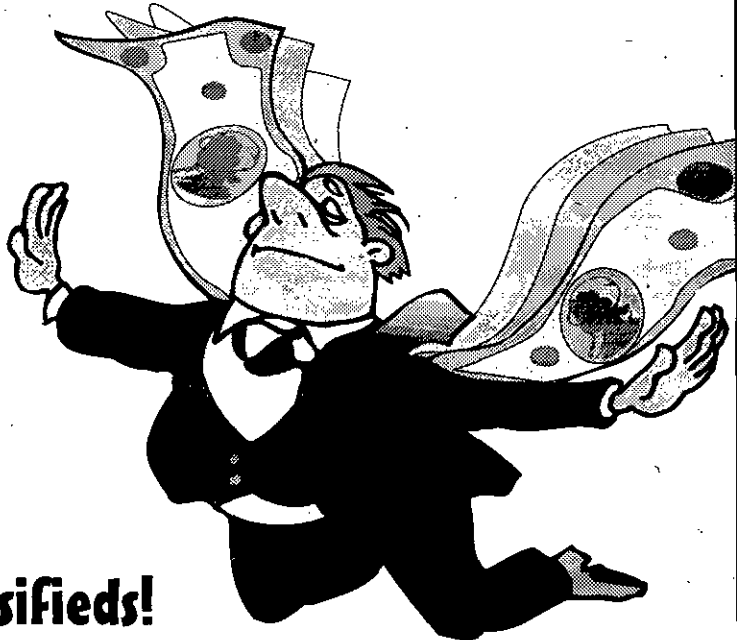
WEBER INTERNATIONAL MACHINES COMPANY LLC was filed with SSNY on 05/22/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.
(June 20, 2001)

NOTICE OF PUBLICATION

Z & B ESTATES, LLC was filed with SSNY on May 25, 2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Zelig Friedman, 11 Mordche Scher, #305, Monroe, NY 10950. Purpose: any lawful purpose.
(June 20, 2001)

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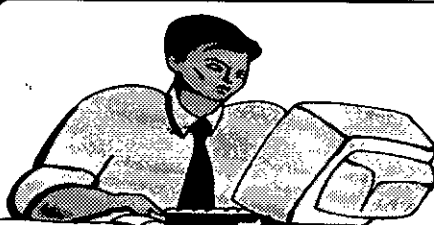
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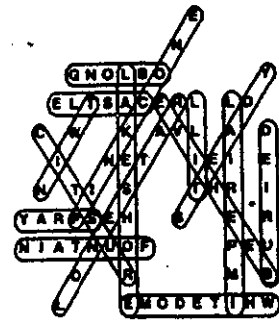
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**Mail Address • In Person**
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P.O. Box 100 125 Adams St.
Delmar, NY 12054 Delmar

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105,000 Reader

Classified Ads Appear In All Eight Papers

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In Schenectady County
Niskayuna Journal • Scotia-Glenville Journal • Rotterdam Journal
In Saratoga County
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Classified Rates

Private Party Classifieds - Line Ads - Eight paper combo \$12 for 12 words 50 cents for each additional word.
Commercial Classifieds - Line Ads - Eight paper combo - \$15.50 for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.
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Ads will appear in all eight newspapers, as well as on the internet for the number of weeks requested.

Order Form

1 word per line • 4 line minimum

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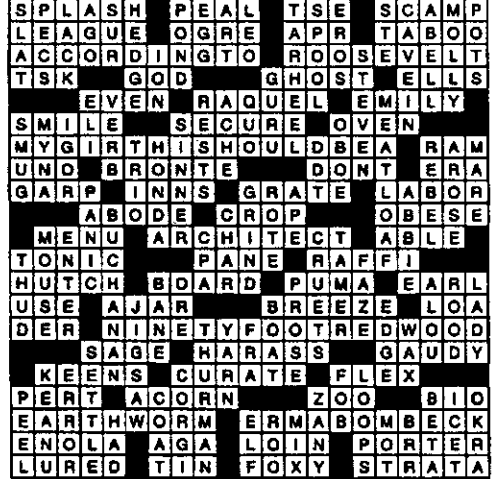
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Amount Enclosed _____ Number of Weeks _____

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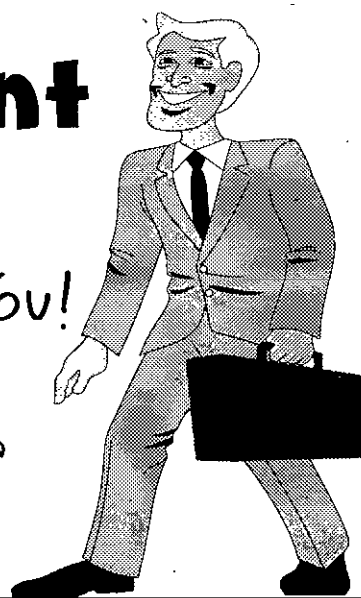


