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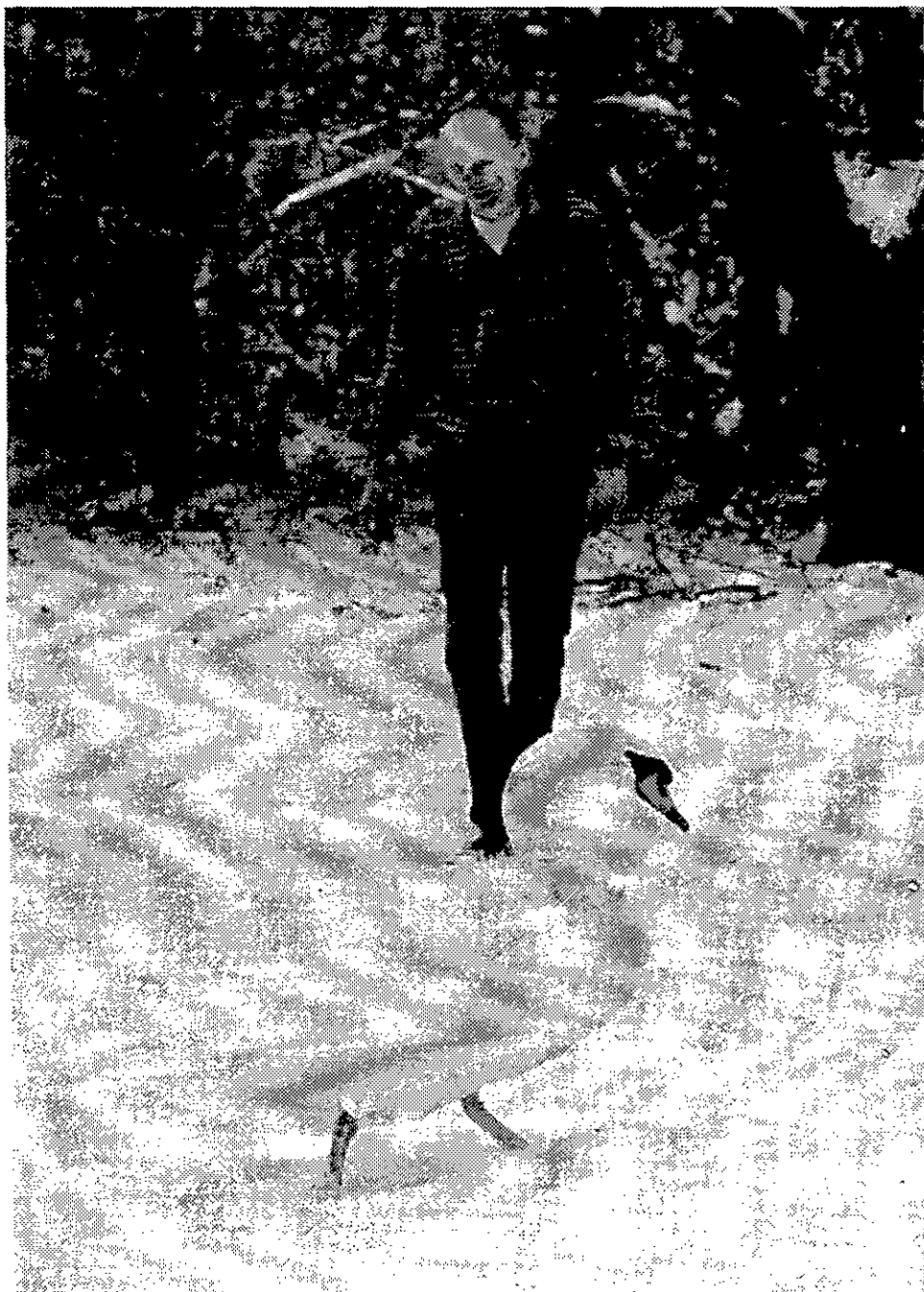
The Spotlight

Serving the Towns of Bethlehem & New Scotland

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January 23, 2002

Swan's way



Carl Macri chases down one of his pet swans in the yard of his Cherry Avenue home last Sunday.

Jim Franco

SuperValu owner dies while on vacation

By KATHERINE MCCARTHY

SuperValu owner and Voorheesville resident Jim Nichols died this past Saturday while vacationing with his wife, Elaine, on the Cayman Islands.

"I honestly don't know 100 percent what happened," the Nichols' 23-year-old son, Jaret, who was away on vacation himself at the time, said. "I only know that they were snorkeling."

Friends of the Nichols and their daughters, Kelsey and Jordan, flew to the Cayman Islands to be with Elaine Nichols, whose 50th birthday was Sunday. They are planning to return to the Capital District today or tomorrow.

A memorial service is tentatively scheduled for 1 p.m. this Saturday, although arrangements will be finalized upon Elaine Nichols' return. Nichols' death has shocked the community, and on Monday afternoon, 20 or more people had gathered at the Nichols' home, where former Voorheesville Mayor and New Scotland Supervisor Ed Clark spoke about Nichols' impact on the community.

"I knew Jim since before he moved here," Clark said. "I was mayor of the village, and we went through the planning board business together." As the former owner of the liquor store near SuperValu, Clark knew the importance of having a big grocery store in Voorheesville.

"That store had been vacant for 10 or 12 years," Clark said. "People needed a place to shop, and not have to travel all the way to Route 20." Owing his own supermarket had long been his father's dream, Jaret Nichols, who now works full-time at the store, said. "My dad grew up



Jim and Elaine Nichols

in Hawley, Pa.," Nichols said. "He managed three stores in Sullivan County — Peck's — for about 25 years. The chance to open his own store brought him to Voorheesville."

SuperValu opened on Jan. 7, 1995. Since then, it has doubled in size, adding a pharmacy, bakery, fresh flowers and fresh fish departments, and became the modern-day equivalent of the town square.

"Everyone says his death is a big loss to the community," Nichols said. "The store was his, and he wanted to make sure everyone liked it. People appreciated it."

"It wasn't just another corporation," Clark said. "Jim and Elaine are

□ SUPERVALU/page 32

Trade Center survivor visits RCS

By KATHERINE MCCARTHY

Generally, when 100 seventh-graders gather in one place, there's bound to be chatting, whispering and fidgeting. That wasn't the case last Friday morning, though, when Geary Seeley took the stage at Ravena-Coeymans-Selkirk Middle School to talk about his experiences on Sept. 11.

When 30-year-old Seeley, an Orange County, N.J. native and brother of RCS remedial math teacher and Clifton Park resident Terri Seeley, talked about Sept. 11, the students sitting on the tiers in the large group room were silently intent on his words.

"I was looking forward to the day,"

Seeley said of the 11th, which found him traveling from his New York state home to Hoboken, N.J., to catch the train that would take him across the Hudson River to the World Trade Center stop. From there, he would walk through an underground tunnel, and up and across Liberty Street to his workplace, the National Association of Security Dealers, located on the 48th floor of 53-story 1 Liberty Plaza.

"My boss was going out of town for a few days," Seeley said after identifying his building in an overhead slide of the World Trade Center complex. "Like when your teachers are out, I knew that work would be a little easier-going, and maybe we would goof around more."

Seeley met up with his boss in the underground tunnel. "While we were walking, we heard a long, loud rumbling sound," Seeley said. "At first I thought it was the subway, but it was so loud, and it really shook everything."

You knew you had to get out of that tunnel. You wanted to get out of the skin on your body.

Geary Seeley

Seeley took two small steps across the stage to demonstrate the time that elapsed between hearing the noise and smelling fumes. Seeley's boss recognized the odor of jet fuel, and yelled that they needed to run.

"It was terrifying," Seeley said. "You knew you had to get out of that tunnel. You wanted to get out of the skin on your body." While running up the four to five flights of stairs to get outside, Seeley lost

□ SURVIVOR/page 32

Center plan moves to town board

By JOSEPH A. PHILLIPS

In two meetings last week, Bethlehem's planning board adopted twin resolutions to recommend that the town board adopt environmental findings and grant building project approval for the Bethlehem Town Center project in Glenmont. The town board is scheduled to take up those recommendations at tonight's meeting at town hall.

Tonight's anticipated action by

□ CENTER/page 11



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Police arrest 3 for DWI Pair face animal cruelty charges

Bethlehem police arrested two individuals last week on charges of driving while intoxicated (DWI) — and the Albany County sheriff's department reported a DWI arrest in New Scotland.

Bethlehem police responded on Sunday, Jan. 13, shortly after 2:30 a.m. to a report of a vehicle accident on Wemple Road between Beacon Road and Route 9W in Glenmont.

Officers found a vehicle that had struck a telephone pole while eastbound on Wemple and spun off the road. Its driver, Christopher Francis Denkers, 18, of 201 Bender Lane, Glenmont, was found walking a distance away, and refused medical treatment.

Officer James Rexford conducted field sobriety tests on Denkers and charged him with DWI, speeding, failure to keep

right, leaving the scene of an accident and possession of an altered license.

On Friday, Jan. 18, shortly before 3 a.m., when officer Craig Sleurs stopped another vehicle on Feura Bush Road near LaGrange Lane for failure to keep right. After conducting sobriety tests, he arrested driver Drew Joseph Crowley, 26, of 184 Grossbeck Road, Feura Bush, for DWI.

Both Crowley and Denkers are due in Bethlehem Town Court on Feb. 5.

