

Board hears info on adult businesses

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DO NOT CIRCULATE Games coming to fairgrounds

○ Family entertainment section

AUG 29 Health Care

○ Supplement inside

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August 29, 2001

Interim principals take reins

By JOSEPH A. PHILLIPS

Both the Bethlehem and Voorheesville school districts are about to start the new school year with interim principals at their high schools — but with very different timetables for putting a permanent principal in place.

At Voorheesville's Clayton A. Bouton Junior-Senior High School, Raymond Colucciello, a retired former principal in several local school districts and a veteran of interim service as both principal and district superintendent, will serve on an interim basis until a new principal is selected.

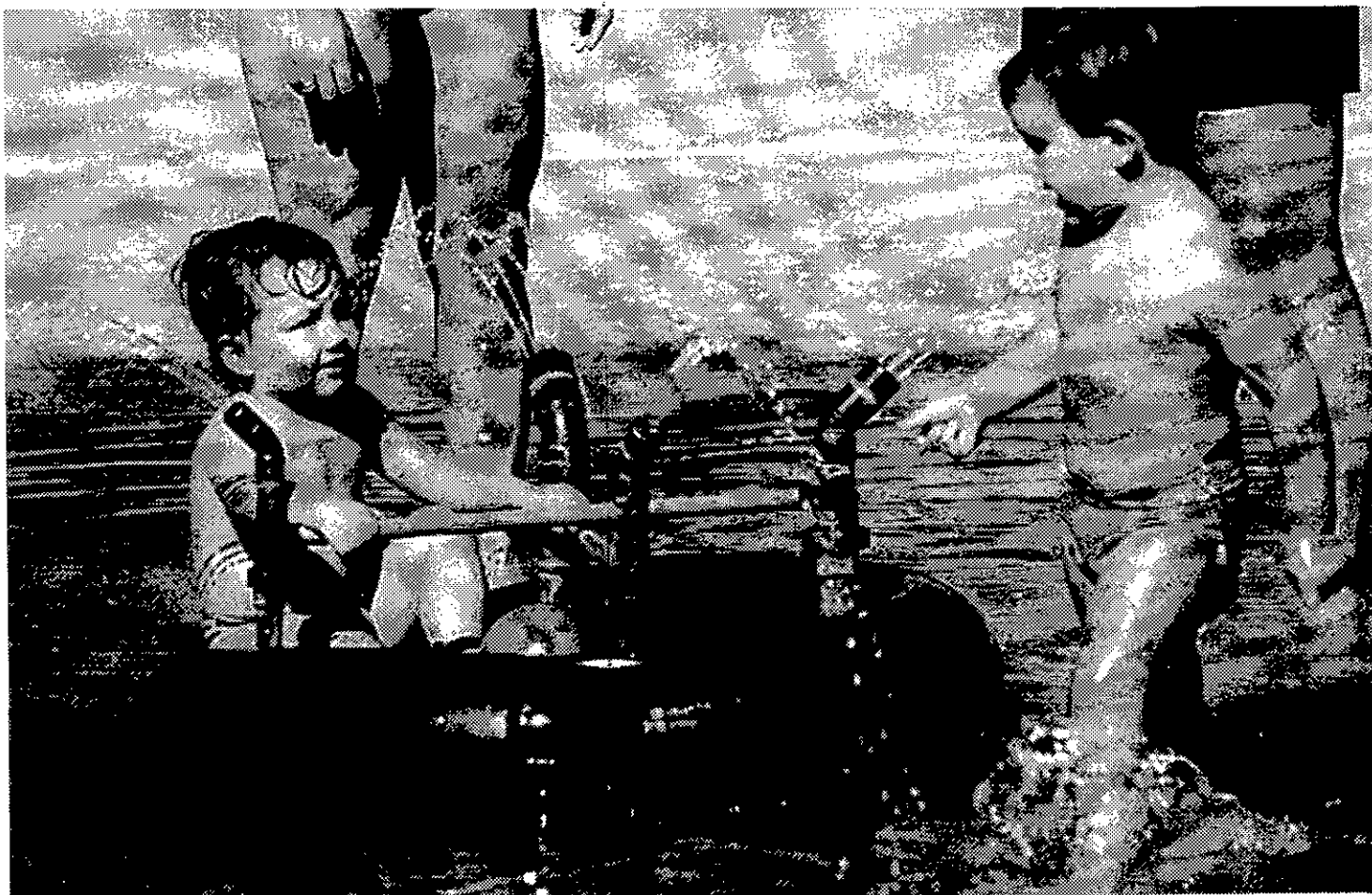
Jeannie Henry, a former administrator with the Albany and Shenendehowa districts, has been named as associate principal, effective last Thursday.

Superintendent Alan McCartney said a search process is already in progress to replace William Furdon, who resigned the principal's post last May, and McCartney said he hoped it would conclude "maybe November-ish, if everything worked out."

More than 20 applicants submitted résumés for the permanent position before the Aug. 1 deadline, and McCartney and the district's senior administrator, elementary school Principal Edward Diegel, have conducted preliminary interviews, winnowing the field to between four and

□ PRINCIPALS/page 28

Tube toppers



Jack McDermott and Arlo Marynczak keep cool at the Bethlehem town pool last Saturday.

Jim Franco

70 years later and still going strong

By KATHERINE MCCARTHY

Gladys Slingerland wore a blue dress when she married Harold Thompson in a simple ceremony in the Coeymans Dutch Reformed Church on June 2, 1931.

"We just went to the minister and got married in the parsonage," she said. "His sister and my brother stood up for us."

There was no reception, but, later, Harold's father brought members of the Coeymans Drum Corps, a group Harold belonged to at the time, to provide a little music to the day.

Maybe it was the simplicity of the ceremony, and maybe it was the drumroll, but 70 years later, Harold and Gladys are the picture of contented marriage.

Their recliners face the big screen TV, a phone rests on the table between them, and a steady stream of visitors come to their Glenmont home, as much to offer help as to draw strength from the couple that still enjoys each other's company all these years later.

The Thompsons met when Harold, who grew up at 8 Main St. in Ravena, worked for New York Central Railroad, and one of his co-workers and friends was Gladys' brother.

"How'd you like to meet a girl?" Harold recalled that his brother-in-law asked him.

When Harold found out that Gladys was four years older than he, he said no thanks. That changed quickly when he met her.

"The first time I saw her, I was gone,"



Harold and Gladys Thompson celebrate their 70th anniversary this year.

Harold said.

Still, it took a while for him to get up the nerve to ask her out. "I was at her house one night, and her boyfriend at the time came over, and my heart went to my feet," Harold said.

"My boyfriend could have kept on going," Gladys said. "Once I met Harold, I knew he was the one."

Gladys was 26 when she and Harold married, and had already been warned about becoming an old maid.

"I said that was OK if I hadn't met the right man yet," Gladys said. "I knew when I met Harold, though, he was my kind of guy."

Harold finally got up the nerve to ask Gladys out when her mother threw a little birthday party for Harold's Aug. 25 birthday at the Slingerland's house on Wemple Road.

"We were sitting on the stairs, and I asked him what he'd like for his birthday," Gladys recalled. "He said, 'How about you?', and that's how it

□ STRONG/page 15

IDA considers development position

By JOSEPH A. PHILLIPS

With its year-long preoccupation with the PSEG-Power New York tax issue now behind it, the Bethlehem Industrial Development Agency (IDA) renewed its attention on a broader economic development strategy for the town on Wednesday, Aug. 22.

On the agency's agenda were several components of that emerging strategy — including the prospect of hiring an economic development director for the town, perhaps as early as November; adoption of a more aggressive tax-incentive plan for businesses seeking IDA assistance and developing a "shovel-ready" site for a potential technology business park in Glenmont.

The business park project

□ IDA/page 12



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Bethlehem police charge three with DWI

By JOSEPH A. PHILLIPS

Bethlehem police arrested three individuals last week and charged them with driving while intoxicated (DWI) — and previous charges against three other individuals were resolved on Aug. 21 in Town Court.

The first arrest took place on Saturday, Aug. 17, at about 4:15 a.m. Officer Adam Hornick reported observing an eastbound vehicle on Kenwood Avenue, approaching Cherry Avenue, that failed to signal a turn or keep right. He followed the vehicle and stopped it on Huron Street.

After administering field sobriety tests and a pre-screening, Hornick arrested Seth Andrew Cuzdey, 18, of 85 Hawthorne Ave., Albany, and charged him with DWI and

several traffic infractions. He was ordered to appear in Town Court on Sept. 4.

Another arrest took place shortly after 2 p.m. on the afternoon of Tuesday, Aug. 21, when Officer Jeffrey Vunck, during a traffic stop in Glenmont, was advised by another motorist of an accident involving a car striking a guardrail on the shoulder of Corning Hill Road.

Vunck found the driver, Debra Sullivan Collins, 45, of 105 Corning Hill Road, still in the vehicle, apparently uninjured.

After pre-screening and field sobriety tests, Collins was charged with DWI and failure to stay in her lane, and was ordered to appear in Town Court on Sept. 4.

The third incident resulted in

an arrest for both DWI and a misdemeanor harassment charge for a Selkirk resident. Shortly after 1:30 a.m. on Sunday, Aug. 19, Officer James Rexford found a vehicle stopped on the shoulder on Route 9W in the vicinity of the Albany City line.

He located its occupants atop the hill in front of the Quality Inn, and an argument in progress between the driver, Thaddeus Walter Listing, 64, of 25 Trinity Place and his 53-year-old passenger, who claimed she had fled from the car.

Sgt. Thomas Heffernan and Officer Craig Sleurs also responded and assisted in administering field sobriety tests upon Listing.

Arrested for DWI and arraigned before town Justice Theresa Egan, Listing was also charged with harassment.

Egan imposed an order of protection against Listing requested by the passenger, and ordered him to appear in Town Court on Aug. 21. On that date,

he pleaded guilty to a reduced count of driving while ability impaired (DWAI), in satisfaction of all charges. He was fined \$300 and a \$35 state surcharge, and had his license suspended 90 days.

Three other DWI cases were also resolved. Carl Donald Olsen, 46, of 4 Edgwood Drive, Selkirk, pleaded guilty to a DWI charge leveled on March 7.

Egan ordered his license revoked for six months, but waived a fine on the grounds of indigence. The mandatory \$125 state surcharge, however, was assessed against Olsen.

Amy Lynn Karas, 22, of 74 Main Street, Coeymans, who was arrested on July 26, pleaded guilty to a reduced DWAI count and was fined \$300 and a \$35 surcharge and had her license suspended for 90 days.

Egan ordered the court record sealed on a DWI case dating from Dec. 14, 2000, against Heidi Ann Malaczynski, 44, of 52 Constitution Court, Glenmont.

Local man sentenced for sodomy

By JOSEPH A. PHILLIPS

More than a year after his arrest on felony charges of sexually abusing a then-14-year-old, a Delmar man has been found guilty in Albany County Court.

William Clayton Curtiss, 62, of 58 Cherry Ave. pleaded guilty on Monday, Aug. 13, to felon attempted sodomy and was sentenced by Justice Dan Lamore to 1-to-3 years in state prison.

Curtiss, who has been free on bail was sent to Albany County jail to begin serving his sentence while awaiting transfer to a state facility.

Curtiss was arrested in July last year and indicted on Jan. 1 by an Albany County grand jury on charges of rape and sodomy as well as endangering the welfare of a child. The charges were the result of an investigation by Bethlehem police.

The charge to which Curtiss pleaded guilty stemmed from an incident in the summer of 1999 involving the daughter of a family friend.

"It was a very involved case," said detective Chris Bowdish. "This conviction is closure for us and the victim. It's a tough case but it's finally over, and he's doing time."

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Board hears report on adult biz issue

By JOSEPH A. PHILLIPS

With an otherwise light agenda at its meeting last week, the Bethlehem town board addressed a topic that several members would have preferred not to discuss at all: an ordinance to restrict adult entertainment businesses in the town.

"It's uncomfortable just sitting here talking about it," said board member Dan Plummer of the presentation by former building inspector John Flanigan, who as a consultant to Supervisor Sheila Fuller on zoning matters has been studying the topic for months in anticipation of drafting a town adult-use law.

But as Flanigan said, talk about adult businesses they must. "We don't have any now in this community that we're aware of," he told the board. "That doesn't mean it can't happen tomorrow."

With Fuller absent for the meeting recuperating from elective surgery, vice-chairman George Lenhardt oversaw the discussion.

For nearly 40 minutes, Flanigan laid out the technical definition of "adult entertainment" — strip clubs, theaters,

It's uncomfortable just sitting here talking about it.

Dan Plummer

motion picture and massage establishments, and private studios offering legal X-rated diversions — and the court decisions that grant them the right to locate in whatever community they wish, protected by First Amendment safeguards for free speech.

"No, we cannot ban them," Flanigan said. "Can we limit them to areas away from schools and residential areas? Yes we can ... You can't regulate the content but you can regulate the uses and where you want them to be."

He discussed the state of similar laws in other communities that do so, setting zoning and density restrictions and safe-distance regulations to protect schools, churches, residences, day care and other sensitive property. If federal and state courts have protected the content of adult entertainment, they clearly permit municipalities to address such secondary impacts of those businesses as traffic,

noise, crime and impacts on property values and commercial activity. But a municipality's actions, he said, "must be justified by concerns unrelated to speech."

Seeking the board's input on how such a law could be crafted, Flanigan recommended restricting adult use activity to the town's heavy industrial zones — primarily, a swath across the southern portion of the town, roughly from Route 32 to Selkirk, and a second area in the northeast corner, between Route 144 and the riverfront.

He also floated a proposal for a 500-foot distance restriction near sensitive properties.

Board member Doris Davis advocated raising that standard to 1,000 feet — "or more," she said — and inquired about the possibility of narrowing the list of usable areas in heavy-industrial-zoned property.

"Can we specify one area, rather than all?" Davis said.

Town attorney Robert Alessi cautioned the board that it would not be within its legal rights to craft a law designed to make adult uses impossible.

"You have to be careful with a broad brush," he said. "Because it's the broad-brush ordinances that are getting struck down" by the courts.

Flanigan also raised concerns about confining the board's approach to the zoning code — leaving exposed to untrammelled adult use development the unzoned rural areas largely in the town's south. He said he hoped to consult with Alessi on how best to create a broader ordinance to eliminate that loophole.

Lenhardt spoke for many on the board when he expressed his own misgivings on the topic. "Just by discussing it, it almost seems like inviting them in," he said — and therefore proposed imposing a moratorium on site plan reviews and building applications for adult use until an ordinance is in place.

Fuller said later she favored such a moratorium and had asked Alessi to draft a law creating one for the board's consideration at its next meeting on Sept 12. Such a law will likely require a future public hearing.

Misgivings aside, she said, the proposed adult use ordinance must be a matter of public discussion.

"We also need to be sensitive to the concerns of the residents of the southern end of the town," Fuller said. "We don't want them to think we're just sending these businesses off to that part of town. We want to make sure the law keeps them far away from residential areas."

In an unrelated matter, the board also voted to reappoint Michael Smith as counsel to the board to negotiate a new police union contract. The current contract expires on Dec. 31.

Sneak preview



Megan Kirby crawls along the playground at Bethlehem Town Park last Saturday. Jim Franco

V'ville planners set hearing on eatery

By JOSEPH A. PHILLIPS

SuperValu Plaza could soon see its first new tenant in several years, pending the outcome of a special meeting of the Voorheesville village planning commission scheduled for Thursday, Aug. 30, for a hearing on a proposal to fill some of the long-vacant retail space at the plaza on Route 85A with a restaurant, the China Garden.

Hak Man Wong, a Washingtonville resident, filed an application July 9 with the village seeking site-plan approval for the renovation of 8,450 square feet in an unoccupied wing attached to the main supermarket in the plaza. The commission originally scheduled a public hearing on the issue for Aug. 15, but because it wanted additional information regarding a host of issues, it tabled the application at that time in favor of this week's special hearing.

A letter to the applicant by commission chairman John Schachne, sent after the original hearing, requested information regarding ventilation of the facility, as well as details on signage and the location of dumpsters. Schachne also requested that a representative of 5 Maple Road Realty of Schenectady, the limited liability partnership that currently owns the plaza, be on hand at the rescheduled hearing to discuss traffic flow and parking at the plaza.

The restaurant would occupy about half of the plaza's new wing, built just five years ago and briefly occupied by a liquor store but currently vacant. The plan submitted for review, prepared by American Planning and Design of New York City, shows room in the proposed 130-by-65 foot restaurant for kitchen facilities and up to seven four-seat tables in the dining area. No outdoor seating is proposed. The site plan application lists planned hours of 11 a.m. to 10 p.m. weekdays, and 11 to 10:30 p.m. on weekends.

The remaining retail space in the new wing, as well as some in

a secondary building that includes a smaller liquor store and a Key Bank, remains vacant at present. John Hodorowski Sr., managing partner of 5 Maple Road Realty, said last week he hoped the restaurant, if approved, would serve as a magnet for drawing other tenants.

"We've got some that we've been talking to, but I'd rather not divulge who they are," he said. But he hoped that "one thing is going to draw another."

Prospective tenants include a flower shop and a Dollar Store, he said, and his group is looking into potential video-store outlets to occupy part of the remaining space. Several banks have also approached the plaza for space, he said.

But marketing the plaza has been "a little difficult," Hodorowski said. "Mostly it's been food industry retail that's been interested in going in there" — a problem, since the plaza's major current tenant is a full-service supermarket. "The Chinese restaurant was (agreed to) by SuperValu," he said.

It's not that the Voorheesville location isn't attractive, he said: "We wouldn't have bought it if we didn't believe it was. But it's not big enough population-wise for the big chains to come in. You're kind of looking for local people to do something, like a salon. It's a niche plaza, that's what I'd call it."

Efforts to reach Wong were unsuccessful, but Hodorowski said he did not anticipate much opposition to the China Garden.

"The village has been very

supportive so far," he said. "Voorheesville realizes that this plaza is critical to this town, and the Chinese restaurant is only going to help."

Several neighbors to the project along Coventry Court, while not opposed to it outright, have raised concerns about noise and other issues related to additional commercial activity — in particular, the odors emanating from a full-service restaurant next door.

"I ask the commission to require that the applicant do everything possible to mitigate any potential odor problem, including the installation of the most advanced air filtration and exhaust system available, before approving the application," wrote one neighbor, Michael Muth, in a letter to the commission.

Hodorowski said that his firm will assume part of the cost of renovations for the restaurant — particularly installing an improved septic system — but the restaurateurs, Wong and Yi Cheng Huang, also of Washingtonville, will foot most of the bill.

He anticipated that the applicants and his firm will be able to respond favorably to most of the planning body's requests so far. The entire parking lot will be restriped soon — "hopefully within the next week or two," he said — in anticipation of additional retail traffic.

The planning commission meeting is scheduled for 7:30 p.m., Thursday, Aug. 30, in the board meeting room at village hall on Voorheesville Avenue.

BC board sets tax rates for upcoming school year

The Bethlehem central board of education has set the district's tax rates for the upcoming school year at about what had been projected earlier this summer.

In Bethlehem, the rate will be \$22.36 per \$1,000 of assessed property value, a 10.7 percent increase. In New Scotland, the rate will be \$24.76 per \$1,000 of assessed property value, a 13.3 percent increase.

The tax rates are similar to those estimated in the district's

"Special Report" in regard to the town's PILOT (payment in lieu of taxes) agreement with PSEG Power New York. They differ slightly due to changes in final equalization rates for the two towns.

Board of education President Warren Stoker said, "Despite the state's wrangling over its budget, we are glad we could keep our promise to the district's residents by setting the tax rates at the level where we had projected them."

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

Right now, 11 more weeks would be just perfect

By KATHERINE MCCARTHY

On June 21, it seemed like an eternity — 11 whole weeks with no structure. Early summer's brief moment of panic — what had made mostly-at-home motherhood seem preferable to a demanding job? — didn't seem to want to wash away in the flood of guilt that follows such disloyal thoughts.

Of course, I love my children. They fill my heart with joy; my life is fuller because of them. I am blessed beyond belief to have so much time with them. On that last day of school, though, the blessing seemed too rich to be deserved.

Of course, there was the positive to anticipate — no more early mornings for our late-night family, no frantic rush to make it to school on time. In the evenings, what blessed relief to have the time slip quietly away, instead of having to explain that being a loving parent did not equal simply providing the answers to that night's math problems.

How nice to not listen to the hissing "Shush" sound made by the child who learns best in quiet to the child who learns best thinking out loud. How pleasant to look at a summer with no fits

COMMENTARY:

*Mom's
the
Word*



of frustration and no moans of agony when the spelling notebook turned out to be the reward for completing math.

For all this pleasant anticipation, though, the first few weeks proved a rough transition, as the children seemed to only want to watch TV all day long, and I thought we should be hiking mountains, swimming at the town pool, organizing the playroom or going to the library — preferably, all on the same day. I fretted that they weren't seeing enough of their friends, and realized that I was the one who missed the adult encounters I'd built into my days as at-home mother and freelance writer.

We found some equilibrium after those initial weeks. The lure of beautiful summer weather proved too strong for even my "televisionaries," and friends calling — theirs and mine — soon got us out of our cocoon and back into social interaction. The boys' bickering subsided to a tolerable

level, and the stretches of actually enjoying each other's company increased. I stole some time for working, reading the newspapers and doing the bare minimum of housework and laundry, while they compensated for their late summer bedtime by sleeping late.

They began to wake with smiles, and breakfast together on the deck was an enjoyable occurrence. Although they continued to require a great deal of time and attention, this was the summer that they were turning into enjoyable and amusing young men in their own right.

My fear that they were missing out on their era's Zeitgeist by not engaging in organized activities yielded to a great admiration for the way they filled their own days, and entertained themselves. Their one week at Heldeberg Workshop proved a huge success, as it was a perfect combination of the right subject matter (immersion into the 1700s and castle-building) and their readiness for some structure.

The August death of a friend, who was also a friend's mother that both boys liked immensely, and the death of another friend's husband drew us closer together, and all of our time together seemed like a great gift to savor

forever. We were unable to take our big summer vacation, and sought weekend family time by heading out of our suburban reverie to state parks, local lakes and family gatherings on a larger scale. For the parents, we took advantage of some of the rich local history around us, hearing the Declaration of Independence read at Fort Ticonderoga, and acquiring another stamp for Cormac's National Parks collection at the Martin van Buren National Historic Site. For the boys, there was maximum usage of the season passes to the Great Escape.

"Look how much you're saving," Christopher told me each time we went through the gates free on bring-a-friend-Wednesday.

Lost on him was the understanding about the real costs of slushy drinks, overpriced pizza and water-gun games, and the energy drained by spending a hot day in a huge crowd, waterslides and lazy river tubing notwithstanding.

Those days proved a great bargaining chip, though, buying me more time in the outdoors not filled with heart-stopping roller coasters. Taking them to that great center of artificial commercial activity gave me a little bit of hero status, and watching my kids spin upside down, I was secretly pleased that they have not inherited my fear of heights and speed.

Summer seemed to have just hit its stride when the letters from the school district came, bearing news of Cormac's fourth-grade teacher and Christopher's middle-school assignment, and I felt I was on one of those roller coasters. It took us awhile to find some kids that Cormac knew in his fourth-

grade class, and the thought of middle school brought on a full-fledged panic. I'd been fine with Christopher leaving elementary school; I'd been secretly thrilled that he had grown nearly as tall as me over the summer, but the letter confirming that he would be proceeding to the next step of his life threw me into gut-wrenching agony.

Only two of his friends received the same placement as he did, while the others are all together. Our anxiety finally receded, as he seemed fine with the assignment and walked confidently around his new school, easily finding the classrooms on his schedule and joking that the science rooms need to be in a separate area to accommodate the gene-splicing machines.

Reassured by his humor, we headed north to Montreal to enjoy the weekend. I always enjoy the journey nearly as much as the destination; the possibilities seemed endless through the Adirondacks. Where are all these other cars going? What will their vacations be like? What lies beyond our window that we might want to come back and explore some day? Thoughts eventually turned inward, and I couldn't resist a look in the rear-view mirror at the two boys lost in their own daydreams. What were they seeing out the window? Where would their future journeys take them? Where else would we all travel together?

There is no time as precious as that which we can't have back again, and June's question now seemed turned on its head. As we hurtled down the highway, capturing the final days of summer, I wondered how 11 weeks could have gone by so fast.

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Bethlehem Auto Service

AUTO FACTS

by John Quirk

Coolant Tips

The antifreeze/coolant in your vehicle's cooling system is designed to remove excess engine heat, thereby preserving good engine performance. It is necessary, therefore, to make sure there is always sufficient coolant in the system and that it is maintained in its most effective state. Most antifreeze/coolants are formulated to last a long time. It is still a good idea, though, to flush the system and replace the fluid about once a year. The thermostat should be replaced every three years. The water pump is the hardest working component in the cooling system. The conditioners in antifreeze/coolants are designed to prolong the life of the water pump and save costly repair, providing one more reason to pay attention to

the antifreeze/coolant.

Your vehicle is a significant financial investment. It is also a necessity for your lifestyle. As noted in this week's column, antifreeze/coolant removes excess engine heat. Regardless of the make of your vehicle or your driving patterns, you can help extend the life of your vehicle by having routine inspections every 3,000 miles. At BETHLEHEM AUTO SERVICE, our A.S.E. Certified Technicians use the latest diagnostic tools to detect mechanical problems in their early stages. For customers' convenience, we are pleased to offer shuttle service. Call 426-8414, or visit us at 62 Hannay Lane in Glenmont off Rt. 9W behind Stone Ends. Business hours are Mon.-Fri., 7-6.

HINT: When topping off antifreeze/coolant, always use distilled water.

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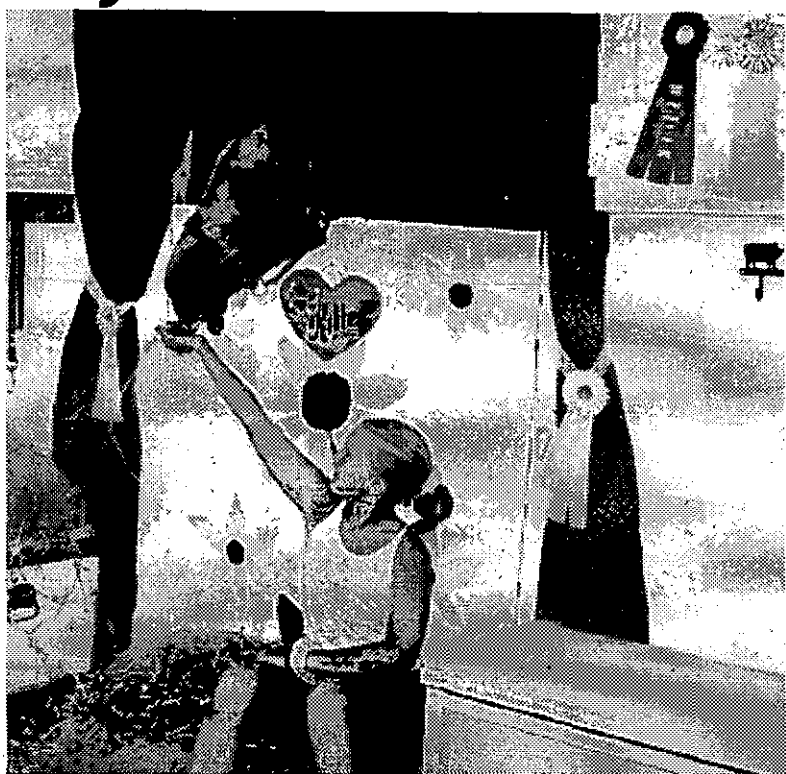
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Sept. 27th	NHL Face-Off	7:30pm
	New Jersey Devils vs. Pittsburgh Penguins	
Oct. 6th	River Rats vs. Wolfpack	7:00pm
Oct. 11th	Sesame Street Live	7:00pm
Oct. 12th	Sesame Street Live	10:30am, 7:00pm
Oct. 13th	Sesame Street Live	10:30am, 7:00pm
Oct. 14th	Sesame Street Live	1:00pm, 4:30pm
Oct. 25th	NBA Classic	7:30pm
	New York Knicks vs. New Jersey Nets	
Dec. 5th	Boston Pops	8:00 pm

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Hay there



Jenna Orrick feeds Ferris some hay at the Altamont Fair. *Jim Franco*

Local students graduate

Several local students recently graduated from the Practical Nursing Program at the Capital Region Vo-Tec Center in Albany.

The graduates were Yvonne Carr of Voorheesville, Carol Cook of Delmar and Karla Ives of Slin-

gerlands.

After the program, graduates are prepared to sit for the NYS Licensed Practical Nursing exam; if they pass the exam, they are considered Licensed Practical Nurses.

Polly Noonan still critical after accident

By JOSEPH A. PHILLIPS

A two-car accident last week on Route 9W has left an elderly Albany resident — a key figure in local Democratic politics and philanthropic circles — critically injured.

According to police reports the accident, which took place shortly after 8 p.m. on Monday, Aug. 20, injured Dorothea E. "Polly" Noonan, 86, of 4 Noonan Lane. Noonan was leaving a fund-raising event at a private home on Route 9W, north of Jericho Road.