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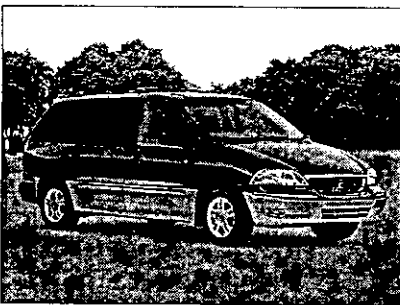
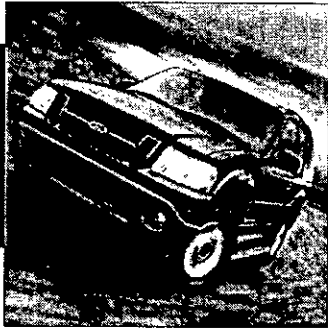
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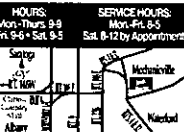
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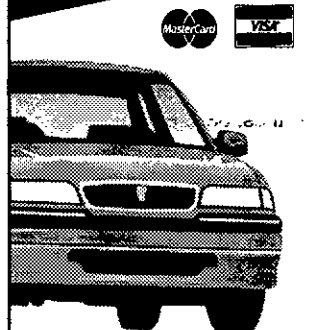
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Business

(From Page 1)

trying to convey in this is, we're not trying to declare New Scotland 'open for business' or to bring in new competition for existing businesses," said Pofit. "We want to promote the growth of businesses that fit the scale and character of our community, but we want to support our existing businesses in the process."

Though still a very preliminary

outline, Pofit said, "We just wanted it out there to let (residents) know we have a thought-out plan they can be part of." The board is seeking input from the town's residents and existing businesses, to identify business opportunities that would fit the rural-enterprise model.

These would include essential services needed in revitalizing the town's historic hamlets, from general stores to specialty retail;

businesses that will supplement the town's agricultural interests, like farmers' markets; and enterprises that support destination tourism — restaurants, visitor services and recreation-specialty shops — en route to recreation sites from Thacher Park and Hannacroix Preserve to Indian Ladder Farms.

A key element of the plan, Pofit said, will be the designation of "business ambassadors" — town board members Richard Reilly and Scott Houghtaling and key officials like planning board chairman Robert Stapf and engineering consultant Mark Dempf — who will meet with

current and prospective businesses and help them tap key resources like financing or state and federal grant programs.

Pofit hoped to meet with officials of Albany County, the county's Industrial Development Agency and the Albany-Colonie Regional Chamber of Commerce to explore existing incentives and programs.

"We plan to meet with the county executive and his staff to learn how the county IDA works and just generally what resources are at our disposal," she said.

Town grant writer Kevin Jobin-Davis is also working to identify programs that can useful in the

development effort.

The work plan is "really just the beginning of unveiling a vision statement" for the town's economic growth, Pofit said. It will be further developed through the existing business community in each of the targeted hamlets and along the Route 85 corridor, zoned light industrial west of the 85A intersection.

"We already have zones established for us where our priorities are in this plan, particularly in the commercial hamlets," she said. "I think we're in a good position to be proactive. We have excellent zoning and planning boards, and we have a good zoning law."

Dempf will work on developing "overlays" to the rural character zones that would incorporate standards regarding signage and construction. "I think we can keep it at the level of a conceptual overlay," Pofit said. "We don't need to reopen the zoning law."

"We're at a moment in our history where we can provide some context for how we want our town to look," Pofit said. "We're not trying to be exclusive."

The board received a status report Wednesday from Reilly on the work of that task force, now midway through its planning study launched in March. "As the five-year plan is being developed, it is with the idea of developing destination points for eco-tourism," said Reilly.

"We're also in the process of collecting raw data on (existing) recreational facilities in town," he said, "pinpointing as many as we can think of, how many acres, what might be there" — including local Albany County Land Conservancy preserves like Bennett Hill and Holt Preserve; private facilities like Whitbeck Grove; and town, state, and county parks from Feura Bush Park to Lawson Lake to Thacher.

The task force, Reilly said, hopes to complete a draft report by late summer.

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Physically Speaking
by Nick Valenze, P.T.

BACK IN THE ROTATION

Shoulder pain usually focuses attention on the rotator cuff, a combination of four muscles and their tendons that stabilize the upper arm in the shoulder socket and allow its range of motion. Rotator cuff pain may be caused by "impingement syndrome." This means that because of exertion or overuse, one or more of the tendons are compressed and irritated by the shoulder bone, resulting in inflammation and tearing. The bursa (fluid-filled sacs that protect the muscles and tendons from irritation by the bone) are also usually inflamed. This problem usually responds well to rest, moist heat, ultrasound, and gentle exercises. One study shows that supervised exercise brought the same significant improvements to patients with severe rotator cuff injuries as surgery.

In fact, by participating in physical therapy and performing the correct exercises at home, you can experience relief and increased range of motion in just a few weeks! At our physical therapy practice, our staff of licensed physical therapists utilize the latest treatment methods to ensure speedy recovery. To learn how we can help you, ask your physician for a referral, or call our center for more information. For your convenience, we offer wheelchair access and free parking and will be happy to process your insurance claims.

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P.S. Shoulder exercises recommended by the physical therapist can help strengthen the rotator cuff muscles and tendons and make them less susceptible to injury.

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