Albany County sheriff's deputies stopped Peter J. Moffre, Jr., 60, of 161 Luzerne Road, Queensbury, on Dec. 23 at about 10:30 p.m. for speeding on Route 85 in New Scotland. Subsequently charged with DWI, Moffre now awaits a Feb. 7 appearance in New Scotland Town Court.

By JOSEPH A. PHILLIPS

Two individuals have been arrested on felony charges in connection with a dog abuse case in Bethlehem last month — and one of them faces more serious charges in connection with a case of human torture in Albany.

James Richard, 24, of 162 Third Ave., Albany, was transported from Albany County jail by sheriff's deputies on Jan. 8 to face arraignment before Bethlehem town Justice Frank Milano for aggravated animal cruelty, a "Buster's Law" felony carrying a potential 1 1/3 to 4 year sentence.

Milano ordered him returned to the county jail without bail pending further action on the case by the county district attorney's office.

By the time of his Bethlehem arraignment, Richard already faced several felony counts in Albany. He remains in the county jail in lieu of \$200,000 bail

following a grand jury indictment charging him with kidnapping, a B felony, as well as two counts of assault and three of coercion, all D-class felonies.

The charges stem from a Nov. 29 incident. Richard is one of six individuals charged with kidnapping, tying up and sexually abusing and torturing his former girlfriend in an Albany apartment.

Also charged with a single felony abuse count in the animal cruelty case is Olivia Mullins, 21, whom Bethlehem police believe was the occupant of record of an apartment at 18 Hanover Drive.

On Dec. 4, Bethlehem animal control officer George Grandy found an adult pit bull and four puppies, one of them suffering serious wounds inflicted by a harness meant for a much smaller animal, all left unattended and without food and water in the filthy apartment for several weeks. The animals were turned over to the Mohawk & Hudson

River Humane Society shelter in Menands for adoption.

"At the time, (witnesses) told us it was (Mullins') apartment, and that there was a boyfriend-girlfriend situation, with Richard living there also," said Bethlehem detective Chris Bowdish, who took part in the investigation.

Mullins was arraigned on Dec. 12 before former town justice Kenneth Munnely on a warrant issued in the dog abuse case. At the time, Mullins was already in custody at the county jail on a previous violation.

But when Bethlehem police inquired of their Albany counterparts about Richard, they learned he was a fugitive in the torture case.

Following his subsequent apprehension and arraignment, the cases against both Mullins and Richard in Town Court have been adjourned until Feb. 5. Albany police questioned Mullins in connection with the torture incident, Bowdish said, but she is not believed to be involved.

Milano referred Richard's Buster's Law prosecution to the county district attorney's office, and Bowdish said the case is not likely to be heard in Town Court.

County assistant DA Peter Tornello, overseeing Richard's prosecution in County Court, declined to speculate on the disposition of the various charges, saying "It's just too early yet to make a determination" of how and whether they will be prosecuted.



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Lt. Gov. Mary Donohue congratulates Elsmere Elementary students for efforts on behalf of victims of terrorist attacks. *Jim Franco*

Lieutenant governor honors Elsmere kids

By KATHERINE MCCARTHY

Elsmere Elementary students went the extra mile when they put together last November's Praise America Day and raised more than \$12,000 for victims of the Sept. 11 terrorist attacks.

Last week, they showed off their stuff once again — this time dressed to the nines — when Lt. Gov. Mary Donohue visited the school to pay her respects to the students.

"When Governor Pataki shared the letter that your principal wrote to him," Donohue said, "we thought it was appropriate that we should come to you, and to show our respect for you."

Fifth grade student Joseph Hartunian and fifth grade teacher Kim Fusco hosted last Friday's event. Hartunian said that on Nov. 3, physical education teacher Pete Hogan had organized a "Run for America," and, walking and running, Elsmere students raised \$5,000 in one day.

On Nov. 17, Elsmere hosted its Praise America Day, which had been prompted by a desire on the part of fifth-graders to do something to help victims of Sept. 11.

To prepare for the event, students in every class made crafts to sell at the school on Praise America Day. Last Friday, representatives from each class showed their patriotic crafts to the lieutenant governor. "On the 17th," Fusco said, "our school was crowded with community members buying crafts, eating in the Liberty Café, or getting massages, haircuts, and buying raffle tickets and participating in the entertainment of the day."

Fifth graders Kristy Laccetti and James Moody re-enacted part of the day. Laccetti read her essay,

"What it means to be a hero," and Moody read his poem, "Proud to be an American."

"Elsmere harbors wonderful human beings who do wonderful things," Fusco said. "We've made a difference."

Under the able and enthusiastic leadership of Cori DiFabio, the fourth- and fifth-grade choir serenaded the lieutenant governor with "Freedom," and Leigh Garwood's "Proud to be an American."

"I was a third-grade teacher at Clarksville, 30 years ago," Donohue said in her remarks. "It makes me wistful to be here." Donohue called for a round of applause for all the teachers who work with the students.

Donohue saved her highest praise for the students. "What you've done is admirable," she told them. "It represents the best of the Empire State. Our ancestors came to this country, looking for respect for individual differences. That's what was attacked on Sept. 11. The terrorists broke our hearts, but not our spirit, not your spirit, the kind that made New York state."

Donohue said the future rests safe with students like Elsmere's. "I have so much confidence that as you become the leaders of our world, we'll be well-cared for," she said.

Donohue made a promise to the students. "When I am in schools across New York state," she said, "I will tell them about what Elsmere school has done. You are an inspiration to me as lieutenant governor." Donohue then shook hands with each of the school's nearly 300 students.

"Nothing is more important than inspiring these kids, and giving recognition, especially to those reaching out to others," Donohue said.

Principal Dorothy Whitney beamed in pride. "I'm so happy that the kids had the opportunity to be recognized like this," she said. "They are the most wonderful kids anyone could have. They're really extraordinary, with their warmth and generosity."

Assistant Superintendent John Maguire said. "The recognition by the lieutenant governor was appropriate and well-deserved."

Selkirk woman dies in Rt. 9W crash

By JOSEPH A. PHILLIPS

Emma McCormick, 79, of Selkirk was killed Friday, Jan. 18, in a two-car automobile accident on Route 9W near Maple Avenue.

The accident was reported to Bethlehem police at 9:33 a.m., and the Selkirk Fire Department, Bethlehem Volunteer Ambulance and Albany County paramedics also responded.

Police spokesman Sgt. Thomas Heffernan said a northbound Dodge Neon driven by McCormick of Pantages Trailer Park crossed into the southbound lane of 9W, narrowly missed another vehicle, and struck head-on a southbound Dodge Dakota truck driven by Diane C. Banoff, 45, of Freehold. Banoff's vehicle rolled over, and McCormick's went off the road into a ditch.

McCormick was pronounced dead at the scene by Albany County Coroner Philip Furie. Results of an autopsy conducted Friday, to identify a specific cause of death and any factors contributing to the accident, are unavailable.

"We haven't been able to rule out whether there was a medical condition that was a contributing factor," Heffernan said.

Banoff was transported to Albany Medical Center Hospital for treatment of several injuries and released. "She's not considered a contributing factor at all, based on her information and that of eyewitnesses," Heffernan said.



Police are investigating the cause of this accident in which 79-year-old Emma McCormick of Selkirk died last Friday.

"There do not appear to be any environmental factors contributing to it," said officer Jeffrey Vunck, collaborating with detectives in the investigation. "It appears to be the human factor."

The accident closed part of Route 9W for several hours while the vehicles were removed, and remains under investigation.

It came less than a day after another accident at 6:54 p.m. on Thursday, Jan. 17, near Bethlehem Central High School on Delaware Avenue.

According to police, a vehicle driven by Andrea Burriesci, 16, of

Delmar attempted to turn left at Van Dyke Road, into the path of the eastbound vehicle of Douglas R. Brownell Jr., 24, of Albany.

Burriesci and a passenger, Annie Lytle, 16, of Delmar, were transported by Bethlehem Ambulance to St. Peter's Hospital, and Brownell by Delmar Ambulance to Albany Med.

Burriesci has not been charged in the accident, but Brownell, cited for a suspended license and revoked registration and charged with unlicensed operation, is due in Town Court on Feb. 5.

CDTA to cut Delmar bus service

By JOSEPH A. PHILLIPS

Facing a nearly one-third reduction in anticipated state aid for the remainder of the current fiscal year that ends March 31, the Capital District Transportation Authority (CDTA) has announced bus service reductions on a number of its regional routes, to take effect Feb. 3.

The overall 4 percent reduction in service affects 23 different bus routes — but only one in the town of Bethlehem. A residential "loop" on the route connecting Delmar and downtown Albany will be eliminated, while the main route will remain intact.

The service cutbacks were among several cost-cutting and fund-reallocation measures adopted by the CDTA board in December. Those included elimination or deferral of several planned capital purchases and the launching of efforts to seek supplemental funds from the state Department of Transportation.

The austerity measures reflect a projected \$5.6 million budget shortfall in the coming quarter, resulting from the loss of anticipated state transportation funding, stemming from the adoption of a bare-bones "baseline" budget by the state Legislature last August, according to CDTA's director of marketing Carm Basile.

CDTA chairman David Stackrow said the cutbacks will affect less than 1 percent of

CDTA's weekday customers, and about 5 percent of weekend passengers.

"It's a relatively minor reduction in service overall," said Basile. "Though we understand that even if you're not talking lots, you are talking people." But he said the cuts come on only the most lightly-travelled routes and times.