The station wagon she was driving was struck by a south-bound car driven by Michael R. Sherman, 45, of 6 Ridge Road, Ravena.

Struck on the driver's side, Noonan's vehicle was pushed to the opposite shoulder of the road. Bethlehem police and rescue units from the Selkirk Fire Co. responded to extricate Noonan from her vehicle.

Both drivers were transported to Albany Medical Center Hospital.

Sherman was treated for back injuries and released. Noonan, who suffered severe chest and other internal injuries as well as multiple fractures, remains in critical condition as of Monday, Aug. 27, according to hospital spokesman Beth Engler.

Bethlehem police said Noonan may have had difficulty seeing very far down the curving stretch of highway as she pulled out of the driveway, and failed to yield the right-of-way to the oncoming car.

No charges have been filed against either driver in connection with the accident, and speed is not believed to have been a factor.

Noonan, an associate and confidante of longtime Albany Mayor Erastus Corning II for more than half a century, was considered a key figure in the Democratic "machine" that dominated city and county politics and patronage throughout Corning's tenure.

Though less prominent politically since Corning's death in 1983, Noonan remained an

important ally of such city and county political figures as Corning's successor, Thomas Whelan, and former County Executive James Coyne.

Noonan is also a prominent fund-raiser and organizer for local charities.

She had been attending an event sponsored by local Kiwanis clubs on behalf of a pediatric AIDS charity at the time of the accident.

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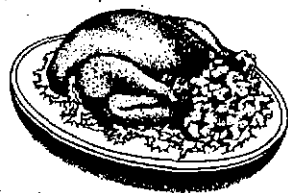
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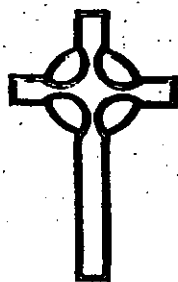
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Matters of Opinion

In the interim

It looks like the high schools in Bethlehem and Voorheesville are in good hands under the interim leadership of Arlene Maranville at BCHS and Raymond Colucciello at Bouton.

Both of these administrators have a wealth of experience in education, which should serve both districts well until permanent principals are hired.

These positions are extremely important in terms of setting the tone and expectations for our high school students throughout the school year.

The search will go on in both districts, and it's critical that both districts involve all in key players in the educational communities — including some level of student input.

Editorials

A votre santé

Spotlight Newspapers' special Health Care Supplement in this issue has some excellent advice on preventive care.

Everything from eating well to staying in shape to hormone therapy is covered, and if nothing else, provides food for thought.

But with fall's approach, it's a good time to do more than just think about staying healthy.

After the leaves are raked and the garden is put to bed, many of us begin the annual "hibernation," becoming less active and eating heavier foods that often turn into unwanted extra pounds by spring.

But that needn't be, the experts say, if we pay attention to what we eat and how much we eat. That, along with an exercise regimen, can fight the flab and help keep us healthier all year long.

Many local fitness centers offer individualized programs that can be incorporated into daily living routines, and for the more disciplined among us, there are any number of exercise-at-home devices.

Happy 70th

Gladys and Harold Thompson are still holding hands and smiling after 70 years of marriage.

We congratulate this delightful Glenmont couple, who have been together for so many years. And, we thank them for sharing their lovely story with us. They certainly are an inspiration to anyone who has a cynical view of marriage.

We wish the Thompsons good health and more happy years together.

Smalltown USA is a beautiful place

By DONNA J. BELL

The writer is editor of Capital District Parent Page.

Four years ago, I was living in the beehive we call our nation's capital, Washington, D.C. I only lived six miles outside of the city, but I had to get up at 5 a.m. and leave by 6 a.m. to get into the city by 7 a.m. There were many winter weeks when I did not see daylight, because the sun had long been vanquished by the time I arrived home at 6:30 p.m.

When my husband Roger and I decided to give up big city life, we had several options of where to move, and since Roger had grown up in upstate New York and his father was living close to Albany, the decision turned out to be easy. We made a very short tour of the area and decided it looked good — quiet and slow after the zip and zoom of D.C.

My husband and his father did a fast house-hunting trip a month later and settled on a nice home in Clarksville. When my father-in-law and my husband came back home, they had instant photos of a big back yard (with plenty of room for a vegetable garden) bordered by a creek and large rooms with hand-painted murals in the children's bedrooms.

I was pleased with their choice, but when I asked for the house number to start the change of addresses, my husband passed me a post office box number — there was no home delivery of mail. That's when the first panic hit. Just how small was this place?

Pretty remote by D.C. standards, I discovered. Before, we were walking distance from a grocery store and a multitude of fine and fast food restaurants and a short drive from several malls and four Starbucks coffee shops, which was important because my measure of a civilized society is a good espresso.

In Clarksville, we were 10 miles from the nearest grocery store.

Thankfully, my husband and children adjusted quickly to the new environment. The kids were too young to have formed any school or friendship ties and Roger had always hated the city. But I mourned the loss of my

Point of View

identity — the friendships I'd developed, the "dream" job I had left behind, the historic surroundings and even just knowing I could find my way around by looking for the tallest landmark in D.C., the Washington Monument.

It was the smallest and most obscure things about living in Clarksville that brought me joy at first. They included having creamy milk in glass bottles from Meadow Brook Farms delivered to my home every Saturday, sitting in the backyard with my husband after the kids had gone to sleep and being astounded that so many stars dotted the ink-black sky and having my clothes whipped dry and imbued with the

As we sat and chatted, my husband and I felt warm, welcomed and connected in scores of ways to the community we had decided to call home.

smell of summer on a clothesline in the back yard.

Our new garden space was double what we had before, and I learned to make homemade bread and butter and can dill green bean pickles.

But what I discovered was that a small town isn't really judged by its distance from "civilization," but by the cohesiveness of its community.

When I visit our local post office, I know Janice or Debra will be behind the counter, ready to ask me how my day has been as they encourage my preschooler to reach into a jar filled with a rainbow of lollipop they keep filled just for the pleasure it brings to kids.

Next door, at the Quilter's Studio, I know that I can just stop by and say hi to Bonnie Turner and perhaps run into her mom or any one of dozens of women who frequent her crafter's haven.

When my children go off to Clarksville Elementary School in the morning, I know that many of the aides that work there, like Mary Russell or Mrs. Crooks, have children or grandchildren who attend the school and who live nearby. The school is intimate enough that all the children, from grades one to five, know each other's name.

How many schools can say that their principal wrote a personal handwritten note to each elementary student after the fall report card to comment on the positive aspects of their work? Clarksville Principal Dave Ksanznak did.

When my husband lost his cellular phone at the playground, Carl Greenfield went to extraordinary lengths to find Roger and deliver the phone to him after his son had found it.

When we first moved here, we were lucky enough to meet our next-door neighbors, Ed and Mildred McNabe, who told us of the history of the town, the community and even our home.

Across the street from our front door is the diner that their daughter June started and that their granddaughter ran at the time. On Fish Fry Fridays (as we like to call them), we would cross the street to eat and say hi to our neighbors and friends. We, and all the patrons of the diner, got a great laugh one morning when our neighbor, the burly Keith Leonard, wore a skirt into the diner on a dare to get a free breakfast.

When trick-or-treaters come to our door, I know their names and their parents' names. On Sunday mornings, when the firehouse holds its breakfasts, friends greet you as you enter the door and the neighbor from down the street serves your breakfast.

Recently, we held a memorial service for my father-in-law who had passed away. The day before the formal graveside service, we celebrated his life with a

get-together of more than 35 people. We had friends and relatives coming from as far away as Florida, Delaware and Washington, D.C.

A few days before the outdoor picnic, the weather outlook turned glum, as the forecasters predicted torrential rains. In a panic, I called the Clarksville Community Church and asked if we could use their Friendship Hall. We were greeted with a warm, "Of course."

It wasn't the first time I had been in the facility. The church members and its pastor, Bill Morris, have a reputation for giving back to the community. Several local Boy Scout troops call the church home and I had borrowed the hall before for a local scrapbookers gathering.

This past December, many members of the community gathered for the lighting of the tree in front of the church. We sang holiday songs, and when it got too cold to hold music sheets in our hands, we went inside for cookies and hot chocolate. As our children ran off to play with schoolmates, one elderly woman came over and pointed out her children, grandchildren and great-grandchildren. She told us she had been born in Clarksville and married a Clarksville boy and that most of her family still lived in town.

As we sat and chatted, my husband and I felt warm, welcomed and connected in scores of ways to the community we had decided to call home. Later that night, my husband asked me again a question he had asked many times since we had relocated, "So do you still miss D.C.?"

"No," I answered truthfully. "No, I don't."

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Your Opinion Matters

Commuter bemoans traffic in suburbia

Editor, The Spotlight:

Finding myself in middle age and learning that the U.S. population has doubled in my lifetime may help to explain a few things. Things like why roads in Delmar at 2 p.m. are filled to capacity, why green pastures, which many forms of flora and fauna used to call home, are now filled with asphalt, septic systems, concrete, power lines, trucks, people — another suburban sprawl housing development, and why a smooth sailing ride to work is now impeded by new stop signs or traffic lights installed to make way for more vehicular traffic.

I moved into an existing house in Unionville to get out of the congested city, where a ride to work on most days would entail hitting 15 out of 17 traffic lights while never getting out of second gear. Now, getting through Delmar via Delaware Avenue is nearly as difficult, where taking a left turn has transformed the average driver into a daredevil.

Just watch sometime. An alternative route via New Scotland Road is becoming almost as congested as Delaware Avenue at certain times of the day.

I miss the pumpkin lady on Fisher Boulevard who lived in the idyllic setting of an old farmhouse with beautiful green pastures on all sides. Now guess what, another housing development, which leads to some of the bumper-to-bumper traffic on New Scotland Avenue.

The Mansions of Delmar development off Delaware Avenue has led to more and more vehicles darting into oncoming traffic that is traveling at 45 mph.

The Terramere Development near the old Blue Cross building

can't help but add to more delays while we linger in traffic at an already congested intersection.

Another beautiful country road with some remaining greenspace, Hilton Road, is being considered for a 150 plus home development. I can now envision a traffic light on Route 85A to handle the traffic entering and exiting Hilton Road, in addition to another traffic light for vehicles entering and exiting the Weatherfield development.

I dread the day the King farm is developed on the corner of routes 85 and 85A. The towns of Bethlehem and New Scotland are quickly becoming something resembling Colonie. Out of no disrespect to Colonie residents, I did not choose to live there because of that density of people and the second gear syndrome.

Let's learn from what we've taken away from once rural and semi-rural communities and plan a better path. We can all think about it while we're sitting in traffic waiting to take that left-hand turn.

Kathryn A. Lee
Delmar

Editor, The Spotlight:

Round and round and round she goes and where she stops nobody knows. This is the million dollar question.

Just how and where do we get on and off the proposed roundabout safely in Voorheesville? Residents in the area surrounding routes 85A and 155 are concerned for the safety of pedestrians and traffic alike.

There has been considerable controversy and negative feedback from local residents and representatives from area businesses and transportation. How is it that a small town rates a roundabout? One of the few routes that pass between Route 20 and Delmar and handles considerable traffic at peak times for a suburban area, all of a sudden is the perfect spot for a roundabout.

In the 33 years that I have lived in the village of Voorheesville and the town of New Scotland, I personally have never witnessed an accident. That is not to say there haven't been a few, but to my knowledge, a serious one has never occurred.

I fear for the children and adults who are used to riding their

bicycles, jogging and walking their dogs.

It may have not been easy, but look out now. You can landscape it and dress it up, but it is what it is, and it is a hazard.

I hope it will not increase the workload of our volunteer ambulance personnel. Has the proposal for the roundabout only become a reality because of the project in place for Route 155?

I also hope this is a proposal and not a deed already done. Concerned citizens are asked to attend a presentation on Sept. 10 at 6:30 p.m. at Voorheesville Elementary School on the road change proposal, followed by a presentation at 7 p.m. by the state Department of Transportation. Open discussion will follow.

Please be there to voice your concerns.

Eileen Lawrence
Voorheesville

Letters policy

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

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

Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054.



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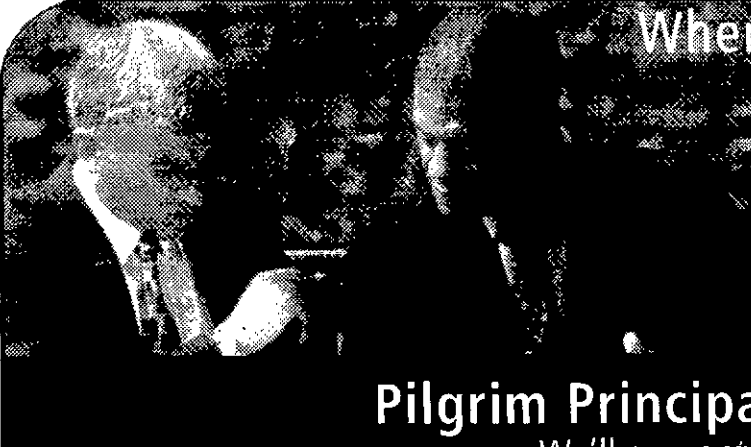
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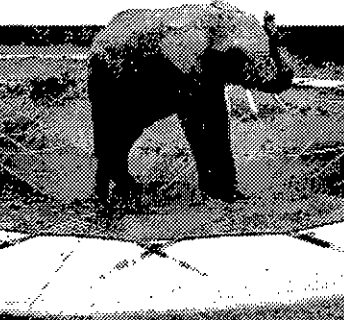


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Matters of Opinion

Back to school can be very trying for some parents Residents can choose another pool

Editor, The Spotlight:

At this time of year, one often reads articles about the eager but anxious anticipation of parents whose child is about to enter kindergarten.

Last week's Point of View in *The Spotlight* (My daughter's going to kindergarten) was such a piece, probably eliciting smiles from those who are experiencing this with a first child, or who remember fondly the joy of this new step in learning and life. I certainly do not belittle the many worries and questions that

surround the excitement.

I, however, write this from another vantage point, one sometimes shared in silence and seeming isolation. It is a view I see from "both sides of the desk," as a special education teacher and as a parent representative serving on the Committee for Special Education for the Bethlehem school district.

There exists a group of parents whose first "introduction" to the school system is not an orientation night with the bus drivers or a talk with the

classroom teacher. It is more likely an entrance through the front doors of the high school to attend a Committee on Special Education meeting surrounded by what can be an intimidating group of professionals, deciding the first phase of your child's school life.

Reports and test results are discussed in often unfamiliar and puzzling terminology. Hopefully, you will be in agreement with the program that is determined for your child. Everyone says that your child's best interests are being considered, and you pray that it will work out that way because the consequences are very big — academic study, in family dynamics at home and in social circles. Sometimes the social situations are the most challenging. Most parents assume that their child will have friends in school. After all, they had friends in the neighborhood or preschool or church or synagogue.

But it's different for the child who does not fit into the mainstream, even in subtle ways. This child, although desperately wanting a friend with whom to feel at ease, can't seem to find one. Yes, classmates may be polite at school, but the phone will never ring with a playdate invitation.

Sometimes there are excuses when you initiate a call. More than likely, there will be one playdate or two, and then it all fizzles out.

In the weeks before kindergarten, as other parents search for the backpack with the best-liked pop culture hero or heroine, these parents search (endlessly) for the backpack which has a mechanism that allows their child

to independently open and close it.

Is there a plastic container that can be opened in the lunchroom without the contents spilling all over the table and causing a "scene?"

When the cold weather arrives, will she/he be given enough time to get into that snowsuit? How many times should I walk my child through the school hallways so she/he will not panic at the new routine?

Will the school nurse understand the special attention that my child may need and provide it in a nurturing manner? Will the transportation supervisor allow us to practice getting on and off the bus and fastening the seatbelt numerous times, so our child will be comfortable on the first day?

These wonderful children, who put so much effort into all the little things we take for granted, may be used to many adult professionals in their lives — occupational therapists, physical therapists, speech and language pathologists, counselors — but will the entrance into public school by one that continues to build their self-esteem.

The questions collide with one another in your mind, as you wonder the big question: Will my child ever truly fit in and be accepted for who he is?

There are no easy answers. The end of August can put knots in a parent's stomach that last through the school years and beyond.

Lita Katzer
Slingerlands

Editor, The Spotlight:

This is in response to Thomas Baldwin's letter last week. The town pool isn't the only choice in town.

Before we moved to Delmar, I was excited about the prospect of having a "town pool" to go to. However, the house we ended up getting was a 3-minute walk to a little known treasure in the town.

"The Kenholm Pool" is located at 78 Dumbarton Drive (off Kenwood Ave.) in Delmar. This pool (actually, it's comprised of two pools: a large pool and a fenced-in kiddie pool) opens Memorial Day weekend and stays open through Labor Day.

We are open until 8 p.m. for most of the summer and until 7:30 p.m. the last two weeks. We are a nonprofit organization that anyone can join.

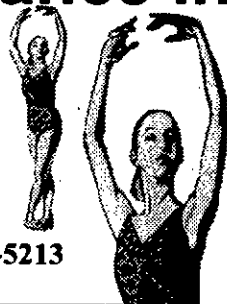
There are lifeguards, bath rooms with showers, grassy picnic areas, barbecue grills, chairs, flowers, shade trees, vending machines, off-street parking and a general atmosphere of friendliness and family.

There will be an open house during Labor Day weekend on Saturday, Sept. 1, from 2 to 5 p.m. when you can "test the waters." An adult must accompany all children age 18 and under. Membership applications will be available or you can call me at 439-5996 or e-mail Kenholm@aol.com.

Eric Sovner
Kenholm Pool
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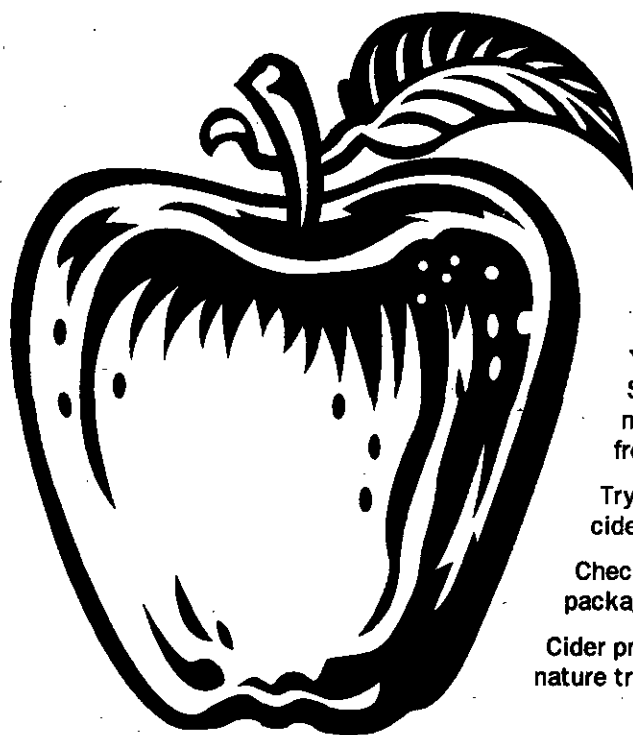
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Meeting scheduled on roundabout

A public information meeting to discuss the proposed road "roundabout" project will be held on Monday, Sept. 10, at 7 a.m. at the elementary school.

Officials from the state Department of Transportation will explain the plan and answer questions regarding the intersection of routes 155 and 85A.

School bells ringing

Students will begin the 2001-02 school year on Wednesday, Sept. 5.

The high school will begin the day at 7:40 a.m. The elementary school students begin their day at 8:50 p.m. The first day of school is a full day for grades one through 12. Teachers will attend an all-day superintendent's conference on Sept. 4.

Kindergarten classes will hold abbreviated classes on Sept. 5. The morning students will attend school from 9:30 to 10:30 a.m. and the afternoon students will attend from 12:30 to 1:30 p.m.

High school students to enjoy barbecue

The high school will hold its annual back to school barbecue on Wednesday, Sept. 5, during regular lunch hours.

Regular lunch rate will cover

NEWS NOTES

Voorheesville

Jane Norris
439-8532



the cost.

Parents who would like to help at the barbecue are asked to call 765-3314 ext. 212.

Dollars for scholars to hold garage sale

Dollars for Scholars will hold its annual garage sale and flea market on Saturday, Sept. 22, from 9 a.m. to 4 p.m. at the elementary school parking lot.

For booth purchase, flea market dealers can call 765-4990 for a contract.

Donations for the garage sale are being accepted at the elementary school garage. To arrange for drop off, call 765-2381.

For information or to make arrangements for donation pickup, call Debbie Baron at 765-9371.

Dollars for Scholars is an organization that raises money for college-bound students.

Kiwanis soccer schedule second skills night

New Scotland Kiwanis Fall Recreational Soccer Club will

hold its second skills night on Thursday, Aug. 30, from 6:30 to 8 p.m. at the elementary school fields.

All players who have signed up for fall soccer are encouraged to attend.

Wildflowers hike set

Thacher Park will sponsor a late summer wildflower hike on Monday, Sept. 3, at 10 a.m. The hour-long walk will begin at the nature center.

To confirm time and place, call 872-1237.

BCHS class of '71 plans reunion Oct. 6

Bethlehem Central High school class of 1971 will hold its 30th reunion on Saturday, Oct. 6, from 8 p.m. to midnight at Martel's Restaurant in Albany.

The deadline for reservations is Sept. 10.

For information, call Lynne Bryson McKee at 439-7368, Kerrilyn Rappe Rooney at 439-0883 or Kathy Sherman Sutter at 439-0187.

BCHS to add new lot for students, visitors

Bethlehem Central High School expects to have 135 additional parking spaces ready when school starts this year.

Now that the newly-constructed tennis courts are operational, work has begun to convert the old tennis courts into a second parking lot in front of the high school.

Construction of the new parking lot will be funded through fees collected annually from students.

"The need for more parking was there, and we couldn't ignore it," said Superintendent Les Loomis. "But this was not a cost we could pass on to taxpayers, who just a few years ago voted to increase funding to provide more bus transportation for students."

The new lot will provide additional spaces for student and visitor parking. In addition, the number of visitor spaces in the existing lot will increase.

Modifications to enlarge the student drop-off area at the high school entrance are intended to alleviate congestion that led many parents to drop students off in the faculty parking lot adjacent to the track.

Entrance-only access to the drop-off area from Van Dyke Road will also be constructed.

Parking fees collected from students during the past school year and this school year will be sufficient to cover the costs of constructing the new parking lot, including the paving, new entrance, all modifications and a six-hour per day parking lot monitor.

The school district will advance approximately \$5,000 in district funds to pay for lighting the new lot this year. Parking fees collected from the students during the 2002-03 school year will reimburse the district for the lighting costs.

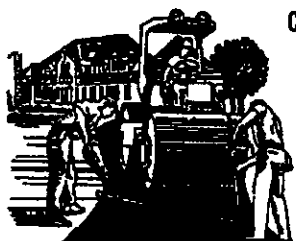
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Congratulations to all reading club winners

The grand prize winners for A Reading Odyssey 2001 are: Abby Belasen, grade six; Max Soeldner, Amanda O'Brien and Luke Berte, grade five; Alexis Moore, grade four; Greg Gruss, Lou DiVirgilio, Ashley Bourque and Mark Adkins, grade two; and Casey O'Neill, grade one.

Congratulations to all these

Voorheesville Public Library



great readers, and thanks for helping make the club this year such a big success.

The big news for September is the fall bus trip to Boston, sponsored by the Friends of the Library. Sign-ups are now being taken at the library for the trip on Saturday, Sept. 29. Get your friends together and make a fun day of it. The cost is \$25 per person (transportation only).

Quilters and needlecrafters are

invited to start the fall session off with a bang on Tuesday, Sept. 4, at a Nimblefingers meeting from 1 to 3 p.m.

Bring needlework of any kind and catch up on what your neighbors have been working on.

Refreshments are served and newcomers are always welcome.

The book discussion group meets on Sept. 12. Register now and pick up your copy of *Legacy of the Dead* by Charles Todd at the reference desk.

A reminder — for those kids who haven't read (and may have misplaced) their summer reading assignment, many of the books are available at the library.

Storytimes resume the regular Monday-Tuesday-Wednesday schedule at 10:15 a.m. Sept. 10.

The library will be closed Labor Day weekend, Saturday, Sunday and Monday. It will reopen on Tuesday, Sept. 4, at 10 a.m.

Barbara Vink

Student attends leaders conference

Suzanne Stickley, of Summerville, S.C., was selected to attend the recent Global Young Leaders Conference (GYLC) which was held in Washington D.C. and New York City.

The GYLC is a unique leadership development program for high school students from around the world who have demonstrated leadership potential and scholastic merit. Suzanne was one of 350 students who attended the conference in June.

Suzanne is the granddaughter of Mr. and Mrs. Richard E. Stickley of Clarksville.

Business Women slate first meeting

Bethlehem Business Women will hold its first meeting of the year Wednesday, Sept. 5, at Normanside Country Club on Salisbury Road in Delmar.

The meeting starts at 6 p.m. with a social, followed by dinner at 6:30 p.m. The guest speaker is personal and business coach Gerri Rattigan.

For reservations, call Annette Schiavo at 439-4815.

Batting 1,000



Ken and Marni Yanneck of Delmar show off the newest addition to their family — Ryan Lee, the 1,000th baby of Seton Health Childbirth Center in Troy. Ryan was born Aug. 1. He joins mom and dad, big sister Alanna, 4, and brother Kyle, 22 months.

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Burglar snatches purse at Glenmont residence

By JOSEPH A. PHILLIPS

A Glenmont resident came within seconds of surprising a burglar in the kitchen of her Vagele Lane home in the wee hours of Friday, Aug. 17 — the latest of a series of similar burglaries this summer in Bethlehem and elsewhere.

The victim told Bethlehem police she was awakened by a noise in her kitchen shortly after 2 a.m. Thinking that her son was returning home, she rose to investigate — and saw the outside door of the kitchen closing as she entered the room.

• Her purse — which had been left on the kitchen table and contained various identification and credit cards, a small amount of cash and personal items worth more than \$300 — was missing.

Police investigators determined that the burglar had gained entry to the room through a window whose screen was found cut, after apparently failing to remove another window that was also found damaged.

The latest burglary follows a series of similar incidents reported this summer in numerous suburban communities from Guiderland to Stillwater — including thefts on July 13 at four homes in a development in North Bethlehem and others nearby earlier this spring.

"This one's very similar to the others, and we're treating it the same as the burglaries in North Bethlehem," said police spokesman Sgt. Thomas Heffernan — including investigating the possibility that the same individual or individuals may be involved. "At this time there's no reason to believe it's not," he said.

Saratoga County sheriffs last week announced the arrests of

two Albany County men in connection with several similar burglaries in Clifton Park and Stillwater — but Bethlehem police could not confirm if those individuals are suspects in their investigations.

All the incidents involved items like wallets or purses left in plain sight through windows left open in the summer heat. In many of these night-time incidents, burglars have gained access through an unlocked door or cut window screen, occasionally even while a homeowner is present at the time.

Heffernan reiterated earlier warnings to residents to lock ground level doors and windows of their homes at night, keep easily accessible valuables out of sight and take other security measures.

"And if you hear something downstairs in the night, call the police (via 911) immediately. Don't confront them," he added. "We don't know if the person doing this is armed or unarmed. And calling right away makes it easier to solve these burglaries, maybe catching the thieves in the act."

The number for the police detectives' bureau is 439-9973.

LC Smith shop hit by burglar

An overnight burglary, discovered on the morning of Friday, Aug. 17 at an Elsmere business, is under investigation by Bethlehem police.

An employee arriving at work about 8:40 a.m. at LC Smith Pet Center at 154 Delaware Ave. found drawers and shelves rifled in a small storage area in the store, and a small, 87-pound safe missing. Police determined that the burglar or burglars likely entered the store through an unsecured rear door.

The safe was believed to contain more than \$7,000 in cash, as well as software, store credit cards and various documents.

No suspects have yet been identified in the incident.

Students earn awards

Two local students recently received college scholarships.

Suzanne Cardona of Glenmont received \$750 toward her tuition at the University of Buffalo from the Lindsey Baron "Bubba" Foundation.

The Eagle Award of the Ken Neff Scholarship Fund awarded a \$4,000 scholarship to Richard Bailey towards his tuition at the University of Rochester.

BCHS bond issue work is essentially complete

With the new school year about to begin, Bethlehem Central is wrapping up most of the construction projects from the bond issue passed in 1999.

At the school board's Aug. 22 meeting, Gregg Nolte, director of facilities and operations, said that all projects were being completed on schedule and within budget.

The new track and field events facilities and tennis courts are substantially complete. What remains to be done is grass seeding, installing fences around the facilities building and the faculty parking lot. Construction of the athletic storage facility will be completed before winter.

With seeding work under way this week, the area remains restricted for use to promote fast grass growth. However, BC's tennis teams have begun practicing on the new courts, and the facilities will be available for the district's first football game. Because track and field is not a fall sport, teams have not lost practice time.

Nolte said the new athletic facilities are unlike any others in the area.

"We now have 10 tennis courts, with a built-in visitors gallery and a coaching corridor that allows coaches to be closer to the athletes," Nolte said. "Our track and field facilities are very visitor-friendly, giving spectators a chance to view all events at once."

Construction and renovation of the new Lifelong Fitness Center and team room at the high school are essentially complete. Equipment for the fitness center is being installed so the student athletes can begin working out before the start of school.

The new elevator is installed and has been tested. Minor "punch list" items remain, but it will be operational for the start of school. Modification to the entranceway to the school is complete.

"Providing access to the high school to all community residents was a priority," said board President Warren Stoker.

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IDA

(From Page 1)

grows out of an undertaking called Tech Valley LLC, jointly launched by the IDA and the Albany County Partnership—the private, nonprofit economic development arm of the Albany-Colonie Regional Chamber of Commerce. Over the past two years, a list of developable parcels of land in the Route 144 and 9W corridors have been evaluated as possible sites to be made “shovel ready”—putting necessary infrastructure in place like road access, water and sewer and access to various utilities—to attract new business.

For several months, IDA member Joseph Richardson has been pursuing the possibility of a purchase-option agreement for a prime site for a technology business park—approaching the owner of three parcels along Wemple Road that total almost 133 acres. The IDA members last week discussed moving forward with an option agreement for perhaps as much as five years, to be purchased with IDA funds.

Remaining to be resolved, however, is the exact relationship of the IDA and the Albany County group within the Tech Valley partnership.

“We want to work with them on this particular project because we’ve worked together with them for the last three years on it,” said Richardson. “This has to be a strategic partnership of all the entities, coming together, working together, to get this done.”

But the consensus of the IDA board, who would put up most of the cash to secure the agreement, was, as member Dan Plummer said, “controlling our destiny as much as we can.” IDA Chairman Michael Tucker agreed.

“If we put our money in, we want to make sure it’s money well spent, and that we have some degree of control over it,” he said.

The board appointed a subcommittee to meet with the county participants, and also to finalize the terms of a proposed option agreement.

Richardson said he hoped to

have those details wrapped up in a matter of weeks. The matter is of some urgency, he said, because several companies have already contacted him with interest in such a park.

The board is also moving forward with discussions of hiring an economic development director. The function of this full-time official, said Tucker, would be “to help coordinate the flow of cooperation within the various agencies of government that have a role to play in economic development facilitating.”

The director would report directly to the IDA board but also consult with Supervisor Sheila Fuller—an arrangement that responds to Fuller’s publicly-expressed concern that making the position a full-time town employee, rather than an IDA hire, would lead to “bureaucracy”—a full-blown town department, rather than a single consultant, as the IDA proposes.

“The hope would be that in 60 to 90 days, we’d have somebody here,” Tucker said, and the IDA appointed another subcommittee to develop a job description and iron out details like salary requirements. They will also meet with Fuller to discuss the details of reporting relationships

between the IDA and town hall.

One potential tool at the new copordinator’s disposal could be a revised standard Payment in Lieu of Taxes (PILOT) policy that the IDA is considering as well. The current PILOT policy in force—the standard package of tax-abatement incentives to attract non-retail businesses to town—has been under review for more than a year by the board, seeking to make it competitive with the more aggressive tax-break policies offered by neighboring IDAs, like those in Saratoga and Rensselaer counties and the city of Albany.

Richardson and board colleague Frank Venezia presented a draft of a revised PILOT policy to the board last week that calls for 100 percent abatement of taxes in the first three years of a standard PILOT agreement, followed by a 70 percent abatement in year four and gradual 10-percent steps to full assessment by year 11. “Even Schoharie County’s IDA has, in the first five years, 100 percent (abatement),” Richardson said.

But several IDA members expressed reservations about such a generous tax incentive policy.

“My view is, we should get

some tax dollars up front,” said Plummer. And Judith Kehoe raised the possibility of tying incentives to some formula for job creation.

The IDA will review the draft PILOT revisions and discuss them at its next meeting, set for Oct. 2. But adopting a new policy is likely to wait until an economic development professional capable of reviewing it and offering input is on board, Tucker said.

Meanwhile, the IDA awaits a formal closing on its PILOT agreement with PSEG, which the IDA approved last month. And a special meeting of the board could be called sooner than October if developments on the economic development director and technology business park proposals warrant.

“We’re refocusing ourselves because we’ve been so distracted for so long with PSEG,” Tucker said. “We need to get back on track.”

Delmar student joins collegiate society

Jason Gertz of Delmar has become a member of the National Society of Collegiate Scholars, and will be honored during a campus ceremony this fall at Cornell University.

The NSCS recognizes first and second year undergraduates.

DAR elects officers

The Tawasentha Chapter of the Daughters of the American Revolution recently elected officers for 2001-02: Christine Torey, regent; Caroline Wirth, vice-regent; Eleanor Turner, secretary; and Donna Ruot, treasurer.

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Sports

Local football teams prepare for 2001 season

By ROB JONAS

The calendar says summer doesn't end for three weeks, but fall is already in the air as the Bethlehem, Ravena-Coeymans-Selkirk and Voorheesville football teams prepare for the 2001 season.

Here is a look at the three local teams.

Bethlehem Eagles

The Eagles enter the season with one of their most experienced lineups in the program's history. More than 30 seniors with at least one varsity season under their belts populate the roster.

"There's good and bad in returning (players)," Bethlehem coach John Sodergren said. "If the guys have had some success in the past, then they feel pretty confident going into the season."

This group of Eagles have a successful past to build on. Bethlehem won the Suburban Council's Gold Division title last year, but the Eagles were ousted by Bishop Maginn in the first round of the Section II, Class AA playoffs.

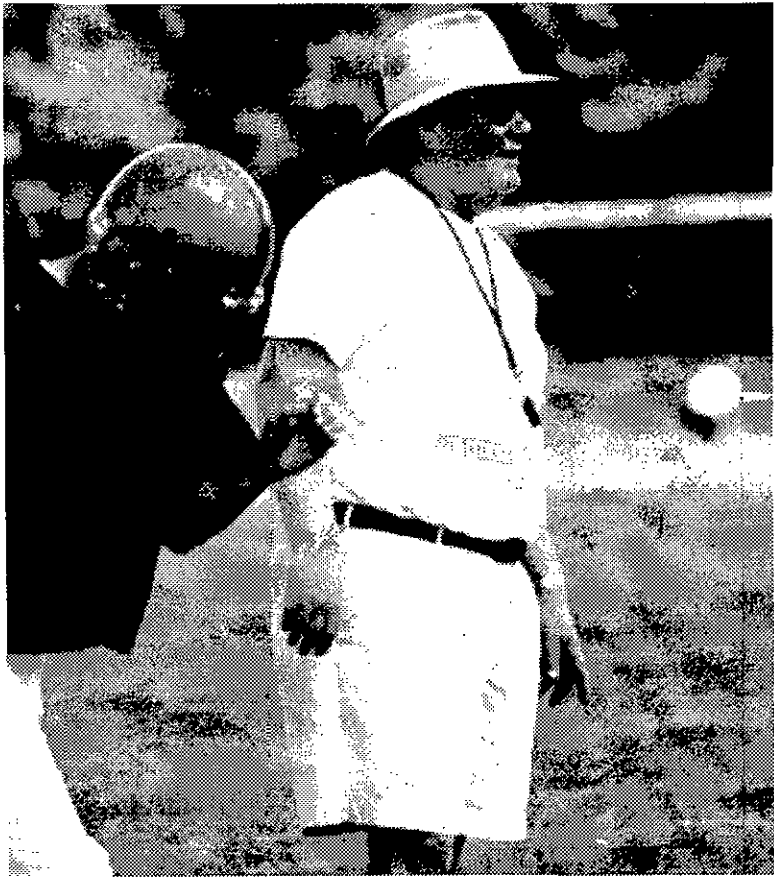
To make it back to Sectionals, Bethlehem will have to survive a tough schedule that includes the likes of Shenendehowa, Saratoga and Colonie Central — a result of being moved from the Gold to the Blue Division.

"It will be more difficult for us on a week-to-week basis because the programs (in the Blue Division) are all very tough and very solid," Sodergren said.

Still, the Eagles aren't intimidated by who they have to face.

"There's no team on our schedule that I'm in awe of," Sodergren said. "I think our kids can compete with anybody."

One thing that will help Bethlehem stay competitive is staying healthy. Three-year varsity starters Mark Bulger and Pat Heenan have both missed



Bethlehem football coach John Sodergren watches his team during a practice session last Wednesday. Rob Jonas

time the past two seasons due to injuries, and linebacker Brian Geurtze missed the last four games of the 2000 season.

"We're hopeful that Brian can stay healthy the entire season because he offers so much for us," Sodergren said. "When he was injured in the fifth game last year, I had to move several players around on defense to compensate."

Bulger, who returns to quarterback the offense for the third consecutive year, will have plenty of weapons at his disposal. Besides having Heenan behind him at running back, Bulger has a group of veteran receivers to throw to, including Brendan Hughes, Aaron Griffin, Eric Zimmer and Jim Morrell.

"Bulger is an athlete," Sodergren said. "He's the kind of guy you like to have the ball in his hands."

How much time Bulger will

have to make decisions will depend on how well the offensive line blocks opposing defenses. With only two starters returning, Sodergren is hoping that all of the new parts fit well together.

"We do have key people back, but our offensive line has to do the job," Sodergren said.

The Eagles will be tested right away on their 2001 schedule. They host another Sectional quarterfinalist from last year, Colonie Central, next Friday night. They then hit the road for games against Shaker Sept. 14 and Averill Park Sept. 21.

RCS Indians

Like its neighbors from Bethlehem, Ravena-Coeymans-Selkirk enters the 2001 season with a veteran lineup and an eye on a Sectional title.

"They've put in an awful lot of off-season work with camps and

FOOTBALL/page 14

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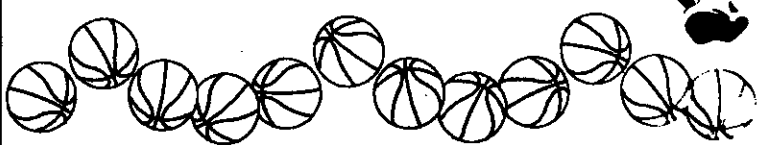
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Good Samaritan Senior Living
by Lee Bormann President/C.E.O.

A Century Of Progress
Further evidence that advances in health care have helped dramatically improve the health and longevity of U.S. citizens over the past century comes from a recent report. It says that Americans live far longer than they did a century ago and are less likely to die from infectious diseases. Women and babies are also far less likely to die in childbirth. Thanks to an improved standard of living, immunization programs for children, better medical practices, and better drugs, life expectancy in this country has increased dramatically. A person born at the beginning of the twentieth century could expect to live only about 49.2 years, while the life expectancy at the end of the century stood at 76.5 years.
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Football

(From Page 13)

clinics, so they're anxious to go out on the football field and play," RCS coach Gary VanDerzee said.

The Indians, who reached the Class B finals last season, have several players returning to the offensive skill positions including quarterback **Chris Currey**, wide receiver **C.J. Berghela**, tight end **Jeff Bradley** and flanker **Darrick Priestler**.

"We'll never be known as 'Air Ravena,' but we will put the ball up in the air with guys like Berghela and Bradley — guys who can catch the ball," VanDerzee said.

Need to find a replacement for running back **Oscar Olmeda**, who graduated in June, VanDerzee will turn to a pair of varsity veterans, **David Cross** and **Matt Dardani**. Cross made his mark as the team's starting safety but hasn't seen much time in the offensive backfield, while Dardani moves from the offensive line to the fullback position.

"He's an exciting runner with the ball, so he'll get his share of the carries," VanDerzee said of Dardani.

Defensively, the Indians will be anchored by eight returning starters, including Bradley at

defensive end, **Gabe Ecklund** and **Aaron Cobey** at defensive tackle, **Jeremy Irwin** at linebacker, **Berghela** at cornerback and **Cross** at safety.

"They could be a real exciting unit to watch," VanDerzee said. "They run well, they execute well and they hit hard."

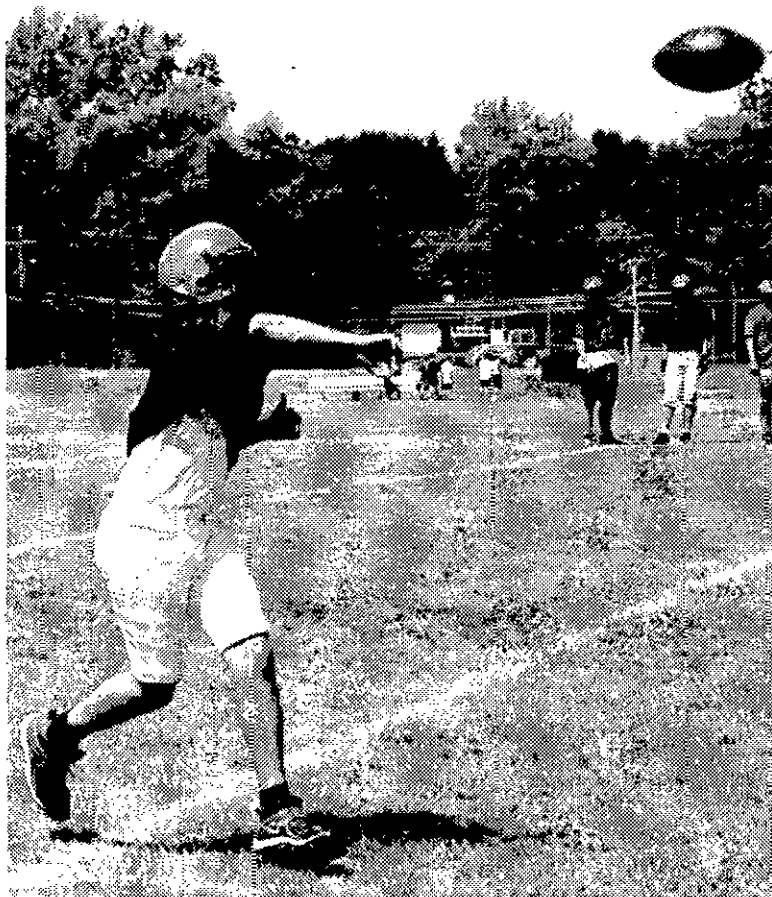
RCS opens its Capital Conference season next Friday night at home against Cohoes. The Indians then hit the road to face Taconic Hills Sept. 14.

"It looks like a real balanced division," VanDerzee said. "Broadalbin-Perth returns a lot of players ... Hudson has some excellent players coming back and Lansingburgh is going to be really tough this year."

Voorheesville Blackbirds

A lot has changed for the Blackbirds since they left the field last year. They find themselves transplanted into the Northern Adirondack League after being a long-standing member of the Capital Conference, and their home field at Clayton A. Bouton Junior/Senior High School is still being worked on and won't be ready for the season. Instead, they will play home games at Guiderland High School.

"It's something that I've thought about for years," Voor-



Bethlehem quarterback Mark Bulger throws a pass during last Wednesday's practice at the high school. Rob Jonas

heesville coach and athletic director **Joe Sapienza** said about the move to the NAL. "What happened last year was Cossackie cancelled their varsity football season, so that left us with a bye week. We were lucky to schedule Schuylerville in because they were faced with having a bye week in the Northern Adirondack."

"I just looked at the situation

(in the Capital Conference). Taconic Hills was going to be a B school, and Bishop Gibbons is a private school, so their status could change. So by moving into the Northern Adirondack, we have more stability."

The good news for the Blackbirds is that they will have

several starters returning from last year's team. The offense will be guided by quarterback **Mark Murray** and feature running backs **Ryan McCartney** and **Tim Hauser**. Wide receivers **Brendon Schlappi**, **Jamie Fish** and **Pat Miller** are also back to provide Murray with some familiar targets.

"We're definitely doing some different things (on offense) — trying to expand on what we ran last year," Sapienza said.

The offensive line will have some new faces this season. Only center **Josh Marks**, who was an All-Capital Conference selection last year, and lineman **Mark Rudd** are back, but Sapienza sees promise in the newcomers. "They're doing excellent," Sapienza said.

Defensively, the Blackbirds get most of their secondary back in Miller, **Jeff Nelson** and **Matt Remmert**. McCartney and **Matt Underwood** will anchor the linebackers, while Rudd will provide experience on the line.

Voorheesville opens its first NAL season next Friday night at Hoosick Falls. The Blackbirds' first "home" game will be Sept. 22 against Granville at Guiderland High School.

"When I look at our schedule, I don't see an easy game on it," Sapienza said. "I'm looking forward to playing consistently good competition week in and week out."

Physically Speaking

by Nick Valenze, P.T.

Help For Sore Knees

When researchers at Brooke Army Medical Center conducted a study involving 69 patients with moderate knee pain caused by osteoarthritis, they found that physical therapy and gentle exercise significantly reduced pain and even prevented the need for surgery. While half the group received placebo treatment, the other half received hands-on care that included the gentle stretching of tight leg muscles to improve the knees' range of motion, riding a stationary bike, and light strength exercises. After eight visits, the physical therapy group's pain and stiffness were eased by more than 50%. The placebo group experienced no change. One year later, those in the placebo group were four times more likely to require knee-replacement surgery than those treated with physical therapy.

Hydrotherapy has also been shown to be effective in relieving the pain and stiffness caused by osteoarthritis. If you would like to know more about the therapies available to help re-

lieve symptoms related to your condition, or have recently undergone surgery and wish to speed the recovery process, ask your physician for a referral to our physical therapy practice. To learn more about our medicine, and orthopedic rehabilitation, please call the number listed below.

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P.S. Only 5% of the patients who received physical therapy in the above-mentioned study required knee-replacement surgery one year after treatment.

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Race to benefit new track

The Voorheesville Community and School Foundation has scheduled its Fall Classic 3.5-mile race for Oct. 27 at Voorheesville Elementary School, starting at 9 a.m.

The race is a fund-raiser to help the Voorheesville school district equip its new track and field facility at Clayton A. Bouton Junior/Senior High School. The entry fee is \$13 before Sept. 30 and \$15 after Sept. 30, and discounts are available for senior citizens over 60 and students.

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Health Care

- > **Laser Surgery Offers Freedom From Lenses** page S9
- > **Adjusting Your Workout For The Changing Climate** page S3
- > **Benefits and Risks of Hormone Replacement Therapy** page S5

Health supplements quiz: test your knowledge

Advertised throughout the media, displayed in grocery stores and pharmacies, and promoted widely on the Internet, dietary supplements look like just another consumer product on the shelf. But are they? Take this quiz to find out how much you know about using dietary supplements safely.

1. A supplement labeled "natural" means that it also is:

- a. mild
- b. without any risk of side effects
- c. safe to use with other medications
- d. none of the above

2. Since dietary supplements are so easily available—and don't require a doctor's prescription—they are much safer than drug products and can be used to self-treat illnesses without a health professional's advice or supervision.

a. True b. False

3. Testimonials in dietary supplement promotions give a good idea of the supplement's benefits and safety because they're based on firsthand accounts.

a. True b. False

4. Many supplements have proven health benefits.

a. True b. False

5. Before you start taking a dietary supplement, talk it over with a knowledgeable person like:

- a. your doctor or health professional
- b. your pharmacist
- c. a supplement salesperson
- d. a friend who takes them

ANSWERS:

1. D. The term "natural" may suggest to consumers that the supplement is safe, especially when compared with prescription drugs that are known to have side effects. But natural is not necessarily safe. Although many supplements can be used safely by most people, other supplements, including some herbal products, can be dangerous. Aristolochic acid, which has been found in some traditional Chinese herbal remedies, has been linked to severe kidney disease. And the herb comfrey contains certain alkaloids that, when ingested, have been linked to serious, even fatal, liver damage. Animal studies suggest that the herb may

cause cancer, too. Even certain vitamins can be toxic at high doses. And certain supplements have been found to interact with other medications in ways that could cause injury.

2. False. Studies have shown that some herbal products interact with drugs and can have a wide range of effects. For example, St. John's Wort can lower the effects of indinavir, a protease inhibitor for treating HIV. St. John's Wort also may interfere with drugs used by organ transplant patients and drugs used to treat depression, seizures and certain cancers. In addition, there are concerns that it may reduce the effectiveness of oral contraceptives.

Garlic, ginkgo, danshen and dong quai can cause blood to thin, which could cause serious problems for people on drugs like warfarin or aspirin. Dietary supplements are not required to go through the same pre-market government review for quality, safety and efficacy as drug products. But that doesn't mean they should be taken

lightly—or without consulting your health care professional, especially if you have a medical condition or are taking other drugs.

3. False. It's unwise to judge a product's efficacy or safety based only on testimonials. First, it is very difficult to verify the accuracy of the account: Some marketers may

5. A or B. Talk to your doctor, pharmacist or other health provider about any medicines you take, as well as any dietary supplements you're using or thinking about using. Though some doctors have limited knowledge of herbal products and other supplements, they have access to the most current research and can

help monitor your condition to ensure that no problems develop or serious interactions occur. Retailers or marketers can be good sources of information about their products and their ingredients, but bear in mind that they have a

financial interest in their products. If your doctor or pharmacist has a financial interest in the product, get a second, independent opinion.

For information about the safe use of dietary supplements, visit the FTC's Virtual Health Treatments page at www.ftc.gov/healthclaims.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them.

To file a complaint, or to get free information on any of 150 consumer topics, call toll-free, 1-877-382-4357, or use the complaint form at www.ftc.gov.

The FTC enters Internet, telemarketing, identity theft and other fraud related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.



embellish or even make up testimonials to sell their product. Second, you can't generalize one person's experience to others. Anecdotes are not a substitute for valid science.

4. True. Studies suggest that several popular supplements, including herbal products, may provide health benefits. For example, calcium can reduce the risk of osteoporosis, folic acid during pregnancy can prevent birth defects, and there is some evidence suggesting that St. John's Wort may be helpful for some people with mild depression.

Check out any health claims with a reliable source, such as the National Institutes of Health's Office of Dietary Supplements, a public health or scientific organization like the American Cancer Society or the Arthritis Foundation and your health provider.



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Gear your fall workouts for indoors

By KATHERINE MCCARTHY

Shorter days and longer nights don't mean that you need to give up on the fitness regime that summer inspired. There's much that you can — and should — do indoors.

"There's a real chemical motivation to get indoors as the days get shorter and there's more darkness," said Mike Mashuta, owner of Delmar Health and Fitness. "It gets more difficult to play tennis or golf, and exercise can fill that void, and give you an endorphin rush." As the trend in fitness moves toward strengthening the total body, not just the outer muscles, Mashuta said exercising will help with depression, and provide a sense of feeling well.

As people move indoors for their exercise, fitness experts advise taking a baseline measure of your fitness level, and working with a personal trainer. "We've had a lot of seniors join that have been on a rehabilitation program," Mashuta said. "They've been going through a walking program, and want to keep up their momentum."

For people who've been walking outdoors, a treadmill is a good place to continue that habit. With a Lifecycle fitness test, Mashuta said that people can see what they've achieved through their summer sports

regimen, and can work out the most efficient indoor program to keep in shape.

D.J. Taylor of Delmar's all-female gym, Fitness for Her, also advocated a refresher session with a personal trainer.

"Just as kids need to clear out the cobwebs before they go back to school," Taylor said,

There's a real chemical motivation to get indoors as the days get shorter and there's more darkness.

Mike Mashuta

"people also benefit from a session with a personal trainer. It's also a good time to focus on any health issues they might have, and any specific areas they want to work on." Taylor said that working with a personal trainer has become more popular, and gets people into a regular and effective fitness routine. Although Fitness for Her offers a one-time personal training session for new members at a cost of \$30, many people are opting for a package of personal training which works out to about \$20 for six one-and-a-half hour sessions.

"People are training one or two times a week, and making it a part of their lives," Taylor said. "It's better than when people said, 'Oh, I'll get to the gym when I can.' This is a really strong workout in a place that's affordable."

For people moving indoors

and looking for a low-resistance workout, Taylor said the elliptical cross-trainer is an excellent piece of machinery. The elliptical cross-trainer mimics running, but the body feels no impact.

"Anyone, any age, any size, can use this piece of equipment," Taylor said. "It's great for people in rehabilitation, since it's like running in water. You get the intensity and pull of walking and going uphill, without the landing." Another benefit of indoor exercise machinery, Taylor said, is that it

gives your body an even workout. When people walk, run, or engage in any outdoor activities, they may inadvertently be giving their more dominant side a harder workout. "Machines center you, and force you to do things evenly," Taylor said. In Rotterdam, at Leon's Center, fitness is a ball — literally.

In the 14,000 square-foot

space that used to be Powerhouse Gym, David Leon is extremely pumped about core training, which involves the use of outsized Resist-A-Balls.

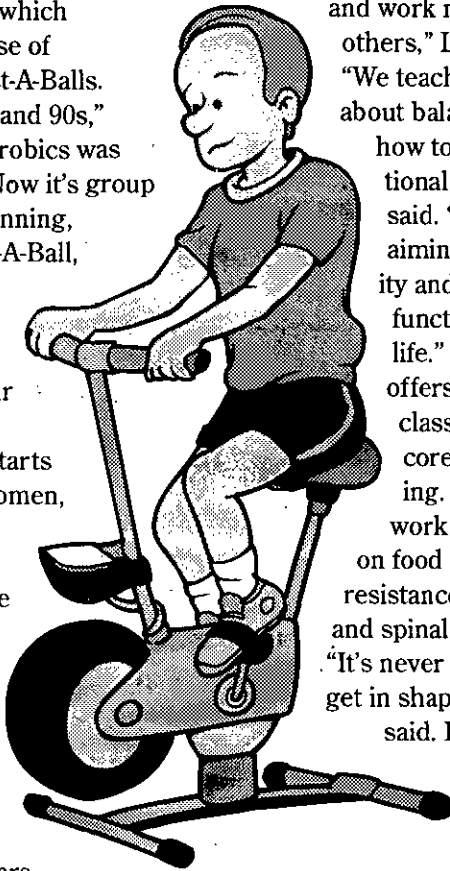
"In the 80s and 90s," Leon said, "aerobics was the big deal. Now it's group training — spinning, Pilates, Resist-A-Ball, and strength training, all aimed at improving your core stability."

Your core starts with your abdomen, and works toward maintaining balance by tuning your body from the inside out. Leon has been in the fitness business for 20 years, and his trainers are all certified by the National Academy of Sports and Medicine.

"Most of our trainers are former clients, who made the transition to feeling so good, and work now teaching others," Leon said. "We teach people about balance, and how to do functional lifts," Leon said. "We're aiming for longevity and improved functionality in life." Leon said he offers about 15 classes a week in core strengthening. Trainers also work with clients on food intake, resistance training, and spinal alignment. "It's never too late to get in shape," Leon said. Leon's Center

also provides martial arts

classes, a day spa and mind/body education classes.



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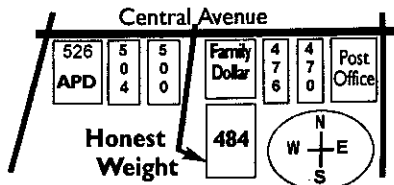
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PBS programs explore workings of the brain

By STEPHEN M. SCANLON

(NAPSA) The WGBH Boston Science Unit is premiering two television programs this fall on PBS that focus on evolution and the development of the human brain.

The first, titled *The Mind's Big Bang*, is the sixth episode in *Evolution*, a seven part, eight-hour mini-series airing on PBS September 24-27, 2001 from 8-10 P.M. E.T. (check local listings.)

Evolution, a multifaceted project, examines the science of evolution and the effect it has

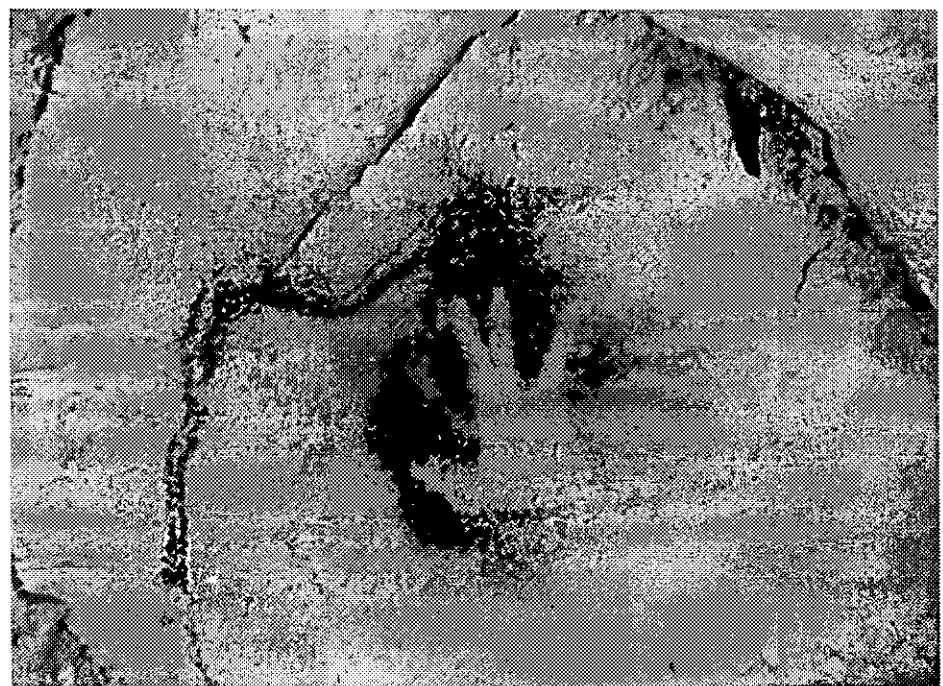
on society and culture. The project includes the broadcast mini-series; an extensive national educational outreach initiative, including classroom and teacher training materials; a hands-on Web site (pbs.org/evolution); and a HarperCollins companion book by acclaimed science writer Carl Zimmer (*Parasite Rex*).