One of those service cuts affects the Route 18 bus, the Delaware Avenue line that operates from downtown Albany via Lark Street and Delaware Avenue to the Four Corners, where off-peak midday buses end their service.

On weekends and during weekday commuter hours, the 18 bus follows one of several alternate routes after it reaches Delaware and Elsmere avenues. One continues down Delaware to Cherry and then Kenwood Avenue, another over Elsmere and then Kenwood, with both routes terminating at Grove Street in Slingerlands.

Four eastbound and four westbound trips a day add the Fernbank Loop — across Elsmere to Fernbank Avenue, returning by way of Winne Road and Rowland Avenue — to the Delaware-Cherry route. This Fernbank Loop service will be discontinued, and minor arrival and departure adjustments made to the other schedules.

"That leg covers what I would call the southern neighborhoods, between Delaware and Elsmere Avenue," said Basile. "It will be discontinued because of low ridership." Each of the Fernbank trips, he said, averaged between

5 and 8 riders per trip with destinations along the discontinued loop.

Public reaction to the cuts has been limited so far, Basile said. "We are now just starting what I call the on-street part of the notification process," he said, posting placards at stops and distributing reprinted schedules to riders. Information on the revisions is also available online at www.cdta.org.

Supervisor Sheila Fuller, who was notified in December by letter from CDTA Executive Director Dennis Fitzgerald of the service changes, confirmed last week that she has recently fielded two citizen inquiries regarding the changes — one of those concerned about the lack of off-peak midday service to Slingerlands that already exists on the route.

"We notified (CDTA) that we were not happy about the cutbacks," she said. While she conceded that only a handful of customers might be affected by the changes, she added, "The real issue is that people who use CDTA regularly are the ones that really need public transportation."

Whether the service cuts will be permanent will depend on both public response and on any restoration of funding, Basile said.

"We need to see what the state budget for the upcoming fiscal year will be like," he said. "And we need to see if the service changes cause any inconveniences. I guess the message would be, we don't want to slam the door on customer input and customer service."

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Kids' personality traits are mirrors of parents'

By KATHERINE McCARTHY

For a long time, our children are creatures that require clean diapers, another cup of juice or a lunch for school. As they get older, and the physical care-taking diminishes, it becomes fascinating to see how they are like us, the parents who once thought it would be nice to have a family to be connected to for the rest of our lives.

In our family, those similarities start in the morning. While Christopher and I are glad for weekend mornings so that we can indulge in one of our family's favorite pastimes — sleeping till we wake up — we cope fine with the weekday routine of rising in time for school. One extra hit of the snooze button, and I'm up; for Christopher, it's one giant stretch

COMMENTARY:

*Mom's
the
Word*



before his arms go into his bathrobe.

For Cormac and Chris senior, mornings are nothing short of torture. Chris sets and resets his alarm so often that on the mornings he must get up before me, I am wide awake while he still tries to steal a few more minutes of rest from the day.

Cormac stretches and pulls the covers more tightly under his chin. He will open one eye to check on the day — and to call the dog closer to him — and will mentally tell me what he wants for

breakfast. He only fully wakes when irritation at my repeated question finally pulls him from his sleep. The sounds and scents of the morning make their way into his sleepy head, and by the time breakfast is ready, he is awake enough to sit at the table with both eyes open.

Once up, even more of our personalities come through. Christopher and I like quiet for a while, so we can approach the day with caution and reflection. Chris and Cormac, once finally away from their beds, are on. Chris will read from the newspaper in the voices of old British women or Southern evangelists, and soon we are all laughing. Cormac will share his dreams — plus interpretation — of the night before, and throw in a few play-on-words just to get us going.

In gross generalities, this is the difference in our family. Christopher and I are quieter, unless sparked by some particular topic. A few years ago, friends stopped in and found Christopher reading the book he'd checked out of the library once a month for a solid year, *Mysteries of the Loch Ness Monster*.

"Do you believe the Loch Ness monster is real?" Dave had asked, to get an enthused, "Oh, yes, yes,

yes, and let me tell you why." Even Chris and I were amazed at the passion behind his outlining of the reasons. Cormac doesn't need a passion to launch him into language, his favorite tool. He narrates his life, our lives, and life in general. If he doesn't have something to say, he will hum, or invent a nonsense language to amuse himself. This sometimes presents a fine line for a mother to walk. I don't want to squash.

Chris was once surprised when his mother told him Cormac was just like he was as a child. "I thought I was more like Christopher," he said. "Now, maybe," she said, "but I used to have to ask you to be quiet for a few minutes so I could think, too."

We have to be careful not to fit them into the mold of one child being only like the other parent. Christopher shares Chris' ability to focus on a subject for a very long time, whereas Cormac and I like succinct answers.

As the year 2000 approached, we listened on the radio about the protests against the Seattle meeting of the World Trade Organization. "What's that about?" the boys asked, and Chris deferred the answer till we arrived at a local restaurant. I had a one-paragraph answer ready,

but Chris, after coats were shed and dinners ordered, started down a different path.

"Five hundred years ago," he said, "with the advent of the mercantile system."

It was amazing to watch the children quiz him on his answers. Christopher hung in for the entire discussion, while Cormac and I got a little restless. It's not that we aren't interested in the relationship between the Hansa cities and modern commerce. It's just that our immediate world is also interesting to us. While the two Christophers ruminated over the history of trade, Cormac and I noticed that the waitress had two bandaged fingers, the lady at the next table looked like Grandma Kate and the dessert special was tiramisu. It's always easy to claim our children's good traits; fessing up that one of us might be the inspiration for Christopher's nature of absolute finality or Cormac's stormy temper.

Maybe that's the first step toward acknowledging them as their own people. It is always a delight to discover in them a skill that neither of us has. Christopher's interest in mythology has let him be the teacher for a while. Cormac is our problem solver, and when something breaks, we will ask him first how to fix it. He is the one who fully understands the relationship between those red, yellow and white cables, our ancient television, the VCR and the video game players. It can be bittersweet to watch them begin to emerge into the men they will become. When they strike out on their own, I hope they know that they will always have people just a little bit like them that they can return to anytime they want.

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Hudson River Bank to open V'ville branch

By JOSEPH A. PHILLIPS

A branch office in Voorheesville abandoned last summer by one regional bank has been acquired by another and will open soon under the banner of its new corporate parent.

As part of an aggressive expansion program throughout the Northeast, Columbia County-based Hudson River Bank & Trust last month purchased the former Fleet Bank branch at 13 Maple Road in the village. Hudson River, which is in the process of merging with Mohawk Community Bank and will acquire that institution's 16 branch locations in March, will have 53 branches altogether when the Voorheesville office opens, according to Hudson River's director of retail banking, John Holt.

That opening is currently projected for April 1, Holt said, and Kelly Baily, a Glenmont resident currently employed at Hudson River's in-store branch at the Price Chopper SuperCenter at Albany's Westgate Plaza, has been named as the new branch's manager.

"We expect to employ five or six individuals initially in Voorheesville," where the bank has current customers now served by its Guilderland branch on Route 20, Holt said.

"Our regulatory approvals are

set at this point," he said, noting that approval has already been secured from the state Banking Department to open the new branch and that a similar application is pending before the Federal Deposit Insurance Corporation.

Last Wednesday, Jan. 16, the bank secured conditional approval from the Voorheesville village Planning Commission for its renovation plans. The bank will expand the existing drive-through canopy to accommodate a second lane with a tube system.

"We plan a few other minor modifications to the outside of the building," said Holt, as well as new interior furnishing. The

Planning Commission also mandated changes to the current exterior lighting, according to chairman John Schachne.

"We have not yet set hours of operation," Holt said. "But we plan to be extremely competitive with other banks in the region."

We have not yet set hours of operation. But we plan to be extremely competitive with other banks in the region.

John Holt

Mohawk merger is completed, also operates a local branch on Delaware Avenue in Delmar, an in-store unit at the Price Chopper Superstore in Slingerlands and a pair of branches in Rotterdam.

"It fits nicely with our footprint, with our branch in Guilderland,

our branches in Rotterdam, and will complement our Mohawk acquisitions," Holt said. "As we continue to grow, we always look at opportunities. We are delighted to become part of the Voorheesville community."

Hudson River also operates outlets in Albany, Schenectady, East Greenbush and Rensselaer, among others from Dutchess to Warren counties. The Mohawk merger will also bring new branches in Guilderland and Latham, as well as Saratoga and Schenectady counties.

"Most of (Mohawk's) branches are in areas that aren't being serviced now by Hudson River Bank & Trust Company," spokesman Jeff Ouellette said last week. "At this point, I would say the branches will remain open."

Hudson River Bank & Trust, headquartered in Hudson and established in 1850, offers full-service banking, investment management, brokerage, insurance, trust and commercial services.

Church to present women's health day

On Saturday, Jan. 26, from 9 a.m. to 1 p.m., Delmar Reformed Church will host "Mind, Body and Soul," a women's health day.

The event will include a continental breakfast and lunch, and will feature a broad selection of workshops.

Participants can choose three of the following: Internal Fitness with Tom Shields, Counseling for Women with Lynn Safarik, Acupuncture with Charles Braverman, yoga with Joan Savage, Spiritual Journeys with the Rev. Sandy Damhof, and Health for the Whole Person with Betsy Lehman and Kim McKee.

Also, Breast Cancer Support with To Life, Massage Therapy with Balance Massage Studio, Chiropractic Care with Tim Talmage, Everyday Spirituality with the Rev. Jo Page and Reiki with Marguarite Reagan.