The Mind's Big Bang explores how the human mind as we know it today was born. Was the sudden emergence of creativity, communication, technology and culture exhibited by early modern humans

approximately fifty-thousand years ago simply the result of an increase in brain size, or was it something else?

New, highly controversial scientific research suggests that evolution may have played a key role in elevating early modern humans to the position of the most dominant species on Earth by enhancing their mental capacity for creative, independent thought. Researchers like

Drs. Richard Klein and Steven Pinker—both featured in *The Mind's Big Bang*—posit that small changes in the human brain brought about by the simple mechanisms of evolution, variation and natural selection, catalyzed this revolutionary transformation and enabled early humans to prevail over the Neanderthals, with whom they had co-existed for



This handprint from the Chauvet Cave in southern France represents the cultural boom that took place some 50,000 years ago, as a result of what scientists believe may have been a neurological change in the human brain.

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tens of thousands of years.

The Mind's Big Bang also explores where the power of the modern mind may ultimately lead us.

On Tuesday, October 23, 2001 at 8:00 P.M. E.T., (check local listings), NOVA will premiere *Secrets of the Mind*, a program that explores the work of neuroscientist Dr. V.S. Ramachandran—director of the Center for Brain and Cognition at the University of San Diego.

Ramachandran attempts to combine clinical observations of individuals and scientific reasoning to explore how the brain reacts when it no longer gets expected input from a particular sector of the body.

For example, he examines the case of a young man who lost his arm in a motorcycle accident but can still feel the limb, or the case of a blind man who can still see. For Ramachandran, the interesting question is how time after time the mind constructs a model for reality separate from what actually exists.

Materials for teachers, including more information and insights into the program can be found at www.pbs.org/nova.

NOVA is produced for the WGBH Science Unit; *Evolution* is a co-production of the WGBH/NOVA Science Unit and Clear Blue Sky Productions.

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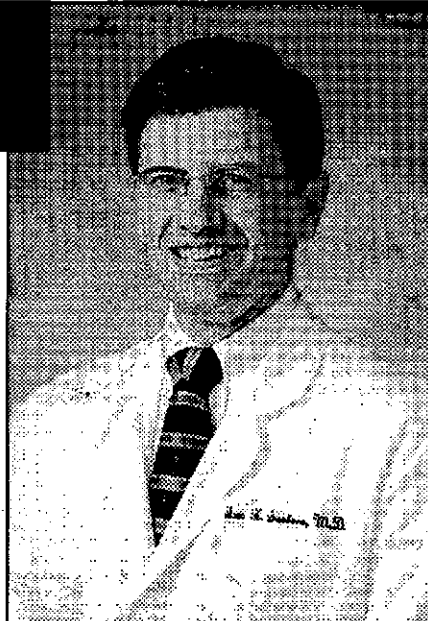
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Dr. Santoro's area of practice includes clinical cardiology and cardiac electrophysiology. His area of expertise is the treatment of patients with cardiac arrhythmias, or heart rhythm disorders, including the management of patients with pacemakers and cardiac defibrillators. His special interest is radiofrequency catheter ablation, a curative procedure for rhythm disorders. Dr. Santoro will be working primarily at St. Peter's Hospital and Albany Medical Center, in Albany, N.Y.

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Hormone replacement therapy has benefits, risks

By DONNA J. BELL

"I just couldn't believe it," said Marcy Perkins of Scotia. "Menopause? That happens to old women and I wasn't even 50 yet.

"And then I wondered 'Would the medicine my doctor recommended be safe?' I was confused by everything I had read about estrogen."

Perkins was wise to have questions, since whether or not to undergo hormone replacement therapy (HRT) is a question that hasn't fully been answered by the medical community. Some experts recommend hormone treatments for all menopausal women unless there is a medical reason they shouldn't take the drugs, and others are opposed to the treatment for most women. Many doctors cautiously recommended hormone therapy for some, but not all, women.

In the 1950s and 1960s, doctors promoted estrogen to relieve menopausal symptoms. But by the mid-'70s, estrogen was linked to uterine cancer. Soon doctors found that they could lower the dose of estrogen and dramatically lower the cancer risk and then discovered that by combining estrogen with progestin, a synthetic form of the female hormone progesterone, the risk could be almost eliminated. Now HRT refers to the treatment that combines both estrogen and progestin and is shown to help prevent heart disease and osteoporosis in women.

In 1991, a Food and Drug Administration committee recommended that hormone therapy be made available to "virtually all" postmenopausal women, except those for whom it is clearly a danger. On the other side of the coin, those who oppose hormone replacement therapy see it as a growing trend to view natural aging signs of a healthy woman as some kind of disease that automatically requires medication.

HRT opponents also argue that there haven't been enough long-term clinical studies to prove its safety and effectiveness. Some of the benefits shown by HRT include the prevention of osteoporosis, the progressive thinning of bone.

HRT's effectiveness in preventing bone loss is firmly established and it's been shown that estrogen can effectively halt and even reverse osteoporosis.

While it's not fully understood why, estrogen has also been shown to protect the heart. It is known that estrogen can raise the "good" high-density (HDL) cholesterol associated with a reduced risk of heart disease, while also decreasing low-density (LDL) cholesterol or "bad" cholesterol.

What is not clear is what role progestin plays because of the lack of long-term studies.

Of course, HRT also reduces or eliminates many of the uncomfortable symptoms of menopause such as hot flashes, vaginal dryness and atrophy,

relief by taking HRT for a year or two and have no menopausal symptoms when the hormones are stopped.

There are some risks with HRT, such as an increased risk of certain types of uterine and breast cancer.

As with oral contraception,

taking hormone or estrogen therapy can also double the risk of developing gallstones. The most common side effects of HRT include breast pain and

vaginal bleeding. Other reported side effects include nausea, cramping, headaches, fluid retention, vaginal discharge, depression, irritability, weight gain and bloating.

For now, the best option women have to fully discuss their options and weigh the benefits and the risks with their doctor in order to make an informed decision.

"Did I make the right choice to get hormone replacement?" Perkins said. "I'm comfortable with my decision, for right now. But I do read news reports and stay up on the studies that monitor the drugs that I'm taking."

I'm comfortable with my decision, for right now. But I do read news reports and stay up on the studies that monitor the drugs that I'm taking.

Marcy Perkins

and emotional distress. It can also improve skin collagen with smoother and thicker skin, firmer breasts, and improved muscle tone. Some women find

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Survey provides insight into workplace headaches

When people refer to the "headaches" of their job, they're generally not speaking literally. However, a recent survey has found that, indeed, work may cause the head to throb.

A recent survey, which included responses from more than 5,000 professionals, found that more than 75 percent of people in the workforce say they have experienced headaches at least once a month.

According to the survey, the leading causes of these headaches are lack of sleep (49 percent) and work-related stress (47 percent).

According to Dr. Larry Newman, director of The Headache Institute at St. Luke's-Roosevelt Hospital in New York City, "This survey mirrors what I see in my practice. Too often, factors such as stress, environment and even skipped meals lead to on-the-job headaches and reduced productivity."

Work itself was cited as the source of headaches most often by accountants (70 percent),

bus/truck drivers (69 percent) and librarians (65 percent). Meanwhile, among the 10 professional categories, farmers (49 percent) were least likely to suffer from work-induced headaches.

Respondents in each of the 10 professional categories were also asked which work activities give them the biggest headaches:

- Librarians—People who have no idea how to use the research resources (56 percent), overdue books and reference materials not put back in their correct location (16 percent each);

- Law enforcement—Sob stories (49 percent), court appearances (20 percent) and booking people (12 percent);

- Bus/truck drivers—

Bumper-to-bumper traffic (38 percent), bad weather (31 percent) and uncooperative passengers (18 percent);

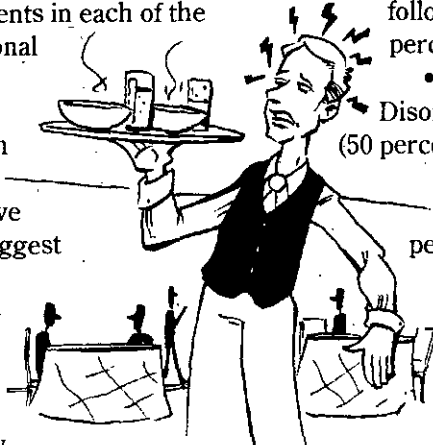
- Nurses—Long hours (57 percent), rude patients (20 percent) and patients who don't follow directions (12 percent);

- Accountants—Disorganized clients (50 percent), tax season and missing receipts (21 percent each);

- Waiters/waitresses—Rude customers (49 percent), high-maintenance orders (19 percent) and large parties (12 percent).

For information on headaches and tips on how to prevent them, visit the Excedrin Headache Resource Center at www.excedrin.com.

Among different professional groups, the causes of headaches are almost as varied as the jobs themselves.



Take simple steps to avoid foot pain

As we approach the high heat of middle summer many people will take part in activities that are tough on their feet. This includes sports, hiking, walking and spending time outdoors in bare feet. It's important that you take some time to protect your feet and not take them for granted. So here are some helpful hints from Gail Leonardo Sundling, master shoemaker and owner of the Delmar Bootery in Stuyvesant Plaza.

Wear shoes, old sneakers or flip-flops on the beach, around the pool, in the water or in the locker room to protect your feet from injury and infection.

Tanning lotion is not just for the face and body but should also be applied to the feet. Keep the feet clean and dry and inspect them weekly.

If traveling by air or car make sure you flex your feet or get up and walk around when possible.

After a day of sightseeing give your feet a treat with a massage, a soak or by elevating them for a short while.

If you can, walk as often as possible to exercise your feet.

The feet contain 26 bones, 33 joints 107 ligaments and 19 muscles. This will also help your general health.

Wear a shoe, sandal or sneaker that provides good arch support, a heel cup and softer soles to cushion your feet.

Rotate your shoes and sneakers so that they do not get worn out and lose their protective value.

Allow leather shoes to dry out in cedar shoe trees. This will protect the leather and your feet.

Remember, when buying new shoes, fit and comfort is more important than style.

If your feet are injured or you feel pain when walking, get your feet to the doctor fast. Foot pain is not a normal condition. People who have diabetes or circulatory problems must take extra precautions to protect their feet especially in the heat.

Taking a little time to buy shoes from well trained professionals can protect your valuable feet and add years of pleasurable miles to your walking experience.

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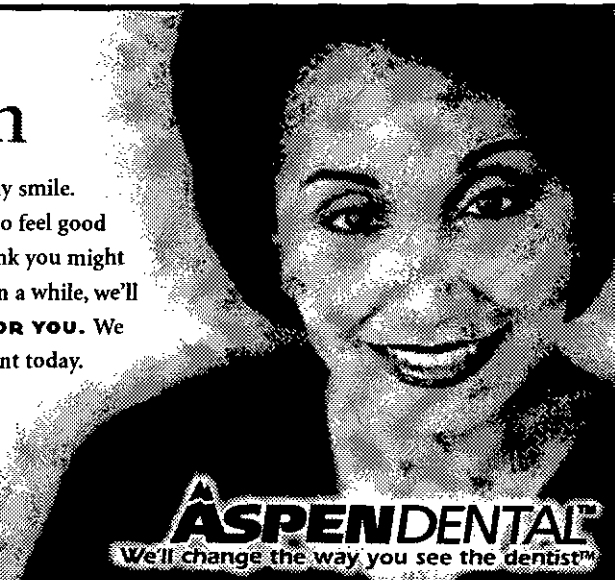
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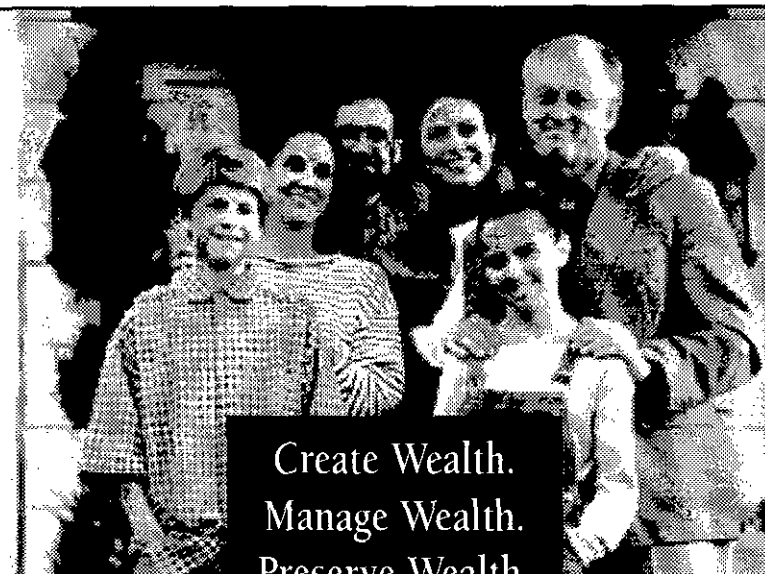
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Heart disease ranks high as men's health concern

Are you concerned that you or someone you love will one day be affected by heart disease? If so, you're not alone.

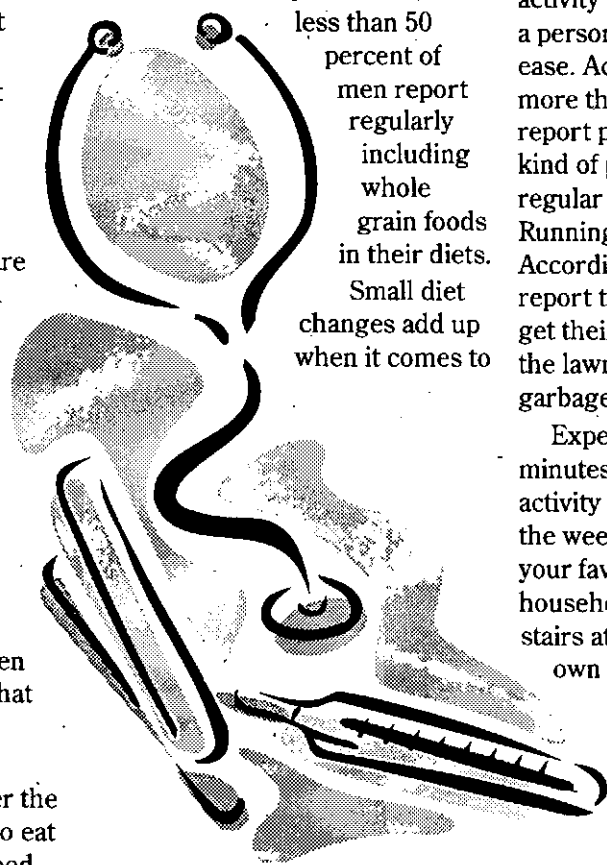
According to a recent survey, men list heart disease (53 percent) as their No. 1 health fear.

The survey showed that 62 percent of men are concerned that they will be personally affected by heart disease.

These worries are supported by the fact that heart disease is the No. 1 cause of death among both men and women in the United States. The good news is that there are several steps that men (and women) can take that may reduce their heart disease risk.

One way to help lower the risk of heart disease is to eat right. Making healthy food choices can be as simple as choosing a cereal rich in whole grain. In fact, diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of

heart disease. According to the survey, there's lots of room for improvement, as less than 50 percent of men report regularly including whole grain foods in their diets. Small diet changes add up when it comes to



healthful eating. It only takes about five minutes to enjoy a bowl shredded wheat, and 92 percent of men surveyed said they would be willing to invest this amount of time as a step

toward their future health.

In addition to diet, physical activity plays a role in reducing a person's risk for heart disease. According to the survey, more than 90 percent of men report participating in some kind of physical activity on a regular basis. Pumping iron? Running marathons? Not quite. According to the survey, men report they are more likely to get their exercise by mowing the lawn or taking out the garbage than visiting the gym.

Experts recommend 30 minutes or more of moderate activity on most or all days of the week, which can include your favorite sport, daily household tasks, taking the stairs at work, or doing your own yard work.

The nationwide survey was conducted among 400 men.

The margin of error for the study is +/- 4.0 percent overall at a 95 percent confidence level.



More men get their exercise by doing chores such as yard work than by going to the gym, showed a recent survey.



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Beware of Internet 'cure-all' claims

A former healthcare practitioner from Seattle had several reasons for complaining to the Arizona attorney general about a Web site touting an AIDS cure.

He knew that the claim was bogus: Scientists have yet to discover a cure for AIDS. And he knew that the \$1,100 charge for a six-week "treatment" to cure the disease was tantamount to stealing. But the "clincher" was the claim that the product was "100-percent guaranteed."

The man, who asked that his name not be used, said the guarantee could lead people who used the product to think they had been cured when they hadn't, a fact that could cause them to put others at risk for HIV infection.

False promotions like this have the Federal Trade Commission (FTC) concerned, too. "These bogus claims put consumers' health at risk," said Howard Beales, director of the FTC's Bureau of Consumer Protection. "And with millions of Americans going to the Internet for health information, it's doubly troubling."

In recent years, the FTC and other law enforcement agencies have stepped up efforts to prevent the proliferation of false health claims on the Internet. They're using the latest technology to track down fraudulent marketers quickly and efficiently and bringing enforcement actions when appropriate.

But Internet health scams are still too common, so the FTC also is educating consumers on how to shop safely online for health products and encouraging them to talk to their doctor or other healthcare provider about the safe use of supplements and other alternative health products. They're also encouraging the public to report suspicious health claims to government fraud fighters.

The complaint the Seattle man filed, for example, prompted the Arizona attorney general to charge a local marketer with peddling a bogus AIDS treatment. The claims were removed from the Web site.

The lure of the Internet The Internet offers health product hucksters low-cost access to a huge market. A recent study found that more than 90 million Americans use the Internet to find health-related information.

Online marketers — legitimate as well as fraudulent — market their products through Web sites, spam and chat rooms. The cost is reasonable.

"A marketer can design and post a Web site for a lot less money than it takes to buy ad space in traditional media," FTC senior attorney Richard Cleland said.

Marketers also place misleading metatags on their Internet sites to increase the

likelihood that their product will turn up on search engines. This is among the charges the FTC brought against an Internet marketer of a shark cartilage product promoted as a cancer treatment without adequate

could keep them healthier longer, or take precautions to prevent the spread of their disease. Some products can interact with medicines, causing serious side effects or reducing the medicine's ability to work as it should. And some products

John's Wort. Another settlement required consumer refunds for electronic devices and herbal remedies that were sold as cures for cancer, AIDS, Gulf War syndrome and many other diseases. All were required to remove their bogus claims from the Web. In addition, the FTC estimates that more than 100 other Web sites have taken down their sites or removed their claims after the FTC contacted them.

"These marketers apparently forgot the first rule of advertising law," Cleland said.

"If you're going to make a claim, you better have solid evidence to back it up."

The Food and Drug Administration's efforts to curtail online marketing of unapproved drugs have resulted in at least 12 product seizures, 11 product recalls, 43 arrests and 22 convictions. The FDA continues to investigate more than 80 incidences of Internet health fraud and unapproved drug products.

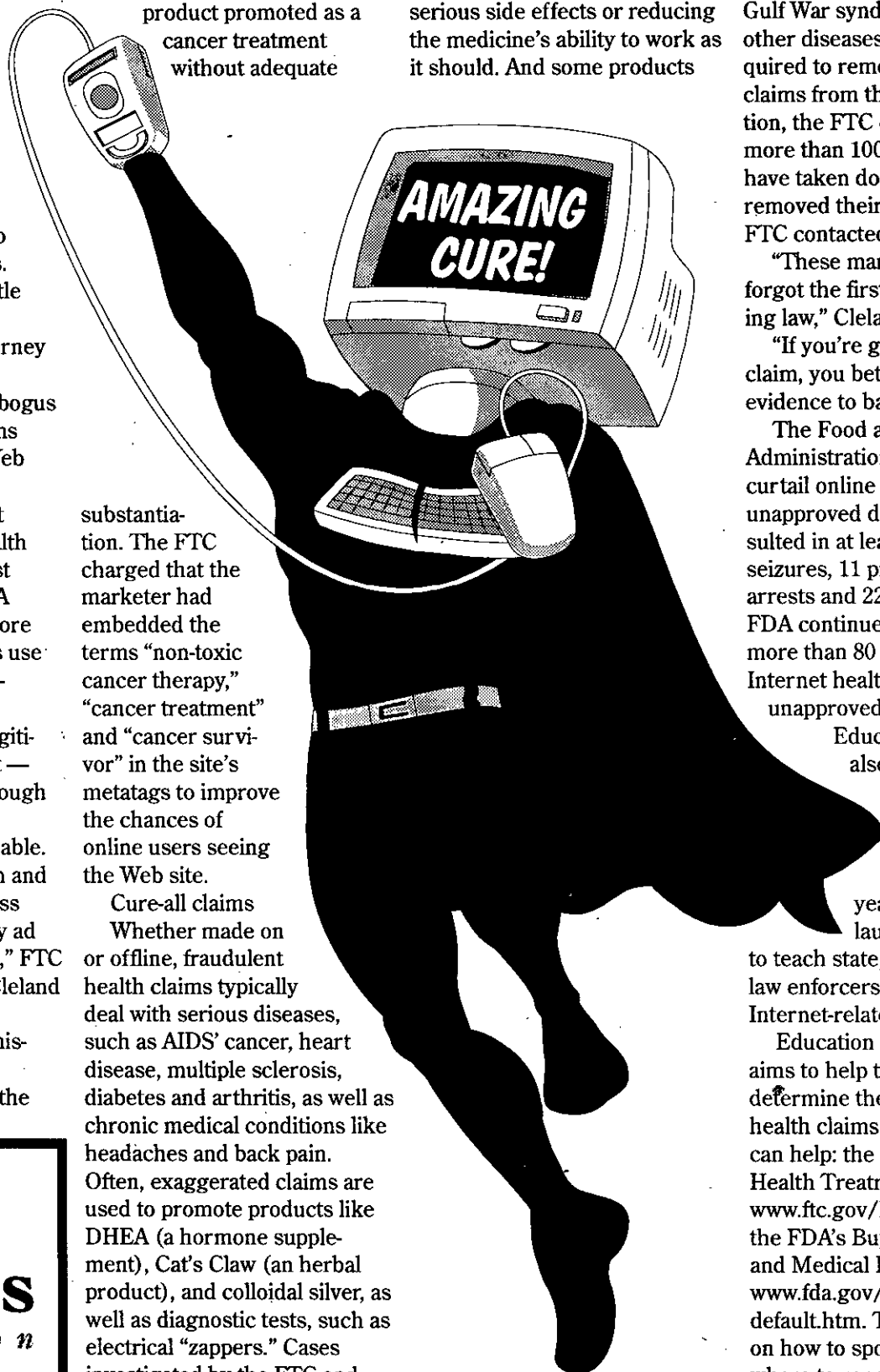
Education efforts — also key in fighting fraud — target consumers, as well as law enforcement. Last year, the FTC launched a program to teach state, local and foreign law enforcers how to investigate Internet-related fraud.

Education for consumers aims to help them learn how to determine the legitimacy of health claims. Two Web sites can help: the FTC's Virtual Health Treatments at www.ftc.gov/healthclaims and the FDA's Buying Medicines and Medical Products Online at www.fda.gov/oc/buyonline/default.htm. The sites give tips on how to spot health fraud and where to report suspicious claims.

"The public is important in the fight against health fraud," Cleland said. "If consumers and businesses tell us about problems, we can investigate and take action. Using consumer complaints, we can identify and stop the promotion of fraudulent health claims on the Internet."

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them.

To file a complaint, or to get free information on any of 150 consumer topics, call toll-free, 1-877-FTC-HELP (1-877-382-4357), or use the complaint form at www.ftc.gov. The FTC enters Internet, telemarketing, identity theft and other fraud-related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.



substantiation. The FTC charged that the marketer had embedded the terms "non-toxic cancer therapy," "cancer treatment" and "cancer survivor" in the site's metatags to improve the chances of online users seeing the Web site.

Cure-all claims Whether made on or offline, fraudulent health claims typically deal with serious diseases, such as AIDS, cancer, heart disease, multiple sclerosis, diabetes and arthritis, as well as chronic medical conditions like headaches and back pain. Often, exaggerated claims are used to promote products like DHEA (a hormone supplement), Cat's Claw (an herbal product), and colloidal silver, as well as diagnostic tests, such as electrical "zappers." Cases investigated by the FTC and state law enforcement agencies have involved unsubstantiated claims for the health benefits of shark cartilage, Essiac herbal tea, colloidal silver and electrical therapy devices.

"A health fraudster's stock technique is to exaggerate the science," Cleland said. "Legitimate marketers know they need appropriate substantiation to show that a product will do what it claims."

Fighting health fraud Why the concern about health fraud? Like other fraud, it cheats consumers out of their money and harms legitimate marketers striving to compete fairly. Health fraud often targets the very sick and even desperate consumers who may even be lured away from treatments that have proven benefits.

It can mislead people who use an advertised "cure-all" product into thinking they're disease-free. As a result, they may not seek or continue medical care, receive the drugs or legitimate treatment that

may contain harmful substances. In one case, reported in the *Annals of Internal Medicine* in 2000, a 52-year-old man died from kidney and liver failure, which his doctors attributed to his use of hydrazine sulfate, an unapproved product that had been touted on the Internet for treating cancer.

To combat health fraud on the Internet, the FTC launched Operation Cure.All in 1999. It is an ongoing federal and state law enforcement and consumer education campaign. The FTC has since brought 13 law enforcement actions against Internet marketers for unsubstantiated health claims. One case resulted in a \$1 million settlement with the maker of the shark cartilage product promoted as a cure for cancer. Two other settlements stopped companies from claiming that St. John's Wort was a safe and effective treatment for HIV/AIDS and required warnings about the serious drug interaction risks associated with St.

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Laser surgery offers freedom from lenses

By DON CAZER

Recent laser surgery developments have created a revolutionary breakthrough in visual freedom. Advanced new procedures now make it possible for the majority of people with nearsightedness, farsightedness and astigmatism to achieve clear, natural vision, without the use of corrective lenses.

More than three million people in many countries around the world are already enjoying the benefits of their new ability to see for themselves.

In the Capital District one of the leaders in this laser surgery procedure is the Gimbel Vision Correction Center located on Troy-Schenectady road. Dr. Jordan Kassoff, and his associate Dr. Robert M. Webb, board certified ophthalmologists, are refractive surgeons that perform the vision correction on patients in that facility. "We treat about 60 to 100 patients here in this center each month," said Kassoff. "On an across-the-board basis, nationwide, there is a 99 percent

success rate of restoring vision to 20/40, or better, without the need for corrective lenses, glasses or contacts," he added.

This level of vision is good enough to obtain a drivers license with the need for glasses. Over 90 percent of

It is an outpatient treatment that uses a light beam to reshape the surface of the eye (the cornea) and improve vision. The laser light gently pulses to remove microscopic amounts of tissue, altering the curvature of the cornea and allowing visual images to be more sharply focused on the retina. The

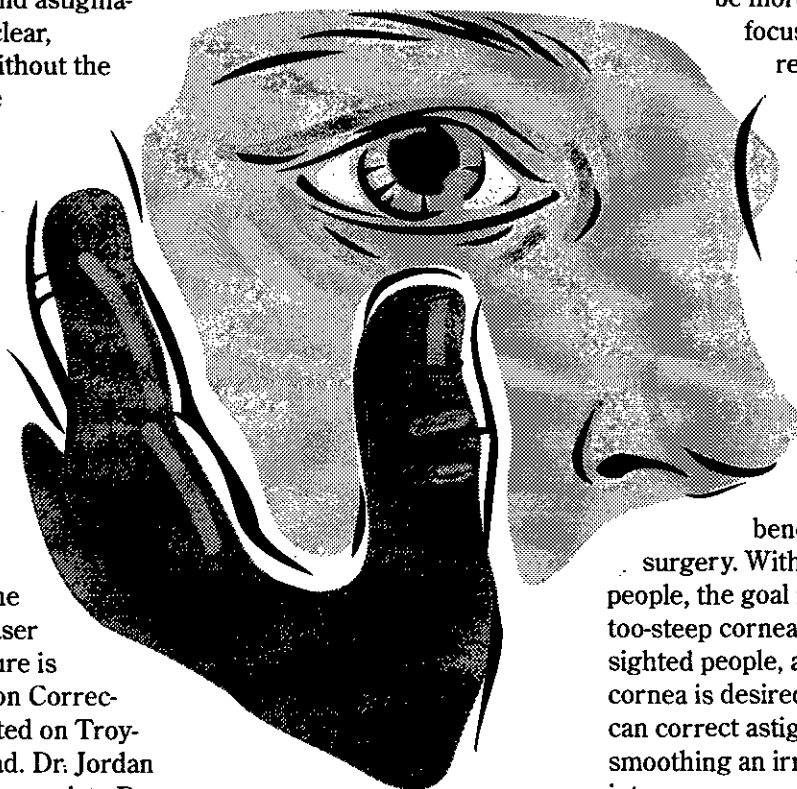
process is relatively pain free and good vision is usually restored by the very next day, if not sooner.

Both nearsighted and farsighted people can

benefit from LASIK

surgery. With nearsighted people, the goal is to flatten the too-steep cornea; with farsighted people, a steeper cornea is desired. Also, lasers can correct astigmatism, by smoothing an irregular cornea into a more normal shape.

The cost of the surgery varies from about \$900 per eye to over \$2,000. The Gimbel center charges about \$1,500 per eye where all aspects of the evaluation, surgery, post operative care and any possible enhancements or later adjustments performed by the surgeon are included. Usually a



patients get correction to 20/25 or better.

The most common refractive process for the vision correction is called LASIK, short for "laser-assisted in situ keratomileusis." It is a process that reshapes the eye so that the image focuses more sharply on the retina as in a normal eye.

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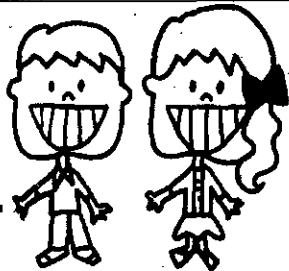
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group health insurance plan does not cover this procedure. Nor does Medicare.

The equipment used by Dr. Kassoff is manufactured by VISX. The FDA has approved the VISX laser for the treatment of nearsightedness, farsightedness, and astigmatism for eligible patients. More than 1,200 VISX laser systems have been installed worldwide since the company began marketing its systems 1989. VISX received its first U.S. Food and Drug Administration market approval in 1995.

To be a candidate for surgery, a person must generally meet all of the following qualifications: Be at least 18 years of age; have stable vision for one

year; have a correctable vision problem with low, moderate or high degrees of nearsightedness, farsightedness or astigmatism; have eyes free of complicating injuries and diseases; and must not be pregnant or nursing

Gimbel Eye Center's low stress approach to LASIK surgery allows the patient to maintain familiar routines. People do not have to miss meals or medications prior to surgery. Once they arrive at the surgery center, they do not have to change into hospital gowns, but can remain in their own clothes. For the procedure, the patient sits in a surgical

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LASER from Pg. 9

chair which reclines into a horizontal position. A surgical assistant instills topical anesthetic drops to numb the eye for a painless correction.

To perform LASIK, the surgeon first creates a flap of tissue on the surface of the eye. To accomplish this non-laser portion of the procedure, the surgeon uses a precise cutting instrument, called a microkeratome. The

microkeratome cuts through 1/4 to 1/3 of the thickness of the cornea creating a thin flap of tissue. This clear flap is lifted up and folded back. The surgeon then positions the patient's eye under the laser which is programmed to remove microscopic layers of tissue from the internal part of the cornea, called the stroma, under the flap. The cool laser beam vaporizes tissue away, one

microscopic layer at a time, without burning or cutting. This tissue does not replace itself after it is removed. Since the laser light is created at a specified wavelength that does not pass through the cornea, no other part of the eye is affected.

After the tissue has been removed, the surgeon places the flap back in its original position where it heals into place with no stitches.

The cornea has amazing natural bonding qualities. Within a few minutes, the flap adheres to the underlying tissue. The edges of the flap heal over in 12 to 48 hours, with the entire flap gaining adhesive strength as it continues to heal in the following weeks and months.

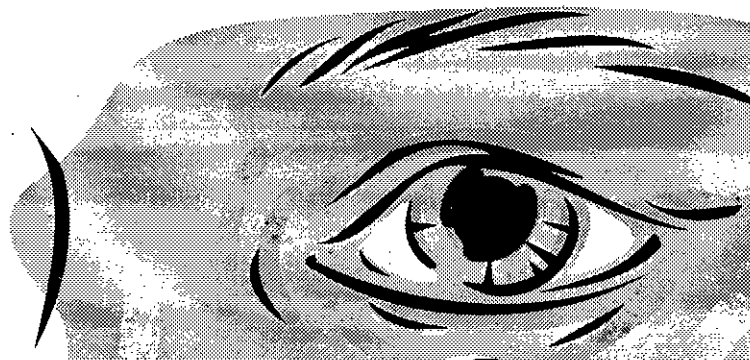
For each eye, the laser application time is usually less than one minute and the whole

LASIK procedure takes around 15 minutes.

After surgery visual recovery is rapid. Within one or two days, most patients see clearly, with minimal side effects. Most

following surgery are most often limited to slightly drier eyes, minor increases in light scattering, decreased clarity in dim light and seeing haloes around bright lights at night.

These effects are more common when the pupil is larger than normal and the correction is high. It is rare for these side effects to interfere with normal



activities, and they diminish as the eye heals.

The majority of patients receive full correction in one treatment. For those who do not, a second treatment or enhancement is generally possible.

"LASIK correction is a very safe procedure," according to Dr. Kassoff. When complications do arise, they can generally be effectively treated. The Gimbel Eye Center experience has shown a low incidence of complications: Infections are very rare (less than 1/5,000), but they can damage the cornea if not resolved with early treatment. They are usually identified early and effectively treated with medications. In less than 2 percent of patients a slight haze or a small amount of uneven astigmatism results from surgery. These problems usually resolve as the eye heals. However, if they do not, they are usually treatable through a second procedure.



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Healthy diet, lifestyle key to weight loss

By MEG WILSON

Do I eat healthy foods? Do I get enough exercise? Is my family leading a healthy lifestyle?

These are questions that many of us ask ourselves. We have become more sedentary and highly dependent on convenience foods, and the damage is apparent. People are being diagnosed with diabetes, heart disease, and stroke at a much earlier age. Many of us have risk factors that we can not change, such as our family history, ethnicity or our age. However, other risk factors may be modified by changes in our lifestyle. These include: tobacco use, high levels of cholesterol and other fatty substances in the blood, high blood pressure, physical inactivity and obesity. Other contributing factors include stress, hormonal imbalance and excessive use of alcohol.

Ask yourself these questions: Would I like to eat better, lose weight and become more physically fit? Am I willing to make some changes to improve my health and the health of my family?

What can be done to eat well and achieve a healthy weight? Here are some suggestions:

- Visit a registered dietitian to help set realistic goals and come up with a meal plan that is right for you. You will learn how many calories, how much protein, carbohydrate, fat and fluid you will need each day. Ask for information about healthy eating and meal preparation.

- Use the "Food Guide Pyramid" to help make healthy choices. Try to eat more whole grains, vegetables, fruits, low fat proteins and mono-unsaturated fats. Eat less processed carbohydrates, fatty meats, whole-fat dairy products and less added fat and salt.

- Monitor your portion sizes (most Americans eat portions that are 24 times the recommended amount). Get a scale to measure your portions until you are familiar with them. Keep a journal of your food and beverage consumption. Include portion sizes and condiments. The registered dietitian can help you calculate the amount of your intake on your next visit and make changes in your plan as needed.

- Slow down: if you eat quickly you will likely eat more.

- Try not to skip meals. Eat breakfast, lunch and dinner at the same time every day, and add small healthy snacks to keep from eating too much at your meals. (Remember that if you snack you must eat less at meal time).

- Drink low-calorie or no-calorie beverages as often as possible (water is best — squeeze lemon or lime juice in

for added flavor). Regular soda may add hundreds of calories to your day. Excessive juice consumption will also increase your caloric intake. Decrease your consumption of alcohol, which is very high in calories.

- Make healthy choices when eating away from home. Ask questions about food preparation. Ask for smaller portions. Take half of your meal home for another day. Get it in to the refrigerator promptly to avoid food-borne illness. Avoid fast foods, which are very high in calories, fat and salt. If you must go to a fast food restaurant, choose salads or order a small burger and skip the fries.

- Plan your meals before you go to the supermarket. Make a list and stick to it. Try not to go to the supermarket when you are hungry. Cook meals ahead and freeze them for when you don't have time to cook.

- Do not rush in the supermarket. Read labels and look for products that are low in total and saturated fat, carbohydrates and sodium. (Most of us eat more sodium or salt than we need, and this may exacerbate or increase risk of developing high blood pressure).

- Keep healthy snacks available.

- If you have a bad day and do not eat well, don't give up. Tomorrow is a new day.

- Gradually increase your exercise as tolerated and as approved by your physician. Consider consulting an exercise

physiologist, physical therapist, or a certified personal fitness trainer for advice on safe and effective exercise. Incorporating more activity in your day will help. Take the stairs instead

quick, easy weight loss or promoting other health benefits. Many of these products may be ineffective or harmful. They are not regulated by the Food and Drug Administration

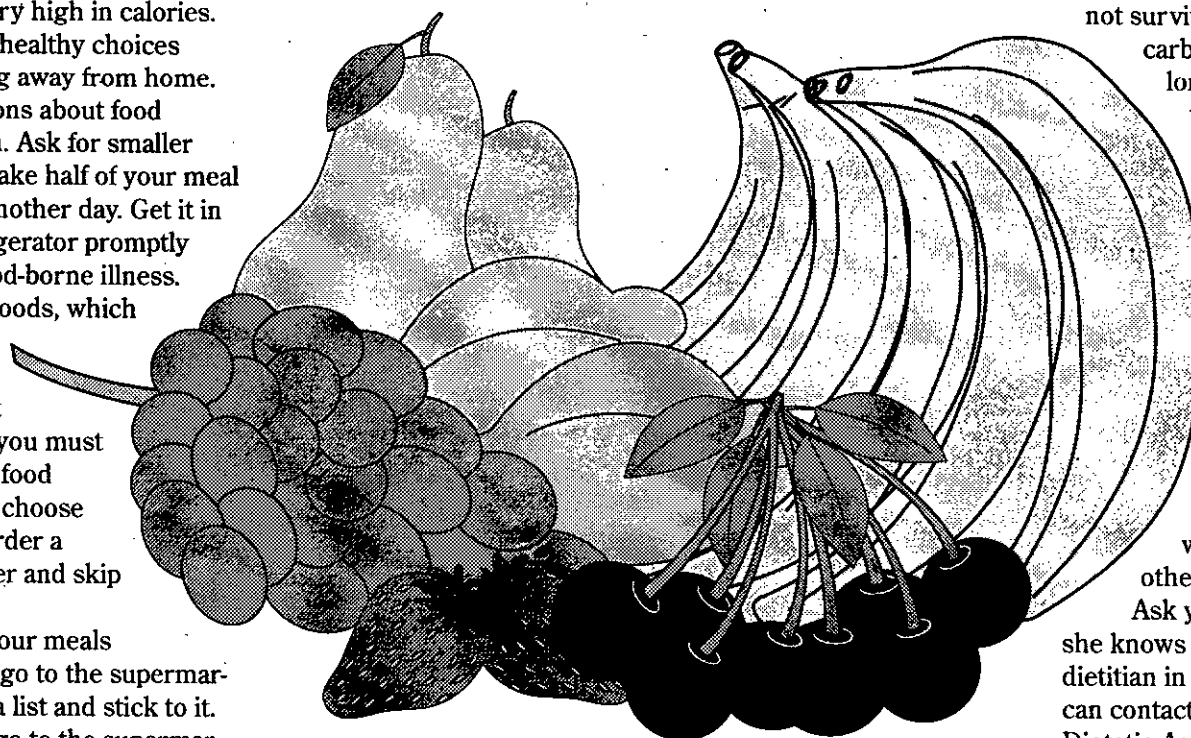
induction phase the body is in a state called ketosis; which is uncomfortable and may be dangerous. Eating a diet high in saturated fat can increase risk of heart disease. Most of us can not survive on a very low

carbohydrate diet for long. Carbohydrate is the body's primary fuel. The bottom line is that you must consume fewer calories (from carbohydrate, protein, fat, and alcohol — they all provide more calories) than your body will use each day if you want to lose weight. There is no other way.

Ask your physician if he/she knows of a registered dietitian in your area, or you can contact the American Dietetic Association. To reach this organization, call 1-800-877-1600, extension 4193 between 9 a.m. and 4 p.m. Central time. Or you can inquire via the Web site at www.eatright.org.

Be patient. Change takes time. Weight loss should be gradual. It will take time to adjust to eating different types of foods and adjust to exercise. A few small changes can make a big difference. Ultimately you and your family will feel better and improve your health, which is certainly worth the effort.

Meg Wilson is a registered dietitian and New York state certified dietitian/nutritionist. She is the owner of "Nutrition Counseling for You" Of Slingerlands. For information or an appointment call (518) 330-3520.



of the elevator, and walk as often as possible.

- See your physician for an examination before you or your family members start an alternative eating or exercise program. It is important to keep your physician informed of changes you are making which may impact your health. Mention changes in your health that you have noticed since your last visit.

Beware of information obtained from the mass media and the Internet. Use only professionally administered and monitored sites. If you are unsure if a source of information is reliable, ask your physician or a registered dietitian. Beware of products promoting

at this time, and are not subject to scrutiny for purity, efficacy or safety. Never use any such product without checking with your physician, dietitian, and pharmacist. Many of these products could have harmful interactions with medications.

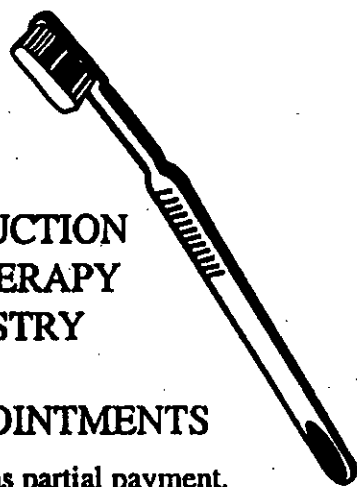
What about "fad" diets? Two popular diets are the Ornish diet and the Atkins diet. Some "fad" diets do have merit, but may not be right for everyone. For example, the Ornish diet is very low in fat but very high in carbohydrate, which may cause a dangerous increase in a fatty substance in the blood called triglyceride.

The Atkins diet is low in carbohydrate, but high in saturated fat and protein. In the

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Allergies or sinusitis? Does your nose always know?

It's allergy season and you are feeling it — pressure between your eyes or in your forehead, a stuffy nose, and itchy, watery eyes. If your symptoms seem worse than usual or last more than 10-14 days, it could be more than just allergies. You could have sinusitis — a sinus infection-and

should see your doctor.

What's the connection? Irritation from allergies can cause sinuses to become

inflamed and filled with mucus, resulting in blockage of vital nasal drainage. Without drainage, viruses or bacteria are more likely to breed and can cause a sinus infection.

Thirty-five million Americans suffer from sinusitis each year, but many do not seek the treatment they need. Because the symptoms of bacterial sinus infections are similar to those of allergies and respiratory viruses (like a cold), you may find it difficult to tell the difference and know when to see a doctor. Here are characteristics of each and what to do if you are diagnosed.

Allergy symptoms

- Sneezing, stuffy, runny and/or itchy nose
- Clear or whitish nasal drip and tickle in throat
- Itchy, watery, or burning eyes
- Mild pressure or pain in upper teeth, cheeks, top of nose, between eyes, or in forehead

What to do

- Avoid exposure to allergens and control environment when possible
- Drink plenty of fluids
- Avoid smoking, caffeine and alcohol
- If recommended by a doctor, take a non-sedating antihistamine or decongestant to reduce nasal congestion and swelling; use steroid eyedrops to relieve itchy, watery eyes and use a steroid nasal spray or an additional anti-inflammatory medication to prevent allergy symptoms

Viral sinus

infections symptoms

- High-grade fever (101.5 F or higher) at times
- Generalized body aches and fatigue
- Coughing
- Drainage from nose thickens
- Nasal discharge is clear to yellowish
- Feel need to see physician within two days of symptom onset

What to do

- Wash hands frequently and properly
- Drink plenty of fluids
- Avoid smoking, caffeine and alcohol
- Use humidifiers to control room moisture
- If recommended by a doctor, take an over-the-counter pain reliever, take a decongestant to help relieve pressure and

congestion, and/or use over-the-counter decongestant nasal spray for a short period of time

• Do not ask the doctor for an antibiotic, as it will not be effective against a viral infection. Overuse and misuse of antibiotics can cause bacteria to become resistant to currently available antibiotics

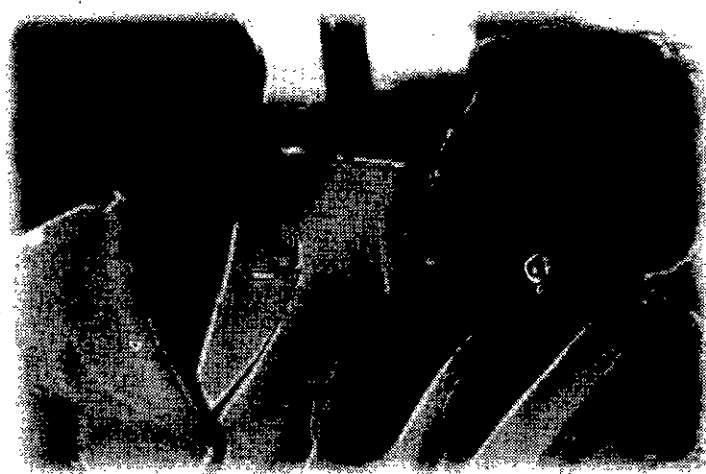
Bacterial sinus infection symptoms

- Low-grade fever (101.5 or lower)
- Moderate to severe pressure or pain in upper teeth, cheeks, top of nose, between eyes, or in forehead
- Stuffy nose with thick, yellow to brown or bloody mucus

What to do

- Follow tips for viral infections and:
- If your doctor prescribes an antibiotic, take all the medication as instructed even if you feel much better within a few days of starting your prescription. If you do not take all medication, the infection may return and some bacteria may develop resistance to the antibiotic you were given.

To learn more about sinusitis and how to reduce your risk, visit www.SinusFacts.com, a new Web site sponsored by Bayer Corporation. Information about sinus conditions and an interactive quiz can help you determine if your symptoms warrant a trip to the doctor.



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Teams displaced as school works on fields

By ROB JONAS

Don't look for the Voorheesville football team playing home games behind Clayton A. Bouton Junior/Senior High School this fall.

The same thing applies for the Voorheesville boys and girls soccer teams.

Those teams, plus the girls swim club Voorheesville shares with Guilderland High School, have had to relocate for the 2001 season as the athletic facilities at Bouton get updated.

"My understanding is that they are on schedule," Voorheesville athletic director Joe Sapienza said. "It's been a dry summer, and they're moving quick. Things are getting done."

One of the most noticeable changes is at Buckley Memorial Football Field. A new all-weather track has been put in place, which has pushed the football field over several yards from its former location. A set of permanent bleachers will be built along one side of the field, which will replace the limited bleacher seating that had been there.

Because of the additions to Buckley Field, the softball fields have been moved from behind the junior/senior high school to a new set of off-campus athletic fields. The complex will also have five soccer fields when completed, but varsity home games will continue to be played behind Bouton.

Other changes to the fields outside the junior/senior high school include the addition of a second baseball field and the elimination of a patch of woods that separated the varsity soccer field from the old softball fields.

"It's all laid out and it's all graded," Sapienza said of the fields. "You've got to get grass on

them (though)."

Inside the school, the old swimming pool next to the gymnasium has been filled in as a new, six-lane pool will be built. That has forced the Guilderville girls swim team to find a new home for the fall.

"The girls are currently swimming at (the College of) St. Rose, and the boys will probably do the same (in the winter)," Sapienza said.

Sapienza's varsity football team has relocated its practices to Swift Road Park and will play its home games at Guilderland High School. The boys and girls soccer teams will call the Nott Road soccer fields in Guilderland their home for practices and games.

"The people at the town park in New Scotland and the people at Nott Road have been incredibly cooperative in terms of making certain everything is ready to go," Sapienza said. "The transportation department has also been cooperative in making certain everybody gets to where they have to go."

Mickey Mantle team schedules tryouts

Tryouts for the 2002 Bethlehem Mickey Mantle Baseball Team will be held on Sunday, Sept. 9, and Sunday, Sept. 16, at Line Drive from 9:30 a.m. to 1:30 p.m.

All players who live in the Bethlehem or Ravena-Coeymans-Selkirk school districts and who were born on or after Aug. 1, 1985 are welcome.

For information, contact Robert Marsh at 439-0961.

Marine earns EMT certificate

Shawn P. Martin of Delmar recently became a Certified EMT in the Marine Corps, after undergoing a three-week training program.

He is currently stationed with the 2nd Fleet Anti-Terrorism Security Team Platoon, which provides security for embassies, ships, and harbors.

Director honored for service

William J. Carroll of Delmar was recently honored at the Wolf Road Marriott for his 23 years as executive director of the New York State Bar Association.

In 1988, Carroll was elected president of the National Association of Bar Executives, and received its highest award, the Bolton Award for Professional Excellence in 1997.

Student receives \$500 scholarship

Stephanie Sherman of Glenmont recently received a \$500 scholarship from the State Employees Federal Credit Union, as part of the New York State Credit Union League Scholarship Program.

Sherman is a graduate of Bethlehem Central High School class of 2001, and will be attending Harvard College.

Delmar man receives award

Jerry Pittz of Delmar, an investment representative with Edward Jones, recently received the Managing Partner's Award for his outstanding sales and service efforts over the past year.

Strong

(From Page 1)

started." The marriage that started on the stairs lasted through the Depression, the second World War and several bowling leagues. Harold worked for the railroad for 32 years, and as an electrician and construction worker after that.

Gladys took care of children and her home. Although the Thompsons never had children of their own, they each came from families with six children, and always had nieces and nephews around.

"We had to work hard," 96-year-old Gladys recalled of the Depression years. "I was always busy, that's why I lived so long." Harold Thompson recalled being laid off from the railroad, in the years after they had deemed him too necessary to fight in World War II. "I had been inducted, and was all set to leave the next day, but I got the notice that I was to stay and work on the railroad," Harold said.

After being laid off, he went on to find work with a friend, Bert Blodgett. "I never drew a cent of unemployment," he said. "If you wanted to work, you could find work."

In addition to the construction work he did with Blodgett, Harold ended up with 100 chickens that Gladys raised, and eventually sold for 25 cents per pound. The secret to their long marriage, they said, was that they did things together,

and "just kept on going." "I wish everybody got along as well as we did," Harold said. "We bowled for 30 years," Gladys said. "I wish I still could." Gladys' bowling average was 150; Harold's was 186. The Thompsons also went dancing whenever they could, in town garages, at school dances, and even to Guy Lombardo at Caroga Lake in Fulton County. There was also music in their own house, and the piano in their living room today pays tribute to gatherings of the past.

"When we were first married, Gladys played the piano, and I had a cousin who played the saxophone, there was a banjo, and my father and I played the drums," Harold recalled. "What sessions we had!"

To others interested in having a 70-year marriage, the Thompsons advised working things out.

"We'd kiss and make up, right, Harold?" Gladys asked. "Oh, sure," he said with an easy laugh. "That was the best part." Harold would work all day, and I'd have his meal ready," Gladys said. "We'd argue sometimes; he'd want it his way, and I'd want it mine, and I'd think, oh, what the heck difference does it make anyway?"

"I'd marry him again," Gladys said. "He was the one I waited for." "The first time I saw her, I said, 'Holy gee,'" Harold Thompson recalled. "I've been happy all my life."

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www.storiesnursery.com

Obituaries

Robert Flynn

Robert J. Flynn, 76, of Delmar died Saturday, Aug. 25, at St. Peter's Hospital in Albany.

Born in Geneva, Ontario County, he was a navy veteran of World War II.

Mr. Flynn was a mail room supervisor at Albany International for 10 years before he retired. Before that he worked for Williams Press for 30 years.

Survivors include his wife, Elizabeth Colville Flynn; two sons, Robert Flynn of Colonie and Brian Flynn of Bloomington, Minn.; a daughter, Bonnie Thomas of Aurora, Colo.; four grandchildren; and three great-grandchildren.

Services are scheduled for 10 a.m. today, Aug. 26, the Frederick Funeral Home, 633 Central Ave., Albany.

Burial will be in Oakwood Cemetery in Troy.

Contributions may be made to the Shriner's Hospital, 516 Carew St., Springfield, Mass. 01104.

Robert Kuhn Sr.

Robert S. Kuhn Sr., 84, of Delmar died Friday, Aug. 24, at his home.

He attended Albany Academy and Milne School and was a graduate of Manlius Military Academy and Colgate University.

He was a veteran of World War II and a recipient of the Bronze Star.

Mr. Kuhn was president of Iroquois Millwork Corp. in Albany and the Iroquois Door Co. in Buffalo and Syracuse. He retired in 1982.

He was a former director of the National Sash and Door Jobbers Association. He was a member of the Nathaniel Adams Blanchard America Legion Post, the Colgate Torch Club, and Colgate Century Club. He was a member and served on the boards of Normanside and Wolfert's Roost country clubs. He was a former member of the University Club and Albany Country Club.

He was husband of the late Mary Ellen Roeder Kuhn.

Survivors include a son, Robert Kuhn Jr. of Slingerlands; a daughter, Gail Mannarino of Delmar; and a grandson.

Services were from the Daniel Keenan Funeral Home in Albany.

Burial was in Memory's Garden in Colonie.

Gerald Hazard

The Rev. Gerald H. Hazard, 75,

of Delmar died Saturday, Aug. 18, in Allentown, Pa.

Born in Montevideo, Mont., he was currently serving as interim pastor of Madison Avenue Baptist Church in Albany.

He was raised in Minnesota, before moving to Washington, D.C., where his uncle, Gerald P. Nye was serving as U.S. senator from North Dakota.

He was a veteran of the Merchant Marines and Navy during the end of World War II.

He graduated from Kings Point Maritime Academy with a bachelor's degree in mechanical engineering. He served as one of the youngest Chief Engineers in the Coast Guard. His work on board ship took him around the world.

Rev. Hazard worked as an engineer in Connecticut before entering Hartford Seminary Foundation.

He was ordained as a Presbyterian minister at his first congregation, Argyle Presbyterian Church, where he served from 1967 to 1976. He then served the Whitinsville, Mass., Presbyterian Church until 1983, followed by several parishes in Ohio, Connecticut and Catskill.

In 1990, he moved to Delmar. He served on the Albany Medical Center chaplaincy for several years and served as an interim minister at First Congregational Church in Albany and for nearly 10 years Madison Avenue Baptist Church.

Rev. Hazard was a longtime member of the Masonic Lodge and was a former master of the Onesquethau Masonic Lodge in Delmar, as the grand Chaplain for New York state. Gerry was a loving husband, caring father, devoted grandfather and committed Christian. He was soft-hearted and eternally optimistic.

Survivors include his wife, Virginia Kibbe Hazard; a son, Ronald Hazard of Coeur d'Alene, Idaho; a daughter, Brenda Morse of Albany; and four grandchildren.

A memorial service will be held Saturday, Sept. 8, at Delmar Presbyterian Church, 585 Delaware Ave., at 11 a.m. Relatives and friends are invited.

Virgil Zimmermann

Virgil Bruno Zimmermann, 86, of Voorheesville died Monday, Aug. 20, at his home.

Born in Stanley, N.D., he was a graduate of the University of South Dakota and did graduate work and taught at the University

of Nebraska, the University of West Virginia, Yale University and DePauw University.

In 1952 he worked for the U.S. foreign aid program in the Philippines. He then moved to Italy and taught at the Center for Public Administration in Rome.

Mr. Zimmermann and his family settled in Voorheesville in 1964. He taught at the Graduate School of Public Affairs at SUNY.

He was an active member of the Society of Architectural Historians, Friends of the Voorheesville Public Library, Voorheesville Methodist Church and a former president of the Albany Methodist Society.

He was husband of the late Mildred Peterson Zimmermann.

Survivors include four daughters, Matilde Zimmermann of Boston, Theda White of Pleasantville, Maja Zimmermann of Middlebury, Vt., and Kristin Zimmermann of New York City; six grandchildren; and a great-grandson.

A memorial service is scheduled for 3 p.m. Saturday, Sept. 15, at First United Methodist Church of Voorheesville.

Arrangements are by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to First United Methodist Church of Voorheesville or the Albany Symphony.

Mary Louise Bilancia

Mary Louise Bilancia of Delmar died Thursday, Aug. 16.

Born in Italy, she was a homemaker.

Mrs. Bilancia was the widow of Vincent Bilancia.

Survivors include a son, Philip Bilancia of Brooklyn; a daughter, Anita Broiles of East Berne; seven grandchildren; and 11 great-grandchildren.

Services were private.

Contributions may be made to Good Samaritan Lutheran Home, 141 Rockefeller Road, Delmar 12054.

James Starr

James A. Starr, 32, of Shrewsbury, Mass., died Tuesday, Aug. 7, at Massachusetts General Hospital in Boston.

Survivors include his wife, Susan Mallory Starr, formerly of Delmar; two sons, Kyle Starr and Ryan Starr; his parents, Catherine Hatch and Erick Starr; his paternal grandparents, Reino and Theresa Starr; and his mother and father-in-law, Rita and Jerry Mallory of Delmar.

Services were from St. Bridget's Church in Maynard, Mass.

Burial was in St. Bridget's Cemetery.

Arrangements were by the Acton Funeral Home in Acton.

Contributions may be made to the Starr Children's Fund, c/o Flagship Bank, 555 Main St., Shrewsbury, Mass. 01545.