The cost of the program is \$5. To register, call 439-9929 or e-mail info@drchurch.org.



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Take a basket of vegetable goodies to feed Rosie and learn interesting facts about this beloved Scottish Highlander cow. Every Saturday at 11AM • \$3 per child, each child gets a sticker with a picture of Rosie on it.



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Check out the skiers' lunch special and the new winter menu in the Yellow Rock Café. Espresso, cappuccino, café latte. Live acoustic music Sat noon-2:30.

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Matters of Opinion

Tragic loss

The tragic death last weekend of Voorheesville's Jim Nichols will leave a huge void in the community. Jim drowned after being caught in a riptide while on vacation in the Cayman Islands.

Jim and his wife Elaine and family have played an important role in Voorheesville ever since they opened SuperValu Foods on Maple Road.

The store, which had lain fallow for a decade was revitalized, when the Nichols took over and became one of the focal points of the village.

Jim and Elaine supported youth in the community in a number of ways. Many teen-agers from the area worked at the store, and many of those same youth were awarded scholarships as they moved on to college.

Last year alone, more than \$15,000 in scholarships were sponsored by Jim and Elaine.

In addition, many, many fund-raisers were bolstered by support from the Nichols. Whenever there was a need or a cause, the Nichols could be counted upon to lend their support.

Our hearts and our sympathy go out to Elaine and her family during this time of great sadness.

Board acted wisely

The Bethlehem town board acted wisely in its selection of Howard Engel of Selkirk to fill a vacancy on the planning board.

Supervisor Sheila Fuller and board members Doris Davis and Dan Plummer were correct in choosing someone from the southern end of town to fill the vacancy.

The southern part of town plays a crucial role in the town's well-being. The town's only industrial base is there, and any new industry would likely be sited there in the future.

What this means is much needed tax revenue for the town that has seen residential growth rise significantly in the last decade. Residential housing does not and will not pay for itself in terms of the tax base.

Having a voice on the planning board from the southern section of town is an excellent way to help direct new development, while at the same time help to preserve the rural character of the town. There are already projects proposed there that have some residents concerned about environmental and aesthetic effects.

Having a 'voice' from Selkirk on the planning board should help to reassure residents that their concerns are being addressed and will be addressed in the future.

Editorials

QE2 trip was an amazing experience

By DORIS and JIM DAVIS

Bethlehem Town Councilwoman Davis and her husband are recent retirees and 36-year residents of the town.

First of two parts

Because so many of our friends and neighbors have been asking about our recent 29-day "voyage" on the Queen Elizabeth 2, we are taking this opportunity to share some details of our trip from Southampton, England, to Cape Town, South Africa.

We left Albany Sunday, Oct. 21, and arrived at London's Heathrow airport on Monday, Oct. 22, about 9:30 a.m. While waiting for our shuttle to Southampton, the home port of the QE2, we had the bonus of seeing and hearing the Concorde take off for the first time since the terrible crash two years ago. Quite exciting and very loud.

We finally boarded the QE2 at about 3:30 p.m., and the ship sailed in early evening.

Tuesday and Wednesday, Oct. 23 and 24 — These first two days at sea were an excellent opportunity to become familiar with this older but beautiful and sleek ship that, as an ocean liner rather than a big-box cruise ship, moved easily and smoothly through the choppy waters of the Bay of Biscay. We found that the QE2 had much to offer: a spacious promenade deck that was more than one-fifth mile — great for walking and exercising; several restaurants as well as the Lido, a buffet-style restaurant; an extensive library and book store staffed by two full-time librarians; an outdoor salt-water pool; two outdoor jacuzzis; a fitness center with heated pool; beauty salon; elegant spa; free launderette with washers, dryers, ironing boards and irons; florist; theater; several large lounges/bars; casino; computer learning center, where I regularly sent e-mails to family and friends; many lovely shops; shuffleboard court; deck tennis court; golf cage and small putting green.

Details about passengers were provided by Cunard: 1406 from the UK, 141 from the United States and 155 from 16 other countries for a total of 1,702

Point of View

passengers.

Folks from other countries asked if we had lost friends or family in the Sept. 11 attack on the World Trade Center when they heard we were from New York, and everyone freely expressed support for the United States and President George W. Bush.

Thursday, Oct. 25 — We docked at Funchal on the Portuguese island of Madeira at about 7:30 a.m. and with another couple went ashore and hired a taxi for a three-hour tour with our affable, English-speaking driver, Roy. The island is quite mountainous, but with a well-cultivated and rich patchwork of terraced gardens of banana trees and plantations, vineyards and a wide variety of fruits and vegetables.

We enjoyed the pretty fishing village of Camara de Lobos, one of Winston Churchill's favorite places to visit and paint; and Cabo Girao, locally claimed to be the world's second-highest sea cliff. It seemed as though we were driving either up or down steep, winding roads most of the time!

Driving back to the heart of Funchal, an attractive city with a population of 150,000 that thrives on tourism, we were always aware of the hillsides covered with pretty red-tiled houses and lovely gardens and flowers. When our tour with Roy ended, we had lunch at an outdoor cafe, walked the busy downtown area with shops and attractive buildings and strolled through a large indoor market with an extraordinary variety of fruits, vegetables and fresh and dried fish. Walking back to the ship, we passed a large marina with many large boats that seemed diminutive compared to the QE2 docked in the background.

The "sailing away" from Madeira in the evening was beautiful, with the lights of Funchal like those twinkling on Christmas trees.

Sunday, Oct. 28 — Up relatively early by 7 a.m., I saw land for the first time in two days. We had arrived at Sao Vicente in the remote Cape Verde Islands and were entering Porto Grande, a large harbor. The Cape Verde Islands are volcanic, very steep, craggy, largely uninhabited and seemed unfriendly in appearance from the ship.

When we left the ship at 9:30 a.m. with another couple and temperatures were already in the dry 90s, we realized we should stop to buy bottles of water at a small and busy shop on our 15- to 20-minute walk into town.

The area along the waterfront is poor and quite primitive with cobblestone streets. Because it was Sunday, most businesses were closed, and streets were not as busy as they might have been; however, we saw local people headed for church — many in bare feet — or curious to see the QE2 passengers. The population is of Portuguese and African descent, and the people are

handsome — many tall and most slender, probably because their diet consists mainly of fruits, vegetables and fish, which was plentiful in one of the markets we walked through.

While many older homes and buildings appeared run-down, others were pretty and painted a variety of pastel colors. Though poor, the streets were generally clean and neat. We passed several busy churches and were saddened by the young and old beggars outside. We noticed the large number of bars, apparently a result of the regular influx of sailors from the many freighters and working ships that dock at Porto Grande for supplies.

This Portuguese port had established itself as an essential fueling and supply station during the expanding European exploration in earlier years. At first, colonists tried to establish vineyards and sugar plantations, but its hot, dry climate would not support a viable crop. Even cotton plantations were wiped out, and populations were decimated several times by protracted droughts since the island was first settled in the 16th century. Today, the Cape Verde islands, with their brown/black jagged volcanic rock, are mined for the cement industry, and we were able to see carved areas where mining had occurred. Farming is an industry as well, but a lack of water is a serious problem.

Because the ship's departure was in mid-afternoon, we were unable to explore more of the island, but we were admittedly relieved to return to the air-conditioned ship and then swim in the pool after walking in the extremely hot sun for most of the day.

Tuesday, Oct. 30 — Another day at sea with beautiful clear blue skies and temperatures in the high 80s. At about 11:30 a.m., most of the passengers began to gather on the stern end of the ship's decks to await the arrival of "King Neptune and his Court" and the much-anticipated crossing of the Equator.

Exactly at noon, the king, queen and court arrived in full regalia for the ceremony in which "pollywogs" (those of us who had not previously crossed the Equator) would become "shellbacks." After the king and queen read their proclamations, about 90 of us were brave enough to be "initiated." Jim and I first had to kiss a large dead fish, after which we were dumped in the pool; other younger and less fortunate were doused with eggs and various unpleasant looking concoctions. In spite of that, the event was fun.

Thursday, Nov. 1 — We arrived at the volcanic island of St. Helena, the second oldest British colony. The ship anchored in the harbor at Jamestown, the capital, and we went ashore by "tender." St. Helena, an isolated island of 48 square miles about 1,200 miles off the coast of Angola, has a population of fewer than 6,000 with about 1,500 in Jamestown.

Next week, the conclusion of the trip.

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Your Opinion Matters

Selkirk couple vow to fight plan Helper says thank you

Editor, The Spotlight:

We are writing this letter to voice our deep disapproval of the planned Waste Management site in Selkirk.

This area is a quiet, rural setting. We already have our fair share of car haulers, propane trucks and tractor-trailer traffic in our community.

We do not want the added noise, smell, truck traffic, rodents, unhealthy and unsafe conditions that Waste Management is certain to bring to the town.

Is this the view that the town wishes to portray to visitors and business people coming from Exit 22 — garbage trucks and semis hauling Dumpsters greeting them? Imagine a businessperson wishing to invest in this community, stuck in between a garbage truck and a semi-tractor trailer hauling a dumpster on a hot summer's day. We thought the idea was to broaden the tax base not destroy it.

This project has so many flaws in it, it is difficult to know where to begin.

A business that operates 75 plus pieces of heavy machinery which starts at 3 a.m. and operating Saturdays, Sundays and holidays — so much for quality of life.

An operation that has garbage trucks and semis making a left hand turn off Route 144 onto their site is an accident waiting to happen.