Otto Birk

Otto Ernst Birk of Altamont and formerly of New Scotland died Monday, Aug. 20, at Ellis Hospital in Schenectady.

Born in Estonia, he immigrated to Germany in 1942. He fought the Russians on the Eastern front until he was captured. He survived five years in a prison camp in Siberia and was released in 1950. He then immigrated to the United States and settled in Albany and then in New Scotland.

Mr. Birk worked for Sealtest in Schenectady for several years and then for Ellis Hospital in Schenectady until he retired.

Survivors include his wife, Millie Birk; a daughter, Astrid Birk of Altamont; and a grandson.

Services were from the Reilly & Son Funeral Home in Voorheesville.

Clifford Spore

Clifford B. Spore, 84, of Albany and formerly of Colonie and New Scotland died Friday, Aug. 24.

He was an Army veteran of World War II.

Mr. Spore was a truck driver for Penn Central. He was a member of Teamsters Local 294.

He was husband of the late Mary Crisafulli Houle Spore.

Survivors include two daughters, Margaret Geraldson of East Greenbush and Mildred Hughes of Brant Lake; two brothers, Arthur Spore of Clearwater, Fla., and Harold Spore of Clifton Park; a sister, Helen Moss of Tolland, Conn.; three grandchildren; and a great-granddaughter.

Services were from the Tebbutt Funeral Home in Albany.

Burial was in Memory's Garden in Colonie.

Contributions may be made to the Northeastern Association of the Blind, 301 Washington Ave., Albany 12206.

Irving Weiss

Irving Weiss of Slingerlands died Sunday Aug. 23, at St. Peter's Hospital in Albany.

Born in Livingston Manor, Sullivan County, he was a longtime resident of Albany before moving to Slingerlands.

He was a graduate of Columbia University School of Optometry and received a doctorate in optometry from Boston University.

He was active in the New York State Capital District Branch Optometric Society and was treasurer for several years.

Dr. Weiss maintained a private practice in Albany before he retired five years ago.

Survivors include his wife, Dr. Ahinora Pachmakkova-Weiss; a son, Theodore Weiss; and a granddaughter.

Arrangements were by the Meyers Funeral Home in Delmar.

A memorial service will be held at a later date.

HVCC to offer courses at BCHS

A variety of college courses will be offered at Bethlehem Central High School this fall.

Western Civilization I, English Composition I and General Psychology will be offered.

Courses begin the week of Sept. 4. For information, call 629-7338.

Trefoil nominees sought by council

Hudson Valley Council is seeking nominations for its 14th annual Trefoil Awards, to be held on March 8 at The Desmond.

The Trefoil Award and Ruth W. Witte Corporate Trefoil Award are given out to an individual and a corporation who are outstanding members of the community and who present a positive role model for today's Girl Scouts.

The Ruth W. Witte Corporate Trefoil Award nominee should demonstrate a commitment to youth development.

In addition, in celebration of the 90th Anniversary of Girl Scouting, the organization is looking to honor an individual with strong connection to Girl Scouts.

For information, call 489-8110.

BCHS reunion set

The BCHS Class of 1956 is seeking a 45th reunion at Normanside Country Club on Oct. 27, at 6 p.m.

Bethlehem Cares seeks walkers

Bethlehem Cares, a townwide walk team that will participate in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes, is looking for individuals and school, church, fraternal, youth and Scout groups to join their team.

All proceeds from the walk, scheduled for Sept. 23 at Corporate Woods in Albany, will benefit diabetes research.

The first 175 people who register as members of Bethlehem Cares and turn in at least \$25 for diabetes research will receive free team T-shirts.

For information, call 439-6894.

Five Rivers seeks volunteer instructors

Volunteer instructor training will begin Thursday, Sept. 6, at 9:30 a.m., at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

Volunteers will be trained by center naturalists to lead guided lessons this fall.

Guided lessons for school classes and other youth groups, each lasting two hours, are taught on center grounds to visiting kindergarten through grade eight children.

Topics include Exploring the Outdoors, Animal Signs and World of the Pond.

The program runs during regular school hours, and children are taught in groups of 15 or fewer.

Volunteers should have an interest in sharing their value of nature with children and a desire to work in the outdoors.

To apply to be a volunteer instructor or for information, call Anita Sanchez or Anne Snyder at 465-0291.

BIG Arena to host skating party

On Thursday, Aug. 30, there will be a Sixth Grade Skate and D.J. at the BIG Arena, 900 Delaware Ave, Delmar, from 7:30 to 9:30 p.m.

Death Notices

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

In Memoriam, and Cards of Thanks will also be printed for \$25.



Lynn and Howard Bancroft

Coffey, Bancroft marry

Lynn Coffey, daughter of John and Patricia Coffey of Delmar, and Howard Bancroft III, son of Howard and Barbara Bancroft of Albany, were married on June 30.

Father Michael Flannery performed the ceremony at the St. Thomas the Apostle in Delmar. A reception followed at Glen Sanders Mansion in Scotia.

Stacey Coffey, sister of the bride, was the maid of honor. Bridesmaids were Jessica Murphy, Danielle DeRoberts, Melissa Mann-Evangelista and Kristin Kleber, cousin of the bride.

Dan Bancroft and Tim Bancroft, brothers of the groom, were

the best men. Ushers were Charles Hupe, Vinny Natale and David Lynch, cousin of the groom.

The bride is a graduate of Bethlehem Central High School, SUNY Potsdam and The College of Saint Rose.

She is a special education teacher for the Albany City School District.

The groom is a graduate of Christian Brothers Academy and SUNY Albany where he received his master's in educational psychology.

Following a wedding trip to the Oregon coast, the couple resides in Albany.

BCHS teacher earns Amherst award

Ken Neff, a physics teacher at Bethlehem Central High School, recently received one of Amherst College's Phebe and Zephaniah Swift Moore Teaching Awards at Amherst's senior class exercises.

Award winners are nominated by graduating seniors who nominate a teacher whom they feel challenged and inspired them.

Neff was nominated by Ben Samelson-Jones of Delmar, a

member of the Amherst College class of 2001.

Delmar woman earns employee honor

Erin Buys of Delmar was recently selected Temporary Employee of the Month for the month of June at Sargent & Blais Personnel Services.

She has been employed there since November of 2000.

Births

St. Peter's Hospital

Girl, Jade Sill, to Shannon Moran and Edward Sill of Glenmont, June 14.

Girl, Bridget Kubisch, to Kimberly Kubisch and the late Peter Kubisch of Delmar, June 15.

Boy, Patrick Ryan, to Crysta and Michael Ryan of Bethlehem, June 16.

Girl, Michelee Decker, to Christina and Dean Decker of Voorheesville, June 19.

Boy, Anthony Canova, to Mary Beth and Christopher Canova of Glenmont, June 22.

Girl, Jane Kelafant, to Colleen and Todd Kelafant of Voorheesville, July 17.

Girl, Anneka Kuck, to Karin and Eric Kuck of Delmar, July 25.

Girl, Joceline Carmel, to Deborah and Guy Carmel of Bethlehem, July 26.

Boy, Brody Hartman, to Laura and Steve Hartman of Delmar, July 28.

Girl, Anastasia Brazell, to Kathleen and Timothy Brazell of Voorheesville, July 31.

Girl, Hannah Wirth, to Christine and Dr. Garrett Wirth of Delmar, Aug. 3.

Boy, Max Heller, to Meridith Englander and Joshua Heller of Voorheesville, Aug. 3.

Boy, Brendan Gagan, to Mary Jeanne and Kevin Gagan of Slingerlands, Aug. 4.

Girl, Desstinee Fantroy, to Carmita Figueroa and Demetrios Fantroy of Selkirk, Aug. 7.

Boy, Jeffrey Dorman, to Michelle and Michael Dorman of Slingerlands, Aug. 7.

Boy, Austin Weidman, to Krystal and Shane Weidman of Selkirk, Aug. 8.

Boy, Adam Wilson, to Julie and Larry Wilson of Slingerlands, Aug. 10.

Girl, Emiko Saso, to Kathleen and Yasuo Saso of Slingerlands, Aug. 14.

Boy, Evan Winterton, to Tami Winterton of Delmar, Aug. 15.

Dean's List

Ithaca College

James Esmond and Sarah Hughes, both of Delmar; Erin Wiater of Voorheesville.

Russell Sage College

Erika Schmit of Delmar; Jennifer Siniski of Glenmont.

Northeastern University

Kelly Youngs of Delmar.



Lysa Kramer and Michael McMahon

Kramer, McMahon engaged

Lysa Kramer, daughter of the Honorable Barry Kramer and Patricia Kramer of Niskayuna, and Michael McMahon, son of Dr. and Mrs. James McMahon of Slingerlands, are engaged to be married.

The bride-to-be is a graduate of Niskayuna High School, Union College and Bentley Graduate School of Business.

She is an associate account manager with Ayco Company.

The future groom is a graduate of Albany Academy, Providence College and Fairleigh Dickinson University.

He is an account manager with Ayco Company.

The couple plans a Sept. 22 wedding.

Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Black and white and color photos are acceptable, however Polaroid photos cannot be printed.

For information and submission forms, call 439-4949. Mail announcements to P.O. Box 100, Delmar 12054.

Here's to a Wonderful Wedding!



BRIDAL SHOW

11th Annual WEDDING SHOW 10/21 Pepsi Arena. For Brides Free invite, Call Bridal Show Hotline 242-3960. Exhibitors, Call 11am-5pm 482-1983.

JEWELRY

Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

INVITATIONS

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

PHOTOGRAPHY

DCA Photography — Wedding and Portrait 518-663-5036, Email: FocusonDCA@aol.com. Meeting your photographer is the first step in creating your wedding memories. Call Today!

ONE MAN BAND

Very Affordable Rates. Specializing in: 50th Anniversary-Class Reunions, "The Older the Better" Keyboard - Vocals, and DJ TONY. 235-2207.

Community



Bethlehem Public Library announces holiday hours

Bethlehem Public Library will be closed Saturday, Sept. 1 through Monday, Sept. 3 for the Labor Day weekend.

Patrons may access the catalog and other online services via the library's Web site (www.uhls.org/bethlehem).

Regular hours resume on Tuesday, Sept. 4.

Family ENTERTAINMENT

CALENDARS • ARTS & ENTERTAINMENT

Scottish Highlands come to Altamont

By JOHN BRENT

Bagpipe music fill the ear. Bright kilts and tartans provide a feast for the eye. The sounds and sights of traditional Scotland. What's this? Have we been magically transported back to the ancient highlands? No, it's the 24th annual Scottish Games taking place at the Altamont Fairgrounds in Altamont over Labor Day Weekend, Sept. 1 and 2.

The popular Celtic Festival of the Arts attracts visitors from far and near. People come to celebrate their Scottish and Irish culture and traditions and others come to enjoy the good music and a festive and fun weekend.

One of the main attractions at the festival this year will be the appearance on both Saturday and Sunday of the 78th Fraser Pipe Band. Coming from Toronto, Canada, this group was the first pipe band outside of Scotland to win the prestigious World Pipe Band Championship.

The Fraser Pipe Band has had a wide influence on similar bands throughout the world. Not only do they play traditional bagpipe music, but they perform many non-traditional musical pieces. The band will lead the Tartan Parade prior to the massed bands at 11:30 a.m. on Saturday and will play for the Drum Major Competition. This will be followed by a short performance at 1:30 p.m. They will compete in the Grade 1 Contest at 4 p.m. and will play at the closing massed bands and then in the evening in the beer tent.

On Sunday, the 78th will play again with the opening massed bands at 11:30 a.m. and will perform a full concert on Sunday afternoon from 3 to 5 p.m.

Like the 78th Fraser Pipe Band, the Brigadoons are also from Canada and are also a well-known and very popular bagpipe band. Their home base is in Glengarry County, Ontario, Canada and they were formed more than 25 years ago by Rob Taylor. The group includes Taylor along with Dennis Carr, Jack Smith, Luane Wood-Doyle and Shelly Downing. No strangers to being on the road, the group has performed extensively throughout Canada and the United States.

On both Saturday and Sunday, Enter the Haggis will be performing. While this group uses a highland bagpipe as part of its instrumentation it also includes a fiddle, strong vocals and a driving rhythm section. While one might be tempted to describe the band as having a Scottish or Celtic sound, their music is difficult to categorize.

"If you label yourself, you limit yourself," said Craig Downie, the founder of Enter the Haggis. "Celtic Rock fits because it's primarily from these two fields that we draw our strength, although elements of other styles do find their way into the music."

The band made its debut in 1996 at the NXNE Music Festival in Toronto, Canada, and in June 1998 released its first full-length CD, "Let the Wind Blow High."

Ever hear of a Southern Belle singing Scottish music? Not unusual at all when the singer is Jennifer Licko who comes from North Carolina. In the 1700s, many Scottish Highlanders settled in the region she calls home, and Licko can trace her family roots back to those settlers. As a child, Licko studied highland dancing and became

active in competitions from age 10. She studied Scottish Gaelic for two summers at the University of Edinburgh in Scotland and holds and undergraduate degree in music education from East Carolina University.

"I don't feel as though I should try to be a 'Scottish Singer' but feel I as though I should sing what comes from within," said Licko. "For me, that happens to be music from the Western Isles of Scotland."

The melody on the vocals dominates Licko's music. Most Scottish songs were traditionally sung a capella and consequently have a strong melody line. While many of her songs are sung in a traditional style she also sings with many different kinds of instrumentation.

Studying in Scotland gave Licko a greater appreciation and respect for her musical heritage.

"The music in Scotland is more than entertainment," she said. "It is a way of life."

Combining the musical influences of traditional Celtic with an American Bluegrass sound, the regional band The McKrells will be familiar to many fans of the local music scene. Lead singer/songwriter Kevin McKrell joined forces with musicians Chris Leske and Craig Vance in 1995 to form the acclaimed group. Joining on with the original group were John Kribs on bass guitar, percussionist Brian Melick and Sara Milonovich on the fiddle.

The group's latest recording, "The McKrells Live," was recorded during performances at the Parting Glass in Saratoga Springs and the Van Dyck in Schenectady and presented without any studio "fixing up."

While most of the entertainers will be performing on both Saturday and Sunday during the festival, The Brigadoons and Jennifer Licko will be appearing on Saturday only.

While the music is a big part of the weekend festivities, there is much more going on at the Scottish Games. On Saturday, the Northeastern U.S. Pipe Band Championship competition will be held as will the Northeastern competitions for Highland Dancing and Highland Athletics.

Writer Scott Ian Barry takes on the identity of Rob Roy McGrager as he presents a dramatic storytelling narrative on the "Living

History of the Swords."

The Mike Farrell school of Irish Dancing will be on hand both days as will Celtic Canine Capers, Sheep Dog Exhibitions, The Bonniest Knees Contest and exhibits by Scottish Clans and Societies.

Vendors for kilts, sweaters, woolens, Celtic jewelry and other arts and crafts will be displaying and selling their products.

A variety of Scottish and American foods will be available

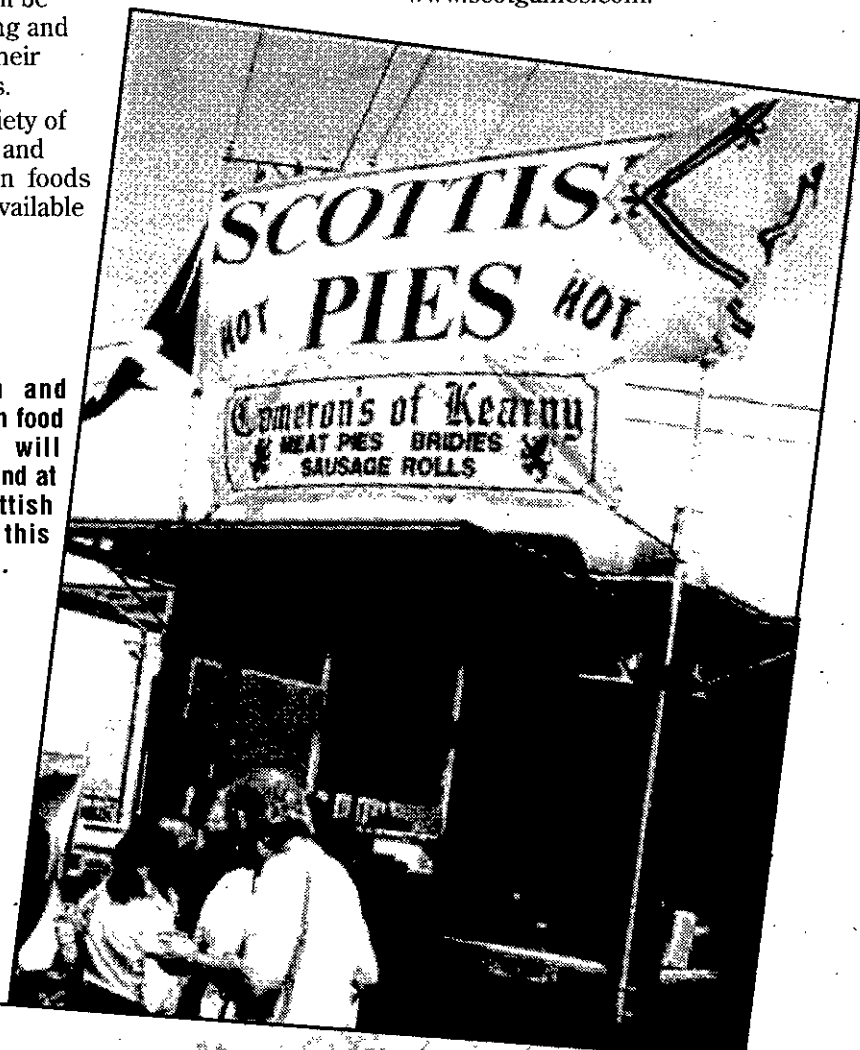
as well as a selection of domestic and imported beers.

Adult admission is \$12 for Saturday and \$10 for Sunday. Children are \$3. The events will be taking place on Saturday from 9 a.m. to 6 p.m. and on Sunday from 11 a.m. to 7 p.m. For information call 785-0507 or 456-3510 or visit the Web site at www.scotgames.com.



Traditional Scottish and Celtic music will be celebrated at the Scottish Games over Labor Day Weekend at the Altamont Fairgrounds.

Scottish and American food vendors will be on hand at the Scottish Games this weekend.



Both local groups and talent from outside the area will be at the Scottish Games this weekend to perform and to enter the various competitions during the two-day event.

ARTS and ENTERTAINMENT

Theater

JESUS CHRIST, SUPERSTAR

Mac-Haydn Theatre, Route 203, Chatham, through Sept. 9, \$18.90 to \$20.90. Information, 392-9292.

SWEET CHARITY

Theater Barn, Route 20, New Lebanon, through Sept. 2, \$18, \$16 for matinee. Information, 794-8989.

BREAKING LEGS

comedy by Tom Dulack, Curtain Call Theatre, 210 Loudon Road, Latham, Sept. 7 to Oct. 6, \$15. Information, 877-7529.

Music

GODSMACK

with the Deftones, Saratoga Performing Arts Center, Saratoga Springs, Aug. 31, 7:30 p.m., \$17.50 to \$35. Information, 476-1000.

ENDLESS SUMMER CONCERT

with Tommy James and the Shondells, The Turtles, Gary Puckett, The Buckingham and the Grass Roots, Saratoga Performing Arts Center, Saratoga Springs, Sept. 1, 7:30 p.m., \$17.50 to \$27.50. Information, 476-1000.

Visual Arts

NEW YORK STATE MUSEUM

20th-century American Landscapes, through Oct. 14, Ancient Life of New York, through March 31, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Common Bonds: The People, Stories and Objects of Albany, Please Be Seated: Chairs from the Collection, Paintings by Walter Launt Palmer and Contemporary Landscapes, through Sept. 23, 125 Washington Ave. Information, 463-4478.

ALBANY CENTER GALLERIES

sculptures by Roberta Griffith, 161 Washington Ave., through Aug. 31. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Guidebook to Lake George, third floor of main terminal, through Oct. 21. Information, 783-2517.

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

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and percussion sections. Information, 439-7749.

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

CLIFTON PARK COMMUNITY ORCHESTRA

openings in all sections, especially strings, rehearsals Tuesdays at 7:30 p.m., Clifton Common Senior Center. Information, 783-2511.

SINGERS NEEDED

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

MONDAY MUSICAL CLUB WOMEN'S CHORUS

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

CAPITAL COMMUNITY VOICES

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

Classes/Lectures

DANCE CLASSES

ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays

ART CLASSES

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

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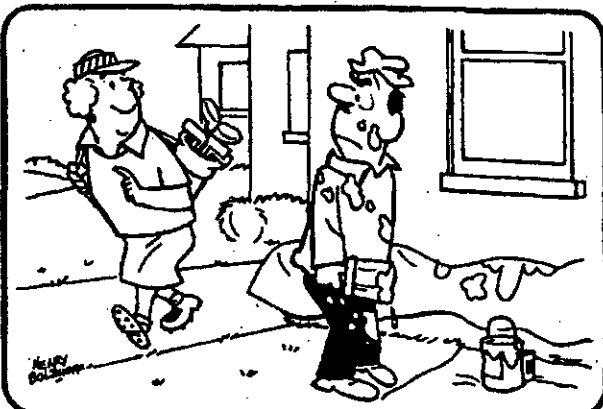
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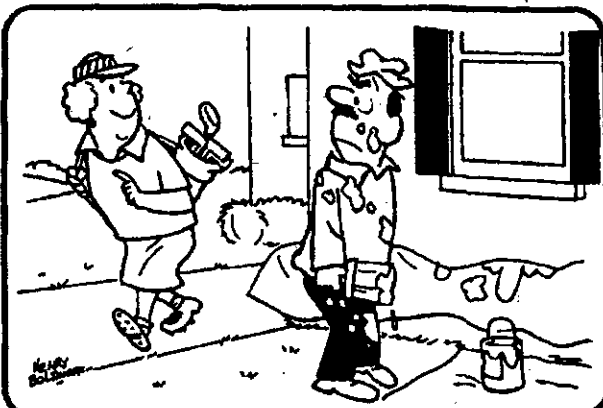
439-4940

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shutters are added. 2. Golf club is missing. 3. House on left is missing. 4. Mustache is fuller. 5. Small paint can is missing. 6. Window on left is smaller.

MAGIC MAZE • McNames

HURPNMKIGDBZXVS
QOMKIGCECAKYWUS
YOQPNLYCJHCFECL
AEDMCCLELLANNYYL
XVLRUSQEKUMAWPA
NMKUUIHYASRFAEG
CBZYAMXVAROERUU
TRQYOCCMUKCLGPO
YHTRACCMOMCCCLD
HSOTNICMKIMMMCC
NAELCMYENTRACCM

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

McCarthy, McCloskey, McDougall, McLean
McCartney, McClure, McGraw, McMurdo
McCauley, McCormack, McIntosh, McMurray
McClellan, McCrae, McKay

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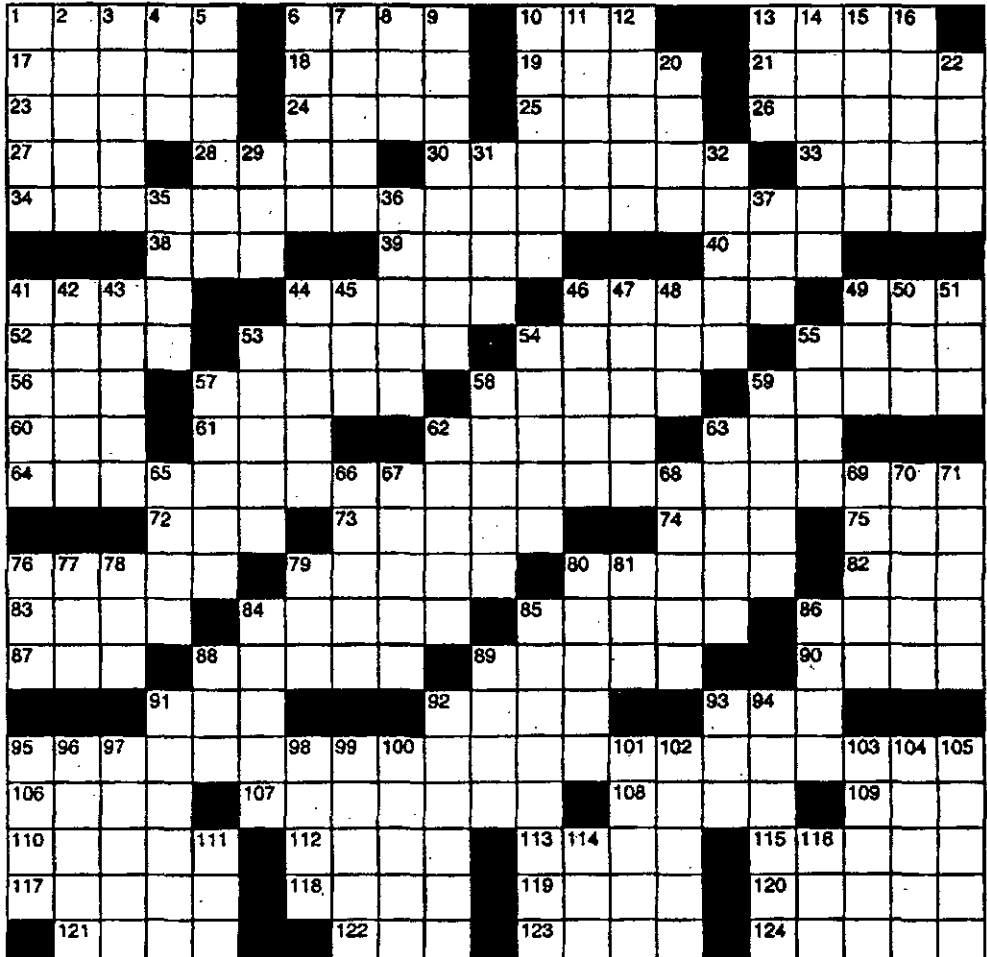
Spotlight Newspapers
The Capital District's Quality Weeklies

The Spotlight; Colonie Spotlight; Loudonville Spotlight; Guilderland Spotlight; Niskayuna Journal; Scotia-Glenville Journal; Rotterdam Journal; Clifton Park Spotlight

439-4949

The Super CROSSWORD

- | | | | | |
|--|---|--|---|--|
| <p>ACROSS</p> <p>1 Resembling
6 Lowdown lit
10 Small shot
13 Ellipse
17 Prompts
18 Sheet of stamps
19 — League
21 Send payment
23 Buenos —
24 Computer image
25 Non-stereo
26 Praise for Pavarotti
27 "Norma" (79 film)
28 Bruins' sch.
30 "Ada" author
33 List entry
34 Start of a remark by Will Rogers
38 Author LeShan
39 About
40 Very cold
41 Mets' milieu
44 Artist Neiman
45 Steakhouse order
49 Kasbah cap
52 Printed matter
53 Hook on a hawk
54 Wall Street spotters
55 Poi base
56 Code letters</p> | <p>57 Prominent Hatch?
58 Gardner's delight
59 So out it's in
60 Bow
61 Playground game
62 Uncool ones
63 Who stoops to conquer
64 Middle of remark
72 Snaky swimmer
73 Actor Lorenzo
74 Logical letters
75 "Knots Landing" character
76 Yankee Derek
79 Nickel creature
80 Toughen up
82 Dachshund declaration
83 Surrounded by
84 Dedicated to defama-
85 Laotian native
86 "La Boheme" seamstress
87 Lave the linoleum</p> | <p>DOWN</p> <p>1 Peck part
2 A Heap of Dickens
3 Come around
4 Look at
5 Sent out
6 Like some milk
7 Jungle bird
8 Top numero
9 "in Memoriam" poet
10 Hefty grass
11 Witch wheels?
12 Low-octane joe?
13 Sphere
14 Prove
15 Famed figure in fiddles
16 Bile producer
20 Opus
22 Magnum opus
29 R.E. Lee's
31 Part of DA
32 Scores in ores
35 Best
36 Hitler Hank
37 Sail through
41 Scarecrow stuffing
42 Monsieur Matisse
43 Precise</p> | <p>44 A particular Key
45 Lily of pharmaceuticals
46 Mans the bar
47 Met men
48 Rossini's "Le Comte"
49 Some trimmings
50 Bungle
51 Gnus center?
53 Seek out a school?
54 Conifer coverings
55 Really rain
57 Sleek swimmer
58 Some kind of a nut
59 — Island
62 "In Search of..." host
63 Unyielding
65 Pay attention to
68 Opens the mail
67 Discernment
68 Hunker down
69 Serve a purpose
70 Fate
71 Impish
76 Berry sweet stuff?
77 Funny Philips</p> | <p>78 Inside info
79 Hard word
80 Farouk's faith
81 Nicole on "Fame"
84 Exercises the arms
85 "— is said and done"
86 A real butte
88 Expert
89 Tennis legend
91 Playground feature
92 Reach
93 Prohibition
94 Woman warrior
95 Subway station
96 Papal name
97 "Superman" star
98 Coup d'—
99 Desert refugees
100 Jacques, for one
101 Effigy
102 Like a judge
103 Man of steel?
104 Jeweler's weight
105 African scavenger
111 Tolkien creation
114 Form furrows
116 Cookbook phrase</p> |
|--|---|--|---|--|



The Spotlight CALENDAR

Wed. 8/29
BETHLEHEM YOUTH EMPLOYMENT SERVICES

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

WEDNESDAY NIGHT WORSHIP

Contemporary-worship service throughout summer, 7 p.m. Nursery care provided. Assistive listening devices, handicap accessible. Bethlehem Lutheran Church, 85 Elm Ave. Information, 439-6217.