A scenic and historic site that is visible from the Thruway Hudson Bridge forever destroyed — so much for rural scenery.

Resident takes official to task for 'hypocrisy'

Editor, The Spotlight:

Tom Marcelle's recent action at the town board meeting when he presented his own planning board candidate is about the fastest hypocritical action I have ever seen from an elected official.

I believe it was in October when Mr. Marcelle was campaigning for a town board seat that he claimed his South Bethlehem roots would give him an advantage over other candidates in dealing with issues that impacted the southern part of the town.

Clarifications

The year-in-review article on Jan. 2 omitted the news that Kathy Griffin of Prudential Manor Homes was named Business-person of the Year by the Bethlehem Chamber of Commerce last March.

John Brilling Horgan of Delmar also won the 2001 National Forensics League Tournament. He was named a National Forensics League All-American from a field of 93,000 students.

In Selkirk

The Spotlight is sold at
Corner Market, Deli Plus,
3 Farms, and Stewarts

A company that has racked up millions of dollars in environmental fines and has been a poor neighbor in numerous communities — this is the business we welcome in?

Garbage trucks and idle Dumpsters also mean a new neighbor to the Bethlehem Community — rats and other rodents.

Let's not be fooled that where 75 plus garbage trucks and dumpsters reside that there will not be a major increase in this type of health hazard to the town. Where there is any type of food waste remaining on these trucks, Dumpsters or site — rats and rodents will be drawn in.

Idle Dumpsters will pool with water that would breed mosquitoes — increasing the potential for West Nile virus.

Waste Management buys all the property on this site, even though it claims it needs only 25 acres, to avoid a public hearing and tells the board that 100 plus acres will be set aside for future development — what for? Transfer station, dump site or base for PCB removal from the Hudson?

We intend to fight this proposal. We do not oppose development of this site. We have no objections to Waste Management strictly placing an administrative office building without the accompanying waste trucks, Dumpsters, wash station or potential waste.

We are requesting that the town of Bethlehem become the lead agency on this project and that it be considered a Type I under SEQR.

We are also requesting a public hearing on this matter so that the numerous families directly and indirectly affected by this travesty can voice their concerns. We do not believe that this proposal can stand the full spotlight of public and media scrutiny that will occur if this proposal is not quickly and soundly put to rest.

Richard and Christina
Zaranko
Selkirk

**Got a gripe?
Write a letter**

Editor, The Spotlight:

I want to thank the kind Bethlehem residents for giving so generously to Candice Bosworth's holiday drive at Bethlehem Central Middle School.

I'd like to thank senior citizens, families and students for responding to my request for wrapping paper and toys.

Thanks also to Michael and Katie Latter, Brittney Mancinelli, Sarah Turner, Dee Manze, Laurel Heighton, Jennifer Henrikson, Leslie Klein, Amanda Ball, Clare Browne, Megan Braaten, Marie Capone, Tom Blassman, Kerin Stagnitta, Andrew and Madeleine Clark, Kathi Reynolds, and Peter,

Linda and Christopher Maggione.

And Tyler Brown, the family of J. and E. Lyons, Leann Hennessey, Katy, Patrick and Linda Wickham, Joan Myers, Charles Dawson, Chris and Ali Gehr, Victoria Lopez, Alyssa and Abra Marion, Kaitlyn Raffae, Rebecca Riggins, Hannah, Melanie and Steve Welch, Monica and Nancy Wolff, Jamie and Melissa Barada, the Melcher family, Susan, Bill, Will and Chris, Katie Feeney, Minnie Savoca and Jane Knowles.

Thanks also the *The Spotlight* for helping me to reach out to the community.

Joseph C. Gutman III
Delmar

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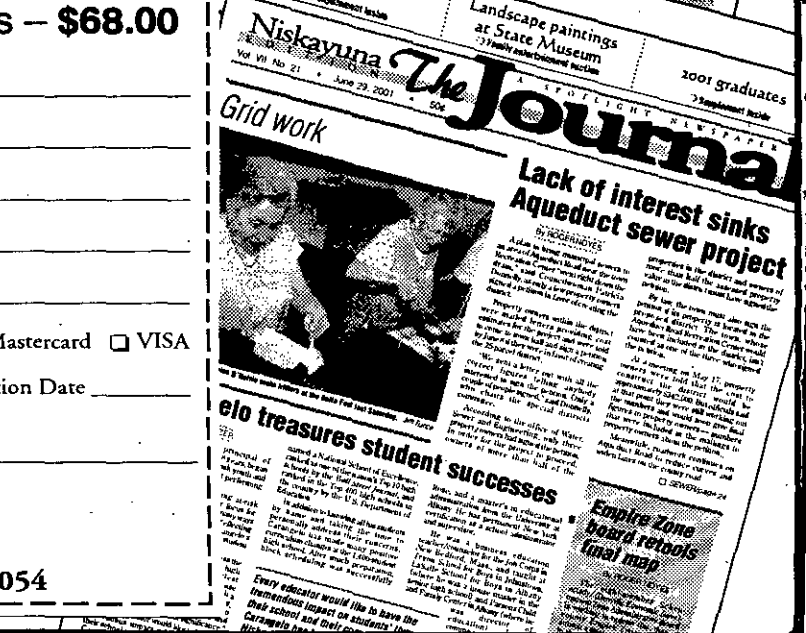
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RCS high school names honor roll students

The Ravena-Coeymans-Selkirk High School has announced the high honor and honor roll students for the first marking period.

Grade nine honor roll

Matthew Billings, Ray Carhart, John Cramer, Myles DeBacco, Chauntell Dunckle, Amanda Eissing, Eligh Fagan, Robyn Filkins, Frank Fuller, Amy Goodine, Tyler Hallenbeck, Andrew Hamilton, Judith Henrikson, Jacob Henriksson, Jordan Herman, Ilya Koldiyichik, Jeffrey Latter, Jeffrey Lukens, Katelin Nicholson, Andrew Norris, Jessamine O'Brien, Patrick Peck, Nicholas Perez, Donald Priest, Joshiah Quinn, Lauren Sebert, Danielle Sousie, Matthew Stalker, Timothy Sugrue, Kristy Sundal, Matthew Taber, Kaylee Thyrring, Christopher Tice, Erin Tracy and Susanna Wagner.

Grade 10 honor roll

Aimee Babcock-Ellis, Jaclyn Berghela, Matthew Breithaupt, Angela Datri, Ashley Finke, Price Goosby, Cynthia Granato, Rachel Kissel, Gladys Lugo, Julie Masa, Martha Moon, Erin O'Brien, Charles Olinger, Brendan Principato, Richard Rider, Nicole Sicker, Paul Spring, Michael Sullivan, Alexandra Volkheimer and Charles Williams.

Grade 11 honor roll

Justin Ashley, Parker Beach, Fallon Breen, Marybeth Calabrese, Jacquelyn Cary, Erin Clary, Steven Correll, Sarah Dennis, Nicole DiPierro, Suzanna Frati, Meaghan Furst, Brian Hart, Erin Herman, Christopher Kot, Heather LaMorre, Nicole Leonard, Courtney Longton, Daniel Macie, Alyson Martin, Jennifer Masa, Carolyn McMullen, Jennifer Mero, Neale Merrill, Rebecca Miller, Stephanie Mulligan, Jamie Philpott, Analiesia Quattlebaum, Crystal Ringler, Johanna Scalzo, Steven Shepard, Anne Siler, Elizabeth Smith, Jill Stumbaugh and Angela Zullo.

Grade 12 honor roll

Robert Babcock-Ellis, Mitchell Baitsholts, Carmine Berghela, Laura Boehlke, Carla Borrelli, Jeffrey Bradley, Shannon Coale, Nichole Colitsas, Tanya Conrad, Ashlee Coye, David Cross, Pamela Dunican,

Anthony Ferrusi, Elizabeth Fink, Brian Fuller, Jessica Gadani, Joseph Giovannetti, Fallon Haldane, Mark Hamilton, Jason Hartley, Jeremy Irwin and Gabriel Jones.

Also Rachael Kuhnunch, Robyn Machia, Rachel Matousek, Stefanie McLaren, Valerie Meditto, Andrew Mertz, Conor Morgan, Craig Nedeau, Eric O'Brien, Amanda Pomakoy, Eric Pregent, Darrick Priester, Jason Rivituso, Courtney Ross, Tamyka Spaulding, Mary Starr, Michael Sturm, Dallas Trombley, Sarah Weisheit, Phillip Whalen and Jennifer Yurek.

Grade nine high honor roll

Melissa Ball, Kerry Baxter, Matthew Buhrke, Sheena Childs, Jeffrey Correll, Jenna Crandall, Allison Dibble, Samuel Hafensteiner, Melissa Hamilton, Kenneth Jenkins, Joshua Jones, Charles King, Daisha King, Andrew Louis, Holly Martin, Ryan McCarthy, Sean McGrath, Joshua Meyer, Aric Mine, Michelle Montini, Alexander Orsi, Cassie Ostrander, Mandi Palmer, Laura Persico, Vanessa Persico, Allison Poetzsch, Sabrina Pry, Melissa

Ronan, Brett Sykes, William Weber, Sarah Wilsey and Cassandra Wolfe.