SOLID ROCK CHURCH

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

BINGO

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

TESTIMONY MEETING

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

NEW SCOTLAND TALL TIMBERS PUBLIC HEARING

Hearing before town Planning Board on draft scoping document pursuant to SEQR law; New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 8/30
BETHLEHEM RECOVERY, INC.

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

BETHLEHEM SENIOR CITIZENS

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

PUBLIC HEARING

County Department of Public Works hearing on eminent domain proceedings related to land acquisitions for Route 52 (Cherry Ave. from Kenwood to Delmar Bypass) road project; Bethlehem Town Hall, 445 Delaware Ave., 7:00 p.m. Information, 439-4955.

6TH-GRADE SKATE PARTY

Skate and D.J. at BIG Arena, 900 Delaware Ave., Delmar, 7:30-9:30 p.m.

CLASS IN JEWISH MYSTICISM

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

AA MEETINGS

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

Fri. 8/31
BETHLEHEM AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

Sat. 9/1
BETHLEHEM AA MEETING

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

NEW SCOTLAND LIBRARY CLOSED

Voorheesville Public Library closed Sept. 1-3 in observance of Labor Day. Will reopen for normal hours on Tuesday, Sept. 4.

Sun. 9/2
BETHLEHEM WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.
Delmar Reformed Church, 386 Delaware Ave., 439-9929.
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.
King's Chapel, 434 Route 9W, Glenmont, 426-9955.
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

NEW SCOTLAND WORSHIP INFORMATION

Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.
Clarksville Community Church, Route 443, 768-2916.
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.
Faith Temple, New Salem, 765-2870.
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.
Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.
New Scotland Presbyterian Church, Route 85, 439-6454.
St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.
Unionville Reformed Church, Delaware Turnpike, 439-5001.
United Pentecostal Church, Route 85, New Salem, 765-4410.

Mon. 9/3
HAPPY LABOR DAY!
BETHLEHEM HOLIDAY MEETING SCHEDULES

Please consult the meeting schedules of organizations that normally meet on the first Monday of the month, including: Delmar Kiwanis Club, 439-2437 or 439-6952; Board of Commissioners, Elmwood Park Fire District, North Bethlehem firehouse; Nathaniel Adams Blanchard American Legion post, 439-9819; Temple Chapter, Royal Arch Masons, Delmar Masonic Temple.

AA MEETING

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

Tues. 9/4
BETHLEHEM TREASURE COVE THRIFT SHOP

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

SOUTH BETHLEHEM THRIFT SHOP

South Bethlehem United Methodist Church 65 Willowbrook Ave., South Bethlehem, 10 a.m.-2 p.m.

TAKE OFF POUNDS SENSIBLY

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

ELSMERE FIRE COMMISSIONERS

firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

PLANNING BOARD

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

BINGO

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

DELMAR ROTARY

Quality Inn, Route 9W. Information, 439-9988.

A.W. BECKER PTA

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

SLINGERLANDS FIRE COMMISSIONERS

firehouse, 8 p.m. Information, 439-4734.

NEW SCOTLAND NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

PLANNING BOARD

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

Wed. 9/5
BETHLEHEM OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m. Information, 439-6194 or 439-3153.

SOLID ROCK CHURCH

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

BETHLEHEM LIONS CLUB

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

BETHLEHEM ELKS LODGE 2233

Route 144, Cedar Hill, 7 p.m. Information, 767-2886.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

ZONING BOARD OF APPEALS

Two scheduled public hearings: call for information. Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

NEW SCOTLAND SENIORS

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

PRAYER MEETING

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

FAITH TEMPLE

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

AA MEETING

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

Thurs. 9/6
BETHLEHEM RECOVERY, INC.

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

BETHLEHEM SENIOR CITIZENS

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

Spotlight on Dining

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LEGAL NOTICE

ARTICLES OF
ORGANIZATION OF 8 EAST
LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: 8 East LLC.
SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.
THIRD: The latest date on which the limited liability company is to dissolve is July 24, 2051.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: 26 Century Hill Drive Latham, New York 12110
FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.
SIXTH: The limited liability company is to be managed by 1 or more members.
IN WITNESS, WHEREOF, this certificate has been subscribed to this 24th day of July, 2001, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.
 S/ Jesse Vandergrift, Attorney in Fact
 (August 29, 2001)

NOTICE OF PUBLICATION

ADONBROOK LLC was filed with SSNY on 08/03/2001. 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

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the same address.
 Purpose: any lawful purpose.
 (August 29, 2001)

LEGAL NOTICE

Bienvenue Interiors LLC was filed with the SSNY on 07/16/01. 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.
 (August 29, 2001)

NOTICE OF PUBLICATION

BRISTOLMEAD LLC was filed with SSNY on 08/03/2001. 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.
 (August 29, 2001)

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

The name of the LLC is COLUMBIA NAH GROUP, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 13, 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

LEGAL NOTICE

copy of any process against the LLC is 30 Corporate Circle, Albany, New York 12203.
 (August 29, 2001)

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

The name of the LLC is Columbia Temple Terrace, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 11, 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.
 (August 29, 2001)

NOTICE OF FORMATION OF A
LIMITED LIABILITY COMPANY
(LLC)

Name: construction software Solutions, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 8/7/01. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, PO Box 783, Guilderland, NY 12084. Purpose: any lawful purpose.
 (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of CT Screening International, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 7/18/01. LLC organized in Delaware (DE) on 10/16/00. NY office location: Albany County.

LEGAL NOTICE

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: 18101 Van Karman Ave., Ste. 1240, Irvine, CA 92610. Copy of Arts. of Org. on file with DE Secy. of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: all lawful purposes.
 (August 29, 2001)

LEGAL NOTICE

Notice of formation of limited liability company (LLC). Name: DGNV LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/11/01. 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: Corporation Service Co., 80 State St., Albany, NY 12207, the registered agent of LLC upon whom process may be served. Purpose: any lawful activity.
 (August 29, 2001)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY
(LLC)

Name: Dog's Best Friend LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/11/2001. 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 LLC, c/o Joanne L. Diehl, #80 CR 401, Greenville, NY 12083. Purpose: Any lawful activity.
 (August 29, 2001)

NOTICE OF FORMATION OF
LIMITED LIABILITY COMPANY

Articles of Organization of EAG Holdings, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on July 12,

LEGAL NOTICE

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: 22 North Third Street, Albany, New York 12204. 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
 (August 29, 2001)

NOTICE OF PUBLICATION

ENGLEWOOD DEVELOPMENTS LLC was filed with SSNY on 07/10/01. 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.
 (August 29, 2001)

NOTICE OF FORMATION OF
LLC

Foss Group Beacon, LLC, filed Articles of Organization with the New York Secretary of State on August 13, 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 Foss Group Beacon, LLC, 163 Delaware Avenue, Delmar, New York 12054. 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.
 (August 29, 2001)

LEGAL NOTICE

LEGAL NOTICE

Notice of Application for Authority of Genesis Venture Management LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 6/19/01. LLC organized in Delaware (DE) on 10/16/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent upon whom process may be served. Office address of LLC in DE: The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Copy of Arts. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: Investment and Financial services.
 (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of Genesis Venture Partners, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 6/19/01. LLC organized in Delaware (DE) on 6/13/01. 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 CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent upon whom process may be served. Office address of LLC in DE: The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: Investment and Financial services.
 (August 29, 2001)

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LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Name: Global Technology Concepts LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on July 10, 2001. 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 1436 Helderberg Trail, Berne, NY 12023. Purpose: any lawful act or activities. (August 29, 2001)

NOTICE OF FORMATION OF GORDON BROTHERS DEVELOPMENT, LLC

(Pursuant to Section 203 of the Limited Liability Company Law) NOTICE IS HEREBY GIVEN that the Certificate of Formation of GORDON BROTHERS DEVELOPMENT, LLC (the "Company") was filed with the Secretary of State of the State of New York on July 12, 2001. The Company is being formed to engage in the ownership, leasing, purchasing, selling, development and mortgaging of property and to engage in any other lawful act or activity for which limited liability companies may be organized under the LLC. The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, Albany, New York 12207. (August 29, 2001)

NOTICE OF FORMATION OF GORDON MANAGEMENT COMPANY, LLC

Pursuant to Section 203 of the Limited Liability Company Law NOTICE IS HEREBY GIVEN that the Certificate of Articles of Formation of GORDON MANAGEMENT COMPANY, LLC (the "Company") was filed with the Secretary of State of the State of New York on August 6, 2001. The Company is being formed to engage in the management, ownership, leasing, purchasing, selling, development and mortgaging of property and to engage in any other lawful act or activity for

LEGAL NOTICE

which limited liability companies may be organized under the LLC. The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, Albany, New York 12207. (August 29, 2001)

LEGAL NOTICE

Governmental Risk Solutions, LLC was filed with the SSNY on July 17, 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: Carol J. Wells, 7437 Cross Fox Way, Elk Grove, CA 95758. Purpose: Any lawful purpose. (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of GT Financial, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 6/26/01. LLC organized in Delaware (DE) on 9/28/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, the registered agent upon whom process may be served. Office address of LLC in DE: The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: Investment and Financial services. (August 29, 2001)

NOTICE OF LIMITED LIABILITY COMPANY

1. The name of the limited liability company is Happy Star, LLC.
2. The Articles of Organization were filed effective July 11, 2001.
3. The county within New York State in which the office of the limited liability company is to be lo-

LEGAL NOTICE

cated is Albany County. 4. The Secretary of State is designated as agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail process is: Town Squire Plaza 329 Glenmont Avenue Glenmont, NY 12077 5. The purpose of the business of the company is to engage in any lawful act or activity. (August 29, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Name: Helderberg Home Care LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on July 11, 2001. 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 1436 Helderberg Trail, Berne, NY 12023. Purpose: any lawful act or activities. (August 29, 2001)

NOTICE OF FORMATION OF LLC

Henry Street Realty Advisors LLC, filed Articles of Organization with the New York Secretary of State on July 10, 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 Henry Street Realty Advisors LLC, 75 State Street, Albany, New York 12201-0459. 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. (August 29, 2001)

NOTICE OF PUBLICATION

HIMBLE INTERNATIONAL LLC was filed with SSNY on 07/24/2001. 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. (August 29, 2001)

NOTICE OF PUBLICATION

INSKIP LLC was filed with SSNY on 08/03/2001. 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. (August 29, 2001)

LEGAL NOTICE

InterContinental Insurance Brokers, LLC, was filed with the SSNY on 03/21/2000. 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: Thomas E. Sleeper, 21 Custom House St., Ste., 700, Boston, MA 02110-3527. Purpose: Any lawful purpose. (August 29, 2001)

LEGAL NOTICE

IPO Syndicate, LLC, Art. of Org.

LEGAL NOTICE

filed SSNY 7/13/01. Albany Co., SSNY designated as agt. upon whom process may be served & shall mail copy of process: 99 Pine St., 5th Fl., Albany, NY 12207. Purpose: any lawful purpose. (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of ITH Tel, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 4/11/01. LLC organized in Delaware (DE) on 3/14/01. 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: 41 State St., Ste. 608, Albany, NY 12207. Principal office address of LLC: 7746 Fisher Island Dr., Miami, FL 33109. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (August 29, 2001)

LEGAL NOTICE

Jonathan Weissbaum & Associates, LLC was filed with SSNY on March 5, 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: PO Box 3949, Albany, NY, 12203. Purpose: any lawful purpose. (August 29, 2001)

LEGAL NOTICE

McAllLewis LLC was filed with the SSNY on 07/30/01. 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. (August 29, 2001)

NOTICE CONTAINING SUBSTANCE OF APPLICATION FOR AUTHORITY

Name of foreign limited liability company (LLC): McCracken Insurance Solutions, LLC d/b/a McCracken Solutions. Date of filing of application for authority with New York Secretary of State: May 11, 2001. Jurisdiction of organization: Delaware. Date of organization: February 20, 2001. County within state of New York in which office is to be located: Albany. The New York Secretary of State has been designated as agent of the LLC upon whom process against it may be served. The post office address to which the secretary of state shall mail a copy of any process against it served upon him or her is: 80 State Street, Albany, NY 12207-2543. Address of office required to be maintained in jurisdiction of its organization by the laws of that jurisdiction or, if not so required, of principal office: 2711 Centerville Road, Suite 400, Wilmington, DE 19808. Name and address of authorized officer in jurisdiction of organization where a copy of its certificate of organization is filed: State of Delaware, Secretary of State, Division of Corporations, P.O. Box 898, Dover, DE 19903. Purpose of business: Consultation to insurance agencies and brokerages. (August 29, 2001)

LEGAL NOTICE

McMULLEN TRUCKING, LLC was filed with the Secretary of

LEGAL NOTICE

State of New York on 07/25/01. Process may be served against c/o William McMullen, PO Box 55, 472 Bridge Street, South Bethlehem, New York 12161. The address for the LLC is 472 Bridge Street, South Bethlehem, New York 12161. Purpose: All legal purposes. (August 29, 2001)

LEGAL NOTICE

Notice of formation of MEGA UNITED, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 07/31/2001. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 114 Albemarle Road, Suite C2, Brooklyn, NY 11218. Purpose: All Lawful purposes. (August 29, 2001)

CERTIFICATE OF LIMITED PARTNERSHIP OF MM FAMILY PARTNERSHIP II, L.P.

Under Section 121-201 of the Revised Limited Partnership Act 1. The name of the limited partnership is "MM Family Partnership II, L.P." 2. The county in which the office of the limited partnership is located is Albany County, New York. 3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is: 2 Tower Place, Albany, New York 12203. 4. The name and business address of the sole general partner is: MRP Associates, L.L.C. 2 Tower Place Albany, New York 12203 5. The latest date upon which the limited partnership is to dissolve is July 31, 2101. IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 20th day of July, 2001, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof. MRP ASSOCIATES, L.L.C. General Partner by: S/ Norman Massry, Member (August 29, 2001)

NOTICE OF PUBLICATION

NEW YORK SECURITIZATION LLC was filed with SSNY on 07/24/2001. 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. (August 29, 2001)

NOTICE TO TAXPAYERS FROM THE VOORHEESVILLE BOARD OF EDUCATION

For those taxpayers who are having their school taxes paid through an escrow account, the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank. Marilyn B. Schaff School Tax Collector Voorheesville Central School District VOORHEESVILLE CENTRAL SCHOOL DISTRICT SCHOOL COLLECTOR'S NOTICE Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central

LEGAL NOTICE

School District. I will receive all taxes for a period of 61 days beginning September 1, 2001 at the place listed below. During the 31 day period from September 1, 2001 through October 1, 2001 inclusive there will be no penalty charge for the collection of the tax. From October 23, 2001 through October 31, 2001 in accordance with Section 2130 of the Education Law and Section 1328 of the Real Property Tax Law, penalty will be charged at a rate of 2% for the time period of October 2 - October 31, 2001. No collections will be accepted after November 1, 2001. Postmarks of October 31, 2001 will be accepted. Paying in Person: Voorheesville Central School District 432 New Salem Road, Voorheesville, NY Tues., Wed. or Thursday 10 A.M.-2 P.M. Paying by Mail: Voorheesville Central School District Tax Collector Post Office Box 201 Voorheesville, New York 12186 Make Checks payable to: Voorheesville Central School District Marilyn B. Schaff, School Tax Collector Voorheesville Central School District Voorheesville, New York 12186 (August 29, 2001)

LEGAL NOTICE

Oakline Associates, LLC, Art. of Org. filed SSNY 6/27/01. Albany Co., SSNY designated as agt. upon whom process may be served & shall mail copy of process: c/o E-Comm2, 3 E-Comm Square, Albany, NY 12207. Purpose: any lawful purpose. (August 29, 2001)

PUBLICATION NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY UNDER LIMITED LIABILITY COMPANY LAW

Parking Management Service, LLC Dated: August 6, 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 section 206 of the Limited Liability Company Law of the State of New York, your attention is directed to the following facts: 1. The name of the limited liability company is Parking Management Services, LLC. 2. The articles of organization of Parking Management Service, LLC were filed with the Secretary of State on July, 20, 2001. 3. The County in which the office of Parking Management Services, 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 Parking Management Services, LLC to the following post office address: c/o Tabner, Ryan and Keniry, 18 Corporate Woods Boulevard, Albany, New York 12211. 5. In addition to the events of dissolution set forth in section 701 of the Limited Liability Company Law; the latest date upon which the company may dissolve is December 31, 2041. 6. The character of the business of Parking Management Service, LLC is as follows: to provide parking management services, and, in addition, to engage in any other lawful act or activity for which a limited liability company may be formed under section 201 of the Limited Liability Company Law. (August 29, 2001)

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NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

Name: PCM Ventures International, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 6/27/01. 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: 9 Elk St., Albany, NY 12207. Purpose: any lawful activity. (August 29, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

Name: PEG Capital Value Fund, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/27/01. 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: The LLC, c/o Corporation Served Co., 80 State St., 6th Fl., Albany, NY 12207, the registered agent of LLC upon whom process may be served. Purpose: any lawful activity. (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of PINEBROOK FUNDING, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 7/31/01. LLC organized in New Jersey (NJ) on 6/15/01. 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 Herrick, Feinstein LLP, 2 Penn Plaza, Newark, NJ 07105. The registered agent of LLC upon whom process may be served: Corporation Service Co., 80 State St., 6th Fl., Albany, NY 12207. Office address of LLC in NJ: 331 Changebrook Rd., Pine Brook, NJ 07058-2007. Copy of Arts. of Org. on file with NJ Dept. of Treasury, Business Services Bureau, 225 W. State St., Trenton, NJ 08625. Purpose: any lawful activity. (August 29, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Pursuant to Section 206(c) of the New York Limited Liability Law a. The name of the limited liability company is RING & SNYDER, LLC. b. The Articles of Organization were filed with the Secretary of State on July 23, 2001. c. The office of the Limited Liability Company will be located in Albany County. d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: RING & SNYDER, LLC 66 Chestnut Street

LEGAL NOTICE

Albany, New York 12210 e. The Limited Liability Company is formed for any lawful business purpose or purposes. (August 29, 2001)

LEGAL NOTICE

Royal Horizon Leasing, LLC, Art. of Org. filed SSNY 8/1/01. Albany Co., SSNY designated as agt. upon whom process may be served & shall mail copy of process: 125 Wolf Rd., Ste. 115, Albany, NY 12205. Purpose: any lawful purpose. (August 29, 2001)

LEGAL NOTICE

S&L ASSOCIATES OF ALBANY, LLC Notice of Formation of Limited Liability Company A Certificate of Conversion for S&L Associates of Albany, LLC, a New York LLC ("LLC") was filed with the Department of State of New York ("SSNY") on July 6, 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 S&L Associates of Albany, LLC, 130 Railroad Avenue Extension, Albany, New York 12205. 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 (August 29, 2001)

LEGAL NOTICE

TAX NOTICE: Notice is hereby given that I, the undersigned, have received the Tax Rolls and Warrant for the collection of School Taxes for the Town of New Scotland properties in and for the Bethlehem Central School District, and will receive payment as follows: Tax payments are to be mailed to Tax Collector, P.O. Box 181, Delmar, NY 12054. There will be a 2% penalty for payment from October 1 through November 1, 2001. Unpaid school taxes will be turned over to the Albany County Treasurer on November 15, 2001. Kathy Haegge Tax Collector DATED: August 31, 2001 (August 29, 2001)

NOTICE OF PUBLICATION

SHIELDLINE IMPORTS & EXPORTS LLC was filed with SSNY on 08/08/2001. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Fl., Albany NY 12207. The registered agent is: USA Corporate Services Inc., at the same address. Purpose: any lawful purpose. (August 29, 2001)

LEGAL NOTICE

NOTICE OF PUBLICATION

SHUTTLEWORTH LLC was filed with SSNY on 08/06/2001. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Fl., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (August 29, 2001)

NOTICE OF FORMATION OF SICKLER PLUMBING & HEATING, LLC

Pursuant to Section 206(c) of the Limited Liability Company Law NOTICE IS HEREBY GIVEN that Articles of Organization for SICKLER PLUMBING & HEATING, LLC (the "Company") were filed with the Secretary of State of the State of New York on July 24, 2001. The Company is formed to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. The office of the Company is to be located in the County of Schenectady, New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served and the address to which the Secretary of State shall mail a copy of the process in any action or proceeding against the company which may be served upon him or her is c/o Howard G. Carpenter, Jr., Esq., Carpenter & Cioffi, P.C., 2310 Nott Street East, Nickayuna, New York 12309-4303. The Company shall be managed by one or more managers. No member of the Company solely by reason of being a member is an agent of the Company for the purpose of its business, and no member shall have the authority to act for the Company solely by virtue of being a member. The Articles of Organization of the Company were effective on the 24th day of July, 2001. (August 29, 2001)

NOTICE OF PUBLICATION

SOFTWARE MARVEL LLC was filed with SSNY on 7/12/01. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Fl., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (August 29, 2001)

NOTICE OF PUBLICATION

SOMERSET LLC was filed with SSNY on 08/03/2001. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O.

LEGAL NOTICE

address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Fl., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (August 29, 2001)

CERTIFICATE OF LIMITED PARTNERSHIP OF SWF XI, L.P.

Under Section 121-201 of the Revised Limited Partnership Act 1. The name of the limited partnership is "SWF XI, L.P." 2. The county in which the office of the limited partnership is located is Albany County, New York. 3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 52 Corporate Circle, Albany, New York 12203. 4. The name and business address of the sole general partner is: DRI, LLC 52 Corporate Circle Albany, New York 12203 5. The latest date upon which the limited partnership is to dissolve is May 31, 2100. IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 13th day of July, 2001, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof. SWF XI, L.P. BY: DRI, LLC, General Partner By: Donald R. Led Duke, Member (August 29, 2001)

CERTIFICATE OF LIMITED PARTNERSHIP OF SWF XII, L.P.

Under Section 121-201 of the Revised Limited Partnership Act 1. The name of the limited partnership is "SWF XII, L.P." 2. The county in which the office of the limited partnership is located is Albany County, New York. 3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 52 Corporate Circle, Albany, New York 12203. 4. The name and business address of the sole general partner is: DRI, LLC 52 Corporate Circle Albany, New York 12203 5. The latest date upon which the limited partnership is to dissolve is August 31, 2101. IN WITNESS WHEREOF, the undersigned have executed this Certificate of Limited Partnership on the 9th day of August, 2001, and verify and affirm under penalties of perjury that the forego-

LEGAL NOTICE

ing is true and correct as of the date hereof. SWF XII, L.P. BY: DRI, LLC, General Partner By: Donald R. Led Duke, Member (August 29, 2001)

NOTICE OF PUBLICATION

SYMPHONY INTERNATIONAL LLC was filed with SSNY on 08/03/2001. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Fl., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose. (August 29, 2001)

LEGAL NOTICE

TAMER-NEGRI MANAGEMENT CO., LLC Notice of formation of Tamer-Negri Management Co., LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 7/24/01. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o N. Edward Tamer, 5 Chippendale Court, Latham, New York 12110, the Registered Agent. The purposes of the LLC are to own, acquire, manage, lease, develop, operate, buy, sell, exchange, finance, refinance, and otherwise deal with real estate, personal property, and any type of business, as the Managers may from time to time deem to be in the best interests of the Company. (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of TBK Partners, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 7/20/01. LLC organized in Delaware (DE) on 9/18/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation System, 111 8th Ave., NY, NY 10011, the registered agent upon whom process may be served. Principal office address of LLC: 350 Park Ave., NY, NY 10022. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (August 29, 2001)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of The Lafave Law Firm, PLLC ("PLLC") were filed with the Department of State of New York ("SSNY") on June 22, 2001. Office location: Albany County. SSNY is design-

LEGAL NOTICE

nated as agent of PLLC upon whom process against it may be served. SSNY shall mail a copy of any process to Cynthia S. Lafave, Esq., 822 Delaware Avenue, Delmar, NY 12054. PLLC 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 (August 29, 2001)

LEGAL NOTICE

Notice of Application for Authority of Vanderbilt Partners, LLC, a foreign limited liability company (LLC). App. for Auth. filed with Secy. of State of N.Y. (SSNY) on 7/20/01. LLC organized in Delaware (DE) on 11/29/00. 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: c/o Corporation System, 111 8th Ave., NY, NY 10011, the registered agent upon whom process may be served. Principal office address of LLC: 350 Park Ave., NY, NY 10022. Copy of Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (August 29, 2001)

NOTICE OF LIMITED LIABILITY COMPANY

1. The name of the limited liability company is YFK, LLC. 2. The Articles of Organization were filed effective July 11, 2001. 3. The county within New York State in which the office of the limited liability company is to be located is Albany County. 4. The Secretary of State is designated as agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail process is: Town Squire Plaza 329 Glenmont Avenue Glenmont, NY 12077 5. The purpose of the business of the company is to engage in any lawful act or activity. (August 29, 2001)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) The name of the LLC is ZOX CONSULTING GROUP LLC. The Articles of Organization were filed with the NY Secretary of State on August 15, 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 c/o Feller & Ferrentino, 488 Broadway, Suite 512, Albany, NY 12207. (August 29, 2001)

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AUCTIONS

LPL'S LOG HOME Auction Saturday, September 29th *Albany, New York* 28 new log home packages to be offered. 1 absolute to the highest bidder. May take delivery within one year. Packages include logs, roofing, rafters, windows, doors, trusses, etc. Manufacturer: OLD-TIMER LOG HOMES - Call 1-800-766-9474.

BUILDINGS FOR SALE

STEEL BUILDINGS Sale: 5,000+ sizes. 40x60x14, \$11,286; 50x75x14, \$14,569; 50x100x16, \$19,065; 60x100x16, \$21,653. Mini-storage buildings, 40x160, 32 units, \$17,228. Free brochures. www.sentinelbuildings.com. Sentinel Buildings, 800-327-0790 ext 79.

BUSINESS OPPORTUNITIES

LOCAL ESTABLISHED DELIVERY ROUTE. WE PAY THE MOST. Parttime. Fridays. If you're motivated by excellent \$\$\$ and have reliable vehicle, Call 1-800-950-4227 for full info.

\$500 WEEKLY POSSIBLE. Working through the government and other opportunities. PT - No experience. 1-888-298-5959 7 days X103

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 800-998-VEND.

A+ M&M, MARS/NESTLE. Established vending route. Will sell by 09/10/01. Under \$9k minimum investment required. Excellent monthly profit potential. Finance available/good credit. 1-800-637-7444.

CHILD CARE NEEDED

AFTER SCHOOL - 3:00-5:00, Mon.-Fri. Children 12 & 9 years old. Delmar home. 439-9183.

DELMAR: WANTED, Responsible, experienced care-giver, 2-4 children, my home, 3-4 days/week, \$7.50/hr., must drive. Call 484-5927. Leave message.

HELP! LOUDONVILLE WORKING MOM DESPERATELY SEEKING ALICE for her Brady Bunch 6 kids all in daycare and/or school programs. We need someone to come and help with house-keeping, laundry, dinner preparation, running errands, and organizing schedules. YOU NAME YOUR HOURS! (You may work during your children's school hours, before or after school hours, an/or weekend hours). I am looking for students to jobshare with you. Salary is \$10/Hr. for students and higher for Alice! Call me at 427-5168.

IN MY DELMAR HOME, 2 to 3 mornings per week. 439-9390.

NANNY NEEDED: Enthusiastic, loving & experienced person to provide care for a 3 month-old boy in our home. Monday-Friday, 7:30-5:30. Non-smoker, own transportation, comfortable with pets, French speaking an asset. Competitive salary references required. Call Stephanie weekdays 12-5 at 505-8020.

SITTER, Loving and Experienced person needed to care for my 5 month old daughter and 3 year old son in Delmar. Monday through Thursday, 9AM-1PM. Flexible hours. Open to co-op with your own children. 439-3766.

CHILDCARE SERVICES

AT HOME MOM HAS IMMEDIATE OPENINGS for 2-5 year olds, South Colonie/Shaker Elementary area. Lunch/snack provided. 453-6429.

CHILD CARE: Full time in our Guilderland home. Box 250, Voorheesville NY 12186.

EXPERIENCED NANNY. Delmar/Glenmont Area. Available Part Time. References on Request. 767-9039.

FULLTIME, My Delmar home. Professional w/ 20 years experience. Call 439-3964.

GUILDERLAND AREA: Experienced teacher/mom. Ages 18 months & up. Call 356-5679.

LIVE IN CHILD CARE AVAILABLE NOW! Up to 45-hours per week for approximately \$250.00. Each E. F. Au pair is very fully screened with references. Call-Mike or Ann at 518-489-

6442. www.efaupair.org.

MOM Looking to watch your kids before, after, and half-days of school. \$8.50/hr. 439-5230.

My ALBANY/DELMAR home ~ 2 openings. Experienced with references, 449-4853.