Grade 10 high honor roll

Geoffrey Allen, Daniel Assael, Jill Breedlove, Casey Bridgeford, Ashley Byerwalters, Gregory DeLuca, John Dibble, Emily Paul, Megan Felter, Kimberly Finnigan, Valerie Gordon, Lillian Kowalski, Erin Leavitt, Rebecca Machia, Zachary Mayes, Chiara McKenney, Jacqueline Noblett, Allan Northrup, Rebecca Priester, Marcie Pry, Patricia Rees, Stephanie Scalzo, Sarah Schools, Sarah Sherman, Patrick Smith, Laura Spoor, Herbert Tompkins, Kayla Vatalaro, Matthew Zaloga and Eric Zell.

Grade 11 high honor roll

Ian Applebee, Janelle Bechdol, Suzette Berry, Matthew Bolen, Jason Bonafide, Malissa Carr, Ashley Chicaretti, Nicole Corsi, James Craven, Michael Duker, Brian Frangella, Joseph Galgana, Jessalyn Hotaling, Jessica Ingraham, Adam Lammly, Sean Lichorowicz, Paula Limeres-Ruiz, Andrea Lopez,

Carolyn Losee, Lindsay McCluskey, Shima Miabadi, Pamela Morrison, Christopher Murphy, Beckie Nowak, James O'Connor, Richard Olinger, Joseph Orsino, Jason Parker, Meredith Pascale, Victoria Pohlid, Jessica Pomakoy, Laura Rarick, Benjamin Salovitz, James Seymour, Michael Smith, Katie Stott, Russell Thompson, Kiernan Townley, Lorin Weidman and Jessica Whydra.

Grade 12 high honor roll

Melissa Andritz, Charles Biers, Katheine Bishop, Katy Boomer, Dorayne Boprey, Anna Cross, Justin Cross, Nina Cutro-Kelly, Matthew Dardani, Adrienne Davis, Dustin

Deering, Amy Denson, Sara Dolan, Caitlin Fansier, Amy Fernald, Fredrika Gardfelt, Elizabeth Glassanos, Jacob Jafensteiner, Samantha Jenrikson, Christina Latter, Marina Marchenko, Tara McGrath, Megan McGraw, Thomas Nevinger, William Orsi, Katelyn Pauly, Christopher Penalver, John Poirier, Andrea Preville, Stephanie Przybylowicz, Rachel Quimby, Anapatriacia Santos, Aubrey Spaulding, Sarah Stott, Adam Sugrue, Tim Sullivan, Megan Tracey, Joel Trombley, Nicole Vasquez, Loelei Wagner, Tera Weddell, Katie Wilsey, Rebecca Wilsey and Rebecca Wolfe.



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Wildlife program set at center

Wildlife expert Angie Berchielli will lead a nature program on recognizing signs of animals in nature on Saturday, Jan. 26, at 2 p.m. at the Emma Treadwell Thacher Nature Center.

The program will include indoor exhibits, slides and outdoor exploration. Participants should dress for winter activity. The program is free and open to the public. For information, call 872-0800.

Town to offer snowmobile safety class

A two-day snowmobile safety course will be held Saturday and

NEWS NOTES Voorheesville

Jane Norris
439-8532



Sunday, Feb. 9 and 10, from 10 a.m. to 2 p.m. at town hall on New Scotland Road.

Participation in both sessions is required to complete the course. The free course is open to town residents age 10 and older. Participants are asked to bring a bag lunch.

For information or to register, call 439-4913.

Nursery school to hold informational meeting

Voorheesville Community Pre-School will hold its informational meeting for the 2002-2003 school year on Thursday, Jan. 24, at 7 p.m. at the Methodist Church on Maple Avenue.

The school is a non-denominational parent cooperative offering pre-kindergarten experience to children who will be four years old by Dec. 1. The preschool offers a morning or an afternoon program.

For information, call the school at 765-4903 or Laurie Rothwein at 765-3896.

PTA collecting register receipts

The PTA is collecting register receipts from SuperValu Foods on Maple Avenue.

The receipts are used to earn credit for school materials. The receipts can be dropped off at the elementary school main office, in the Campbell's Soup bin located on the second floor or at the Methodist Church on Maple Avenue.

Receipts must have the date at the bottom showing. Names and numbers can be blacked out.

Storytime to celebrate author's birthday

"Happy Birthday, Rosemary Wells" is the theme of tonight's family storytime at 7 p.m. Kids can come in their pjs for a salute to the author of *Max and Ruby*.

Breakfast, Bagels and Poetry — bring a friend, bring a poem, have a bagel breakfast with other teens on Saturday, Jan. 26, from 10:30 a.m. until noon.

Voorheesville Public Library



Talk about and share your writing, get excited and inspired about poetry with librarian Joyce Laiosa. For grades six and up. Signup is requested.

Poetry for adults is also on the agenda when The Every Other Thursday Night Poets meet at 7 p.m. on Jan. 24. New writers are always welcome. No signup is necessary.

Nimblefingers is going strong as the library's great group of needlecrafters enjoys winter afternoons together at the library. Newcomers are invited to join them Tuesdays from 1 to 3

p.m. Food for Fines will be over in one more week. This is the last chance for patrons to gather up overdue materials and return them with a food donation for the New Scotland Food Pantry.

Have you taken advantage of the library's new instant message reference service? Users of AOL instant messaging can instant message the reference desk at voorheesvilleref.

The free software can be download to your computer by connecting to aim.com and following the instructions there.

The New York Times Notable Books of 2001 are featured in a display for the month, complete with book blurbs from the reference staff. Refresh your memory regarding some of the titles you may have meant to read and forgotten.

Patrons should note that the library will be closed on Thursday, Jan. 31. The library staff will be participating in a staff development day in order to serve you better.

Barbara Vink

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Parents group to host program

Parents for Excellence will host a high school information program scheduled for Tuesday, Jan. 29, at 7:30 p.m. in the Bethlehem Central Middle School media center.

Learn about the high school academic experience from a parent's point of view. A panel of parent "experts" will share information about the high school.

Some of the questions that will be discussed include:

- What is an "enriched" class?
- Will summer assignments ruin our family's vacation plans?

- What is an SAT II, and why or when will my child take this exam?

- What is the two-year language track?

- Do students really miss lunch?

- What is ChemX?

- What is the Science Research Program?

- What is Math A, B, Y and Z?

The goal is to provide a forum for parents to network and find out about the high school. This meeting is for all parents to get a heads up on the future.

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Information Session

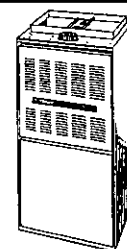
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Center

(From Page 1)

the board represents the final town approval hurdle for the 361,000 square foot retail project, which has been under review since 1999.

"This is decision-making time for the town board," said Supervisor Sheila Fuller. "I wouldn't want to even guess what's going to happen Wednesday night. It's entirely up to them."

With two members absent — including chairman Douglas Hasbrouck — the planning body met Tuesday, Jan. 15, and approved the "findings statement" required under the state's environmental quality review (SEQR) law, based upon the final environmental impact statement OK'd last month by the town board.

With member Dan Odell presiding, the board voted 4-0, with Howard Engel abstaining, to approve the document and recommend that the town board follow suit. They then scheduled a meeting for Jan. 17, at which they reviewed the building project approval resolution, based on the public hearing of Oct. 31, and adopted it by the same margin.

Town planner Jeff Lipnicky said Hasbrouck intended to sign the approval documents upon his return before they were submitted to the town board.

The building project approval document it adopted and recommended to the town board includes an extensive list of clarifications to the site plans that

must be filed with the town planning department, and 39 conditions that must be met before issuing a building permit.

Many stipulate specific mitigation measures proposed by developer Nigro Companies as outlined in the FEIS. They also include conditions regarding planning board review of lighting plans and signage; a stipulation limiting hours of construction activity; and another barring deliveries, trash pickup and other noise generating activities between 11 p.m. and 6 a.m.

The approval does not extend to the exterior design. Prior to the issuance of a building permit for that structure, an application detailing it and an amendment to the building project approval will be required from the planning and town boards.

Developer John Nigro confirmed last week that negotiations are continuing with a prospective home improvement tenant.

"We're confident an agreement with the company can be reached," Nigro said. "Obviously, we're hopeful its going to happen."

Both of last week's meetings were over in less than an hour.

"We came down to the final set of SEQR findings and the building project approval, and there weren't very many changes from the version we'd been looking at," Odell said.

He characterized the two years of review as "one of the longest project reviews I've been involved in, both in terms of the length of time and the thoroughness of review. I think it was incumbent on us to be as thorough as possible."

Nigro said he was pleased with the review. "I think, as I've said before, the planning board has done an excellent job of ensuring their constituents in the town that the project has met the letter of the SEQR law, and making sure every one of the comments generated in the review process, and there have been hundreds, was addressed by us. The people of the town have been well served by them."

"We make no assumptions that we will get full approval by the town board Wednesday," he added. "I would never want to take the process for granted." But if the board gives thumbs up, he said, the developer hopes to complete the necessary remain-

ing permitting process and begin construction by spring — "and deliver the buildings by the end of the year," he said.

He anticipated Wal-Mart will occupy its new building before the Christmas season, and he hoped to secure an agreement with a home improvement retailer soon.

"I think this has gone through a very thorough review," said Fuller as the approval process neared its conclusion. "I think all the concerns brought to the town board and planning board about the project have been addressed. At times it's a frustrating process to go through, but at the same time it's for the benefit of the

entire town."

While declining to predict the outcome of tonight's board discussion, she said, "It's probably very similar to the Price Chopper in Slingerlands. The process was very long and drawn out, but in the long run the community's been very pleased with the results."

In other business, the planning board also set a public hearing for Tuesday, Feb. 5, to consider a building project approval recommendation for First Columbia Slingerlands to build two professional office buildings totalling 40,000 square feet on New Scotland Road.

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Tim Barrett



Physically Speaking

by Nick Valenze, P.T.

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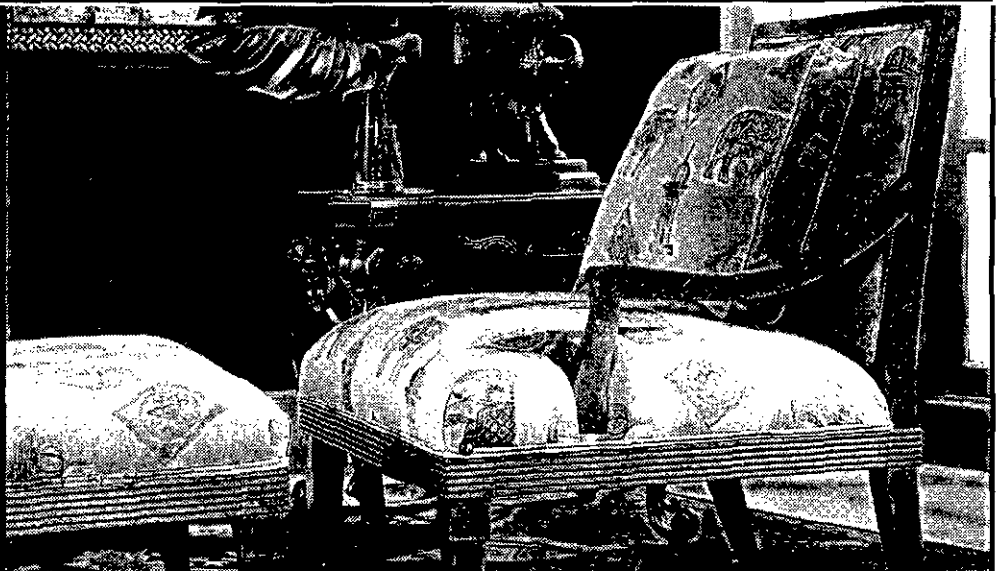
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Sports

Blackbirds beat Watervliet; Shen upends Eagles

By ROB JONAS

The Voorheesville boys basketball team is enjoying one of its best seasons in recent years.

The Blackbirds moved above .500 in the Colonial Council with a 61-58 victory over Watervliet last Friday in Voorheesville.

"The word I used (after the game) is 'huge,'" Voorheesville coach **Shane Clary** said. "This has been a great boost for the kids and myself in terms of our confidence."

The Blackbirds (6-4 league, 8-5 overall) outscored the Cannoneers 19-12 in the second quarter to take a six-point halftime lead. Watervliet (5-5, 9-5) stayed close throughout the second half, but Voorheesville hit some clutch shots late in the game to hold on for its first win over the Cannoneers in several years.

"In the last three games or so, the kids just started to believe in themselves, and they thought going in that we could beat them," Clary said.

Chris Bechard scored 18 points, **Kevin Vanderwarker** contributed 17 points and **A.J. Cavanaugh** added 13 points to lead the Blackbirds. **Ryan Boisvert** had 18 points for the Cannoneers.

Voorheesville resumes its Colonial Council season Friday when it plays Albany Academy. The Blackbirds host unbeaten Berne-Knox-Westerlo next Monday in a non-league game before meeting Mechanicville next Tuesday.

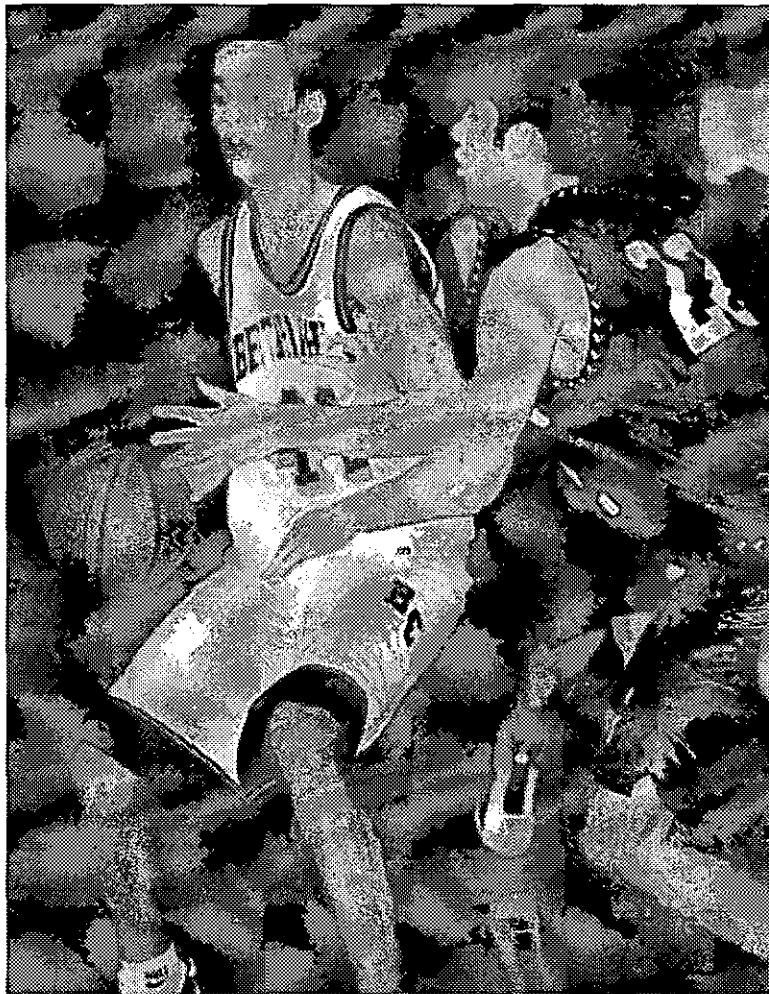
"We set a goal two games ago to finish in third place (in the league), and we're kind of on our way," Clary said. "The Albany Academy and Mechanicville games are huge because both of those teams are right behind us in the standings."

Marshall to speak at Kiwanis meeting

Albany-Colonie Diamond Dogs manager **Mike Marshall** will speak at the next New Scotland Kiwanis Club meeting Thursday, Jan. 24, at 7 p.m. in the basement of New Scotland Presbyterian Church on Route 85.

A drawing for baseball caps and other items will follow Marshall's speech, with proceeds benefitting the club's community service projects fund.

For information, call Bob Staph at 765-2451.



Bethlehem's Matt Robbins dribbles against Shenendehowa's Mark Jackson during last Friday's Suburban Council game. Robbins scored 21 points in the Eagles' 66-59 loss to Shen. *Jim Franco*

Elsewhere in the Colonial Council last Friday, Ravena-Coeymans-Selkirk suffered a 52-39 loss to Schalmont.

Chris Currey scored 11 points, and **Mike Baumes** added nine points for RCS. **John Karbowski** had 14 points for Schalmont.

Shen hands BC first league loss

The Bethlehem boys basketball team's hopes for an undefeated Suburban Council season came to an end last Friday with a 66-59 loss to Shenendehowa.

After building a 30-26 halftime lead, the Eagles (5-1, 11-2) were outscored by the Plainsmen 16-11 in the third quarter and fell behind 42-41. Bethlehem stayed within a few points of Shen until late in the fourth quarter, when the Plainsmen knocked down several free throws to pull away.

"We didn't shoot well in the second half, but we had some

good looks (at the basket)," Bethlehem coach **Chuck Abba** said. "We just didn't hit our shots."

Matt Robbins had 21 points, and **Paul Stewart** and **Tim Kindlon** contributed 11 points apiece for the Eagles. **Brennan Bayly** led all scorers with 29 points for the Plainsmen.

Despite the loss, Bethlehem held on to a share of first place in the Suburban Council's Gold Division after Burnt Hills-Ballston Lake lost to Columbia 45-43 last Friday. Bethlehem, Burnt Hills and Blue Division-leading Guilderland are tied for the best overall league record at 5-1.

"We're still right where we want to be, in many respects," Abba said.

The Eagles will get a chance to take over sole possession of first place in the Gold Division Friday night when they travel to Burnt Hills.

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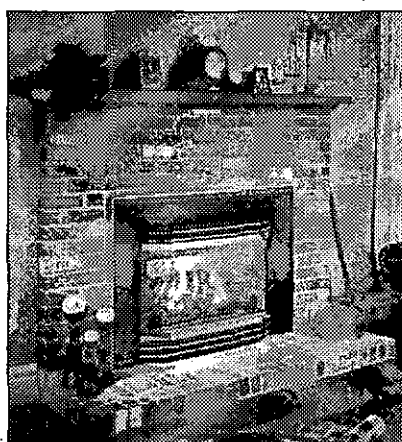
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State high school sports association comes of age

By ROB JONAS

How many people does it take to run a statewide organization dedicated to high school sports?

In New York, it takes nine Delmar-based people who receive plenty of help from more than 200 assistants from across the state.

The nine people in question — five administrators and four support staff — work at the Delaware Avenue headquarters of the New York State Public High School Athletic Association, an organization that oversees every statewide championship in 29 sports.

"This operation began in this guy's basement on Long Island (in 1921)," assistant director Walter Eaton Jr. said. "Then when it became too big for his basement, it was moved to Albany. We moved to this building (in Delmar) in 1986."