NISKAYUNA/CRAIG SCHOOLS: Can care for 3-5 year-olds or AM Kindergarten in my home. Experienced/Pre-school Curriculum offered. 381-4595.

CLEANING SERVICES

CLEANING- residential/ small business/industrial. Free estimates. References. Call Rose 439-0350.

14 YEARS EXPERIENCE: Satisfaction Guaranteed, Excellent References. Thorough, Dependable! 439-2796.

HOUSECLEANING, TRUST-WORTHY, RELIABLE, with References. Call Angela 439-7332.

COMPUTERS

RENT-To-Own-Computers! Starting at \$19.99 a week. 1-800-422-3368.

EDUCATION

EARN YOUR COLLEGE DEGREE QUICKLY. Bachelors, Masters, Doctorate, by correspondence based upon prior education, life experience, and short study course. For free information, catalog, call: Cambridge State University (800)964-8316.

EQUIPMENT FOR SALE

SAWMILL \$3795. NEW SUPER LUMBERMATE 2000. Larger capacities, more options. Manufacturer of sawmills, edgers and skidders. Norwood Sawmills, 252 Sonwil Drive, Buffalo, NY 14225. 1-800-578-1363.

FINANCIAL

FEDERAL LAW ALLOWS YOU TO CORRECT your credit report for free and prohibits credit-repair clinics from requesting or receiving payment until six months after they perform their services. For more information about credit repair, write: Public Reference, Federal Trade Commission, Washington, D.C. 20580.

TAX PROBLEMS?? IRS & STATE troubles solved! Past and present. No cost information, get money back. Sal 1-800-487-1992.

WE PURCHASE LOTTERY PAYMENTS, structured settlements, casino jackpots, performing and non-performing mortgages. We purchase most deferred payments. Contact Jim at Woodbridge Asset Investment Corp. 1-800-499-7240.

FIREWOOD

CAMPING-RECREATION-NIGHT FIRES-HOME WARMTH (2 full cords \$125.00 ea.) Cut-Split-delivery. 426-WOOD (9663)

FLOORING

FLOORING: Hardwood - laminate. Start at \$3. per square foot. Free installation. 784-2278.

FOUND

KEY (POSSIBLE CAR) ON "PROVIDENCE" FABRIC NECKLACE FOUND VICINITY FERNBANK AVENUE. CALL 439-1019.

GARAGE SALES

DELMAR, 34 HAWTHORNE AVENUE, Saturday, September 1st,

8AM-1PM, Household, Toys, Norditrac, Couch, Bikes, Sports Equipment, Lots. More.

DELMAR, 36 ROWELAND AVENUE, SATURDAY, September 1st, 8:30AM-2:30PM, Baby items, Furniture, Air Hockey Table, Toys, More.

HANDYMAN

BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

HEALTH & DIET

TIRED OF PAIN? Orthopedic massage offers solutions for pain management. Call Paul at 482-7198. NYS licensed.

HOME IMPROVEMENT

Weather and emergency repairs of barns, houses and garages. Call Woodford Bros. Inc for straightening, jacking, cabling and weather related repairs. Free estimates 1-800-Old-Barn. www.1-800-Old-Barn.com

LAWN AND GARDEN

DIRT-DAN'S, LAND SCULPTURING AND GARDEN MAINTENANCE. CALL: 767-3061 days, 756-9419 evenings.

MULCH & MANURE for Sale. Delivered - \$30.00 a yard. 356-0255, 765-4372.

LOST

LOST DOG, "JAKE", MALE SHELTYE (Miniature Collie), Since 7/23, \$100 Reward. 439-8254.

MISCELLANEOUS FOR SALE

SIMMONS SOFABED W/OVER-SIZED CHAIR. 4" Inner-spring mattress, green and cream stripes and just professionally cleaned / Scotch Guard. \$320 for both pieces. ANTIQUE Hospital/Serving end table - \$10.00 899-7049.

BUTCHER BLOCK Furniture set, excellent condition, sofa, chair, end table, coffee table \$200. Also lamps. 785-6784.

DINING SET, OVAL CHERRY TABLE, w/2 leaves, 4 chairs. \$500. Perfect Condition. 462-3456.

MEDICAL LIFT CHAIR, Used four weeks. New \$900, asking \$700. Offers considered. 355-6328.

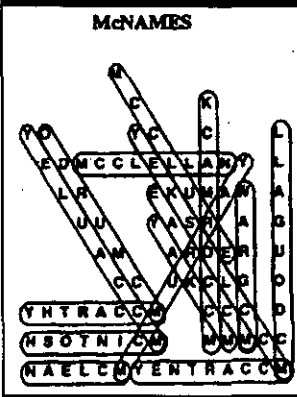
ORLANDO BEACH AREA, 7 DAY- 6 NIGHT HOTEL STAY, Paid \$600, Sell \$199. Call 212-978-9268.

PIANO, 40 YEARS OLD, Excellent Condition, Great for Beginner. \$750., OBO. 439-8005.

WOODEN SWING SET, Slide, Two Swings, Rings, Glider, 3 Years Old, \$350, OBO. 374-3659.

WOLFF TANNING BEDS TAN AT HOME. Buy Direct and

Magic Maze Answers



Super Crossword Answers

QUASI SMUT BBS OVAL
URGES PANE ARAB REMIT
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RAE UCLA NABOKOV ITEM
THEBESTWAYTOMAKEAFIRE
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SHEA LEROY TBONE FEZ
TEXT TALON BEARS TARO
RNA ORRIN PANSY RETRO
ARC TAG NERDS SHE
WITHTWO TACKSISTOMAKE
EEL LAMAS QED VAL
JETER BISON INURE ARF
AMID CATTY ASIAN MIMI
MOP PHASE AFLAT ELAN
SRI ASTA BAS
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NEWT SEN LEER NAFTA

Save! Commercial/Home units from \$199.00. Low monthly payments. Free color catalog. Call Today 1-800-842-1310. www.np.etstan.com

MUSIC

STRING INSTRUMENT REPAIR: Bow rehairing, Violins for sale. 439-6757.

MUSIC LESSONS

GUITAR LESSONS, guitarist available for private instruction in your home or mine. 20+ years experience. Call Rob, 372-5077.

PAINTING

WANT TO CHANGE the colors of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering etc.. Call today for free estimates and prompt, professional service. Bruce Hughes, 767-3634.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin,

Registered Piano Technician, Piano Technicians Guild, 427-1903.

SALES OPPORTUNITIES

\$\$\$ WRITE YOUR OWN PAY-CHECK \$\$\$ We are contracting licensed insurance agents for a career opportunity with the largest agency in N.Y. - We offer guaranteed leads, upfront commission paid weekly, daytime selling, competitive products and companies - For a confidential interview call Rick Panza at 800-642-0642. Monday-Thursday, 9-4.

SITUATION WANTED

HOME SUPPORT SERVICES AVAILABLE. Home Aide Companion, 24 Hr Duty. Homeschooling, tutoring, cleaning, errands, transportation, reading, child care, etc. Experienced, References. 872-1694.

TEACHER-NURSERY SCHOOL, 4 year olds, 2 year degree in Education plus experience. PO Box 2382, Scotia, NY 12302.

SPECIAL SERVICES

CHILD CARE/ADULT CARE, YOUR HOME, CALL 869-0393.

PET CARE- Will feed, walk, etc. while you're away. Loudonville, Latham, Colonie, Niskayuna & Guilderland. References Call 869-0393.

TELEVISION

RENT-TO-OWN 50" Big Screen TV! Starting at \$29.99 a week. 1-800-774-4553.

WANTED

ATTENTION! Honest Collector Paying Cash for old fishing lures and tackle. 370-8796.

ABSOLUTE BEST prices for old costume jewelry and real jewelry, antiques of all types and contents of estates. Call ROSE, 233-1195.

BUYING: All old costume and better jewelry. Call 439-6129.

WANTED TO RENT OR BUY, Two-car garage or Barn within 20 minutes of Delmar. Call 475-1525. Leave message.

Northstar CHEVROLET

Not Bigger...Just Better!

CHEVROLET WE'LL BE THERE

2002 ALL NEW REDESIGNED TRAIL BLAZER

THIS WEEK'S SPECIAL

SAVE additional \$400 if Recent College Grad

NORTHWAY EXIT 9 CLIFTON PARK

Next to Clifton Country Mall

371-5400

Largest Inventory In The Area

Silverados.....20 Available	Venture Vans.....9 Available	Crew Cabs.....7 Available
Blazers.....15 Available	Trackers.....4 Available	Exten. Cabs.....17 Available
S-10 Pickups.....14 Available	Trail Blazers.....10 Available	4x4's.....20 Available
Durmax Diesels.....5 Available	4x2's.....11 Available	Cavaliers.....11 Available
Malibus.....9 Available	Prizms.....10 Available	Camaros.....2 Available
Impalas.....7 Available	Monte Carlos.....7 Available	Corvettes.....2 Available

MSRP \$31,165.

Vortec V6, Auto, AC, PW, PL, Tilt, Cruise, Stereo, Alloy Wheels, LS Deluxe Package

36 MONTHS

Lease	Cash Down	Monthly Payment
Lease	500 Cash Down	\$394*
Lease	1,000 Cash Down	\$379*
Lease	1,500 Cash Down	\$366*
Lease	2,000 Cash Down	\$349*
Lease	2,500 Cash Down	\$334*

*12,000 mi. per year. Tax, title, reg. extra. Expires 8/31/01

Check Automotive Classifieds

on the Web at

www.spotlightnews.com

Spotlight on EMPLOYMENT

HELP WANTED

A LEADER WANTED: International marketing company expanding in region. Seeking someone with experience in teaching, public speaking, or who has owned or operated a business. Send resume to: goalnantuckyahoo.com or call 888-472-0256.

BOOTHRENTAL: Small, personable salon looking for motivated individual, good growth potential, call 475-0770.

CERTIFIED LIFEGUARD/WATER SAFETY/WATER AEROBICS INSTRUCTOR needed for the Mohonasen Central School District, evenings & Saturday afternoons, Continuing Education Program, \$12.25/hr. Send resume and copy of certifications to Kerry Fairbanks, Aquatics Supervisor, Mohonasen Central School District, 2072 Curry Road, Schenectady, NY 12303. Current Vacancies. APPLY

IMMEDIATELY or call (518) 356-8240 or email KFairbanks@mohonasen.org

CLERK/TYPIST 2-3 Days per week. Bookkeeping experience helpful, MS Office experience required. Send resume w/cover letter to NY Farm Bureau, Attn: Personnel, PO Box 992, Glenmont, NY 12077-0992, fax 518-431-5656.

COLLEGE STUDENTS, Local Company has several openings in student work program. \$13.75 base appt. with scholarships available, conditions apply. Flexible hours in customer service/sales 782-2776 for Becky.

DELI MANAGER, DELI HELP & CATERING Positions Available, September. Benefits, Flexible Hours, Rewarding work in a 25 year-old family business. Call Houghtalings Market & Gourmet Catering. 439-0028.

DRIVER: We are seeking an experienced driver to join our trans-

portation group. Our van drivers transport adults with developmental disabilities to and fro from our day treatment program. CDL preferred. Hours are 7-9 a.m. and 3-5 p.m., M-F (20 hours/week). We offer comprehensive benefits, a competitive salary, and a friendly team environment. Apply to: HR Coordinator, Albany ARC, 334 Krumkill Road, Slingerlands, NY 12159. Equal Opportunity Employer.

ELEGANT DINING FACILITY LOOKING FOR Waitperson, Flexible hours, Call 374-9121 for an appointment.

FIRST TEACHERS FEDERAL CREDIT UNION seeks individuals with outstanding customer service skills. We offer competitive compensation, excellent benefits that include medical, life insurance, 401K, and more! Apply to: FTFCU, Attn: Terri Clasen, 1776 Union Street, Schenectady, NY 12309, (518)393-1326 - Fax(518)393-9444 - EEO

FULL TIME TEACHING POSITION AVAILABLE. Special Education Teacher in a NYS Office of Children and Family Services Facility (Rensselaerville). Small Structured environment. Excellent benefits and retirement package. Salary commensurate with experience. Also part time Reading Teacher and Teacher Assistant positions available. Please call (518)797-3781 between 9-5, Monday-Friday, NYSEO.

FULL-TIME TELLERS, Starting \$7.45 per hour in our Albany And

Glenville Branches. Training provided. Advancement opportunity. Apply to: FTFCU, Attn: Terri Clasen, 1776 Union Street, Schenectady, NY 12309. (518)393-1326, Fax(518)393-9444, EEO.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

HOSTESS, Friday and Saturday evenings. Dishwashers. Apply in person, Alteri's, 318 Delaware Avenue, Delmar, after 3PM.

IRONING: OUTSTANDING IRONER NEEDED to start immediately and continue through year. In my home. 439-6686.

MECHANIC NEEDED, Busy Downtown Repair Shop, Full-time, Salary based on experience + benefits. Apply in person, 705 Broadway, Albany.

MEMBER SERVICE REPRESENTATIVE, A floating position covering four branch locations (Glenville, Albany, Schenectady & Cobleskill), where needed. MSRs start at \$8.65 per hour. Previous financial institution experience required. Apply to: FTFCU, Attn: Terri Clasen, 1776 Union Street, Schenectady, NY 12309, (518)393-1326, Fax (518)393-9444, EEO

MERCHANDISER, Part-time/flexible hours seeking self starter to service Colonie area store. 800-553-8808.

PART-TIME OFFICE WORKER NEEDED: Oldcastle Precast is looking for a part-time office assistant. This individual would be required to work 4 hours a day, 5 days a week. Individual must possess knowledge of computer applications. Other requirements include valid driver's license, ability to lift up to 25 lbs., general office work (i.e. filing, copying, telephones, etc.) Please send resume to Oldcastle Precast, Inc., Attn: Carmina Rice, 123 CR 101, South Bethlehem, NY 12161 or fax to 518-767-9390. Or email to carmina.rice@oldcastleprecast.com.

RECEPTIONIST, DELMAR, 30 Hours/week, Optical Office. Send Resume c/o Spotlight Newspapers, PO Box 100-Receptionist, Delmar, NY 12054.

SCHOOL'S OUT, INC. A school age child care program in Delmar is seeking: Site Managers -30hr/wk -Activity Leaders- 25hr/wk -Kindergarten Assistant Teacher-30hr/wk -Special Needs Coordinator-15hr/wk. Competitive Wages And Excellent Benefits 439-9300.

SEASONAL WORKERS, Full and Part Time. Apple Packers, Baggers, Bakers, Bakery Counter Clerks, Cashiers, Cooks, Dishwashers, Doughnut Makers, Forklift Drivers, Produce Stockers, Waitresses, Tour Guides, Petting Zoo Attendants. Indian Ladder Farms. 765-2956. Ask for Kelly.

SECRETARY, Part-time, flexible hours. Computer literate. Familiar with MS Word and MS Money. Good typing, math, and spelling skills. Send resume to P.O. Box 171, Delmar, NY 12054.

SITUATION WANTED, PERSONAL CARE AIDE for young disabled woman, 3 hours, 2-3 days per week. \$15/Hr. 465-1925.

TEACHER'S AIDE - Full-time Teacher's Assistant for Preschool Special Education program, 8AM-3:30PM. Experience or Associate Degree in Early Childhood preferred. School calendar with 6 weeks summer program. Fax resume to 478-0827.

TEACHERS & ASSISTANTS, Toddler, Preschool. Full-time plus benefits. Bethlehem Day Care. 478-0787.

THREE FOOD SERVICE WORKERS, Part-time one cleaning position and substitutes needed, 3-3.75hr. per day, \$8.30 /hr. Interested? contact Melodie Marco at 786-8856.

Driver -Company & owner Ops Regional -Home weekly. Pay for

experience up to .38/ ml. Company .87/ ml. Owner Ops. 1-800-846-4321 Arnold Transportation.

DRIVER -JOBS No experience necessary. CDL truck driving careers. Earn \$35,000 per year, 100% financing available, immediate job placement. The CDL School since 1963. 1-800-423-5837

Medical Billing Data Entry. Excellent income. W-9 Compensation. Benefits available. Must have PC knowledge of windows applications, type 30 wpm, be willing to train. 1-888-329-7072.

300 Immediate Openings. No experience needed. 35K -40K 1st year. 2 wk CDL training. No cost tuition if qualified. Call now 1-877-831-TRAIN. Exp'd drivers 1-800-958-2353

\$500 WEEKLY POSSIBLE. Working through the government and other opportunities. PT -No experience. 1-888-298-7673 7 days X103

CAREER OPPORTUNITY! EARN EXCELLENT INCOME processing medical claims for local doctors! Full training/ support provided. Home computer required. Physicians and Health Care Developments. 1-800-772-5933 ext.2177

DRIVERS: NORTH American Van Lines has openings in specialized truckload, relocation and flatbed fleets. Minimum of 6 months o/t/r experience. Tractor purchase available. Call 1-800-348-2147, Dept. NYS.

DRIVER...Swift Transportation is hiring experienced and inexperienced drivers and O/O. CDL training is available. We offer great pay, benefits and consistent miles. 800-284-8785 (eoe-m/f)

Friendly Toys and Gifts has openings for party plan advisors and managers. Home decor, gifts, toys, christmas. Earn cash, trips, recognition. Free catalog, information. 1-800-488-2375

Get a job or Go to college. How about both? Part time jobs available with full time benefits! Tuition assistance -Cash bonuses and skill training. Have it all in the New York Army National Guard! Our phone number is the same as our website: www.1-800-GO-GUARD

GET HIRED! -GET TRAINED! -GET PAID! Hiring 250 drivers in your area! 15 day CDL training available. 100% financing available. Call 1-800-803-7898. Exp'd drivers 1-800-958-2353

Our children come to the office everyday! Earn an extra \$500-\$1500 month part-time. \$2000 - \$7000 full time. FREE Booklet www.make-your-destiny.com 800-257-1419.

AUTO MECHANIC

JOB REQUIREMENTS:

Some Chrysler experience or ASE Certification (will Train), NYS Inspection License and Valid Driver's License required. Benefits and 401k plan.

Contact **JIM CARROLL** at 756-6161



MARSHALL'S
ROUTE 9W - RAVENA - 756-6161

Branch Opportunities

The Hudson River Bank & Trust Company, an independent, strong, competitive and growing organization is currently seeking highly motivated, dynamic, qualified individuals for the following positions throughout the Capital District and Hudson Valley Regions:

Branch/Assistant Manager

Qualifications include: Minimum 2 year College degree, supervisory and banking experience necessary, excellent communication and customer service focus a must!

Financial Service Representatives

Full and part-time openings throughout our branch network.

Qualifications include: Minimum 2 year College degree preferred, banking experience a plus, excellent communication and customer service focus a must!

We offer outstanding compensation packages, which include a generous incentive bonus program. In addition, our benefit package includes: Medical/Dental/Life Insurance, Pension/401K (with Employer match)/Employee Stock Ownership Plan(s), Paid Vac/Sick/Personal/Holiday time off, Tuition assistance, AND MORE!!!

If you are ready to work in a challenging, professional environment for a company that is dedicated to providing employees endless opportunities for growth, please call our Human Resources Department at 1-800-724-2476, ext. 347. Or send/fax/or e-mail your resume to:

Hudson River Bank & Trust Company

Attn: Human Resources

P.O. Box 76, Hudson, NY 12534

Fax: 518-822-9434

E-mail: kmottoshiski@hudsonriverbank.com



Hudson River Bank & Trust Co.

Hudson River Bank & Trust Company values diversity and is an Equal Opportunity/Affirmative Action Employer.

Dishwashers: FT/PT - AM/PM

Dependable / hard working for a busy banquet facility. Excellent benefits package. Apply at Colonie Country Club, Route 85A Voorheesville.

Full-Time Schenectady County Reporter

Qualified candidates must have strong writing skills and enthusiasm; must have ability to find, report on and write solid news stories and features, while working independently. Pagination skills a plus. Experience also a plus, but not necessary. Full-time employees offered benefits including 401(k).

Come join our growing team. Send resume and cover letter to: Sue Graves, Box 100, Delmar, N.Y. 12054. Apply in writing.

Spotlight Newspapers

The Capital District's Quality Weeklies
125 Adams Street, Delmar, NY 12054

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Assistant Administrator Town of Bethlehem Parks and Recreation Dept.

The Town of Bethlehem, New York is seeking an Assistant Administrator of Parks and Recreation. Candidates should have knowledge of recreation administration principles and excellent organizational skills to plan and implement recreation programs and special events. Should have good interpersonal skills to recruit and train personnel and work with community and school groups.

Requirements are a bachelor's degree in Business Administration or Recreation/Park Management and 2 years supervisory experience involving recreation or park management; or equivalent. Must be an Albany County resident.

Benefits include paid vacation, holidays, sick time, full medical and dental insurance, and New York State Retirement Program. Salary range: \$35,000.

Please send your cover letter and resume by September 7, 2001 to Nan Lanahan, Administrator, 261 Elm Avenue, Delmar, NY 12054. To learn more about us, visit our website at www.townofbethlehem.org.

Real Estate CLASSIFIEDS

REAL ESTATE FOR RENT

DELMAR, 2 BEDROOM, Washer-Dryer Hook-up, Dishwasher, Garage, No Pets. \$660 +/month. 478-9570.

SELKIRK AREA: Newly Decorated 5 rooms and bath. Washer/dryer hook-ups. Quiet. Ideal for 1 or 2 people. \$575. + Security. Lease. 767-3076.

SELKIRK, \$650+, 2 Bedroom Duplex, 1.5 Baths, Appliances, Washer-dryer Hook-up, Security, available October 1. 767-2032.

SELKIRK, 2 BEDROOM Country Apartment, Appliances, Heat/Hot Water, No Pets, Security deposit. \$625/Month. 767-2115.

\$0 DOWN HOMES Gov't & Bank Foreclosures! HUD, VA, FHA No credit OK. For listings Now! (800) 501-1777 ext 1093.

HOUSE FOR RENT

\$875, GLENMONT, 3 Bedroom, Living Room, Dining Room, Family Room, Laundry, Appliances, Fireplace. October 1st. 465-6537.

REAL ESTATE FOR SALE

ALBANY, 1 ACRE LOT w/ foundation between Albany Municipal Golf Course and St. Peters Hospital. 482-6654.

GLENMONT, 25 HOYT AVENUE, OFF KENWOOD, 3 Bedroom, 1.5 Bath, Raised Ranch, Brick/Siding, New Gas Heat, Bethlehem Schools, \$135,000. Call for Appt. 475-7917.

SELKIRK, Cozy 2-3 Bedroom Brick Ranch, Large Private Lot, End of Dead-end Street, \$93,000. 371-3861.

SELKIRK - "Handyman Special" house for sale! Commercial & unzoned. Nice piece of property. \$32,000.00 767-2903.

SLINGERLANDS, 2 BULLOCK ROAD, Center Hall Colonial, 4+ Bedrooms, 2.5 Baths, 1.33 Acres, 3200 sq. ft., 3 Car Garage, plus Loft, Voorheesville Schools, \$325,000 by appointment. 439-8269.

AMAZING LIQUIDATION OPPORTUNITY!! Builder default: 12 super preinsulated homes. Fast/ simple construction. Your foundation/floorplan. Proven quality. Lifetime war-

ranty. Local references/details: Ben, 1-888-966-4866. SACRIFICE!

FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! HUD, VA, FHA. No Credit O.K. For listings (800) 501-1777 ext 109.

LAND FOR SALE

LAKE BARGAIN! 3+ ACRES \$24,900. Free boat slip. Beautifully wooded spectacular views, deeded access to 35,000 acre recreational mountain lake in Tennessee - near 18 hole golf course! Paved roads, utilities, perk. Excellent financing. Call now 1-800-704-3154, ext 204.

ROOMMATE WANTED

HOUSEMATE TO SHARE nice, bright apartment, \$400 inc/heat, h/w floors, female, nonsmoker, 489-1413.

COMMERCIAL FOR LEASE

SLINGERLANDS OFFICES, Monthly Available, \$300, \$400 Heated Security. 478-7214. Cell 461-3578.

VACATION RENTALS

Automotive CLASSIFIEDS

AUTOMOTIVE FOR SALE

1989 MUSTANG, 77k, AC, AM/FM Cassette, Power Doors/Mirrors, Cruise, Excellent Condition. \$1700. 433-9714.

89 HONDA ACCORD LXI, New tires, AC, Runs well, \$2400. 462-3456.

HANDICAP Equipped Van. 1995 Ford Econoline 150. Excellent 25,000 miles. Loaded with options. \$19,500 OBO 518-456-2156.

AUTOMOTIVE DETAILING

CG AUTOMOTIVE DETAILING ~ Experienced Detailer. FULL Detailing Service! Includes: Vacuum & Shampoo rugs, Interior cleaned, Wash & wax car, Engine degreased, Buffing if needed. Call Chuck for appointment 452-8131.

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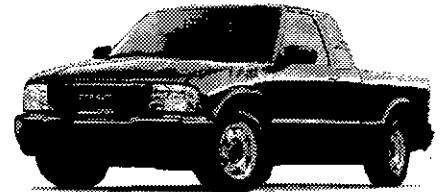
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Principals

(From Page 1)

six candidates. They will undergo further interviews with a quartet of review committees representing department chairs and teachers, students, district parents and support staff.

McCartney plans to consult with those committees before making a recommendation to the school board.

"We're trying to make an offer,

I'm hoping, by the October board meeting," scheduled Oct. 1, he said.

The Bethlehem district looked within for its interim team at Bethlehem Central High School to replace the outgoing Jon Hunter, who departed in late June. Arlene Maranville, assistant principal for five years under Hunter, has been named interim principal, with Michael Tebbano,

the district's music supervisor, tapped as acting assistant principal. The formal search for a permanent replacement has yet to begin in earnest, according to district Superintendent Les Loomis, and is likely to take until April.

"With Jon Hunter's resignation occurring after the school year ended, we didn't feel (summer) was the best time for a full search for a replacement to begin," Loomis said. He expects to consult with the school board on the details of a formal search process, but that it would likely involve a panel of "teachers, administrators, supervisors, parents, and possibly students, or a student representative," he said. He hoped the committee would begin conducting interviews by winter.

In the meantime, he said, "I think everybody connected with Bethlehem high school, all of us, are pleased Arlene is able to serve as interim at the high school. She enjoys universal support, she was truly Jon's right hand person, and she was involved in every aspect of the administration." She began serving in early August.

Prior to her Bethlehem service, Maranville served as assistant superintendent of schools for the Albany Catholic diocese and a principal at Bishop Scully High School in Amsterdam.

At Bethlehem where her duties included overseeing support staff, teacher observation, and student discipline and

counseling, she will relinquish many of those responsibilities to Tebbano and concentrate on long-range planning, interaction with parent groups and overall supervision.

"In terms of responsibilities, it's looking at the bigger picture rather than the day-to-day running of the school," Maranville said. But she anticipated a collaborative relationship with Tebbano.

The transition from her predecessor's administration, she said, was smooth.

"Dr. Hunter is such an organized person that everything was pretty much intact and ready to go for the start of the school year" before his departure, she said. Hunter took a position as superintendent of the Genesee district in western New York.

In Voorheesville, McCartney said the timing of a new appointment would depend on the suitability of candidates for the post and their ability to separate from existing positions.

"If none of the candidates work out, we'll reopen the process," said McCartney. "We're in good shape. We're going to take our time and get it right. In the meantime, we have an experienced administrator in Ray."

Colucciello's career included teaching positions in several area school districts, a stint as assistant principal at Schenectady's Linton High School and elementary school principalships at Woodlawn in Schenectady and

Sacandaga Elementary in Scotia-Glenville, from which he retired in 1993.

Months later, he was summoned out of retirement for a one-year stint as principal for Sharon Springs Central Schools — which in turn led to an interim superintendent's job with the Schenectady city schools that lasted seven years. He now serves as a part-time consultant and speaker on education.

"Retirement, I guess, doesn't work that well for me, and change is something I really enjoy," he added. "I think the best job to have in your life is the job you don't need, and sometimes you have to be older to get it, but then you can do it the way you want. Like Frank Sinatra said, I do it my way."

"I've seen where there used to be 75 applications for an open job in the past," he said. "Nowadays, if there's two dozen and they're qualified, you're doing well." There is no pipeline from the teaching ranks to administration anymore, he said, particularly as a result of the increasingly public profile of major school administrators in the community and their ever-decreasing teaching.

He is mindful of the controversy surrounding tenure for his predecessor last spring, but Colucciello doesn't anticipate that it will prove disruptive on his watch.

"That was then, this is now," he said. "I'm going to come in here and do the best job I can. There are 668 kids out there in need of my services. I'm not an issue, they are."

Both interim principals face the start of the school year with major renovation projects in progress.

"Our biggest challenges at the moment are to live through the first month or so of school with the construction of new classrooms not yet completed," said Maranville. Though new athletic facilities and parking are complete, classroom construction is likely to continue until at least November.

"We're facing a little bit of discombobulation," she said. "We are crowded right now, and we are doing a lot of room-sharing."

Likewise, Voorheesville faces a year of dislocation as the major renovation program approved a year ago by voters continues.

"It brings with it the downside that we're going to be disrupted, and you have to learn to be flexible," said Colucciello. There are going to be interruptions.

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