Aiding the nine people in Delmar are a network of athletic directors and coaches who double as the coordinators of their various sports in the 11

sections that make up NYSPHSAA. There are also executive and central committees that meet to discuss any proposal made to the organization. Those proposals can range from increasing the number of classifications for a sport to adding new members.

"I think what's unique is that the structure works very well, and it's been in place for a long time," NYSPHSAA executive director Nina Van Erk said.

When NYSPHSAA began, it was established as an association of basketball leagues to conduct a statewide championship. In 1923, state tournaments in baseball, cross country, hockey, ice skating, swimming, tennis and track were added.

The state championships were abolished in 1932 after allegations of overemphasis and overspecialization were made, but the organization remained intact. No state titles were contested in any sport until 1978, when the boys basketball tournament was restarted. Other sports that had statewide



Assistant Director Walter Eaton Jr. (left) and Executive Director Nina Van Erk are two of only nine people working in the New York State Public High School Athletic Association's Delmar headquarters. Those nine people are responsible for coordinating a network of sports chairpeople from all 11 sections that comprise the statewide association, as well as working with the national high school sports federation for determining policies in most of its 29 varsity sports.

Rob Jonas

playoffs suspended (girls basketball, baseball and hockey) had tournaments created in the 1980s.

Today, NYSPHSAA oversees statewide and regional tournaments in 29 sports ranging from football and basketball to bowling, gymnastics and rifle. But the organization does so at a distance. All of the work is done by a particular sport's chairperson in the part of the state where the tournament is held, such as when Section II hosts the boys and girls

basketball championships in Glens Falls and Troy, respectively.

"The coordinators and the tournament directors — sometimes they're one in the same, sometimes they're two different people — have parameters which they use to run the tournament," Van Erk said.

"We encourage them to call us first and run things by us before they commit to anything," Eaton said. "This includes vendors that come in to sell T-shirts, hotels where they're going to reserve a block of rooms and concession prices."

NYSPHSAA tries to rotate the sites of its championships, though some like the boys basketball tournament in Glens Falls and the wrestling championships in Syracuse stay in the same place.

"A third of our tournaments stay in one venue because either it's a unique venue or because it's a central location," Eaton said.

In the case of the boys basketball tournament, Eaton said that NYSPHSAA keeps going back to Glens Falls because local organizers are well-versed in what it takes to make the event a success.

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very aware that they have the bid for only three years (at a time), so they try to spice up the bid every time," Eaton said. "They also do a very good job of running the event."

State tournaments aren't the only thing NYSPHSAA is in charge of. The organization also addresses rules changes that come down from the National Federation of State High School Associations, which it is a member of.

"When a new rule comes out, we vote to either implement it, waive it or delay implementation of it," Eaton said.

Sometimes, the rules changes come down quickly, which leaves NYSPHSAA little time to notify its 11 Sectional coordinators.

"Most recently, the National Federation came out with an emergency rules change," Van

Erk said. "The federation said that in order for a swimmer to use a starting block, the pool must be 4-feet deep or deeper, and if the pool is not at least 4-feet deep, they have to start either on the pool deck or in the water."

"So when we received notification from the federation, I sent in on to our coordinators and their rules interpreters right away — first by e-mail and then by fax. In days, they had questions about it. So, I called the federation for clarification and then e-mailed the clarification to the coordinators."

"We hardly ever get rules changes that have to be enacted so quickly, but it's a good example of how our structural organization works," Van Erk added.

Additionally, NYSPHSAA recognizes academic achievements by its teams. After each of the

three sports seasons — fall, winter and spring — the association hands out Scholar Athlete Team awards to varsity squads that have at least five players and post a combined average academic grade of 90 percent or higher for a marking period.

"We have added more programs for students to promote the fact that we are an academic organization," Eaton said.

The organization continues to transform itself. Recently, it added a student athlete advisory committee to give the people it ultimately represents — the students — a voice in the decision-making process.

"It's no different than any business or any school district," Van Erk said. "There are expectations and changes that have to be met, and you just have to do it."

Hazen wins Council tourney title

By ROB JONAS

Dan Hazen had lost to Columbia's Michael Merhige twice this wrestling season. He wasn't going to allow Merhige to beat him a third time.

The Bethlehem senior heavy-weight used a two-point takedown with about 10 seconds left to defeat Merhige 3-1 in the 215-pound finals at last Saturday's Suburban Council Invitational at Colonie Central High School.

"I wouldn't call it a charm — just smarter wrestling," Hazen said.

Both wrestlers made several unsuccessful attempts at taking each other down before Hazen caught Merhige in an awkward position in the final 20 seconds. Merhige went for a takedown, but lost his footing. That allowed Hazen to gain control and force Merhige to the mat for the lone takedown of the match.

"I guess he was just trying to take a shot, and I tried to counter it," Hazen said.

It's the first tournament title this season for Hazen, who missed the beginning of wrestling season due to the Bethlehem football team's state playoff run.

"It feels good," said Hazen, who was a lineman for the Section II, Class AA championship football team. "I came (into the season) a little out of shape. I had to work extra hard in the (wrestling) room to get in shape."

Hazen said his performance at the Suburban Council Invitational may help him earn a high seed for the Section II, Class A championships in two weeks at Niskayuna High School.

"This is really going to throw a curve ball at the seeding

meeting for Sectionals," Hazen said.

Hazen's title was one of the few highlights of the day for Bethlehem at the Suburban Council Invitational. The Eagles finished 11th out of 13 teams with 62 points, and no other Bethlehem wrestler finished in the top four.

"I think it'll give the younger

guys something to look up to because there's a lot of them filling the weights right now," Hazen said. "Next year, they'll be the ones leading the way."

Bethlehem returns to league dual meet action for the first time since Jan. 9 when it travels to Burnt Hills-Ballston Lake Thursday, Jan. 24. The Eagles conclude their regular season with matches at Colonie Central Jan. 30 and Mohonasen Feb. 2.

This is really going to throw a curve ball at the seeding meeting for Sectionals.

Dan Hazen

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Dieting can have serious affects to the mouth and body, and therefore should be embarked upon with the guidance of a dentist and general practitioner. Deficiencies in calcium, vitamin D and vitamin B12 are common

among dieters and can lead to tooth loss, gingivitis, bleeding gums, mouth sores and oral yeast infections.

If dieting is something you feel is necessary, be sure to seek guidance from your health care professionals, take a daily multivitamin, and drink plenty of water. Finally, be sure to stay aware of your body and mouth, and pay special attention to your oral hygiene by brushing twice daily and flossing regularly.

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LOCAL HIGH SCHOOL SPORTS RESULTS FOR THE WEEK OF JAN. 14-20

MONDAY, JAN. 14

BOYS BOWLING

VOORHEESVILLE 23, WATERLIET 9
 High series: Voorheesville — Tony Califano 637, Randy Thomas 633, Ryan Blakeney 608.

TUESDAY, JAN. 15

BOYS BASKETBALL

VOORHEESVILLE 75, RCS 48
 Leading scorers: Voorheesville — Kevin Vanderwarker 17 points, Bill Schlappi 14 points, Chris Bechard 11 points, Dan Melewski 10 points. Ravena-Coeymans-Selkirk — Mike Baumes 15 points, Ricky Rider 10 points.

BOYS BOWLING

BETHLEHEM 21, GUILDERLAND 11
 High series: Bethlehem — Donny Ballard 647, Matt Young 643.

VOORHEESVILLE 28, COBLESKILL 4

High series: Voorheesville — Stephanie Scaccia 661, Tony

Califano 624, Ryan Blakeney 619, Katie Duncan 611.

GIRLS BASKETBALL

VOORHEESVILLE 61, RCS 52
 Leading scorers: Voorheesville — Jackie Markert 22 points, Michelle Nadratowski 14 points. Ravena-Coeymans-Selkirk — Rachel Matousek 24 points, Fallon Haldane 11 points.

WRESTLING

LASALLE 52, BETHLEHEM 24
 Individual winners: Bethlehem — Dan Dugas (135 pounds), Pete Privatera (145), Bill Courtney (160), Chad Langui (275).

WED., JAN. 16

BOYS BOWLING

LANSINGBURGH 26, VOORHEESVILLE 6
 High series: Voorheesville — Ryan Blakeney 625, Jon Dolen 619, Tony Califano 611.

GYMNASTICS

GUILDERLAND 156.65, BETHLEHEM 142.3
 All-around: Elizabeth Cutrone (Guilderland) 32.1, Mallroy

Fishman (Bethlehem) 30.1, Patty Eames (Bethlehem) 28.1.

THURSDAY, JAN. 17

BOYS BOWLING

BETHLEHEM 31, BURNT HILLS-BALLSTON LAKE 7
 High series: Bethlehem — Donny Ballard 669.

RCS 18.5, COHOES 13.5

High series: Ravena-Coeymans-Selkirk — Shawn Harris 713.

GIRLS BOWLING

RCS 21, COHOES 11
 High series: Ravena-Coeymans-Selkirk — Katie Nicholson 577.

WRESTLING

RCS 61, VOORHEESVILLE 13
 Individual winners: Ravena-Coeymans-Selkirk — George LaMountain (112 pounds), Brian Wickham (125), Eric Pregent (130), Herb Tompkins (140), John Dibble (145), Larry LaMountain (152), Justin Schipano (160), Steve Correll (171), Joe Blondell (189), Desi Biechman (215), Paul Spring (275). Voorheesville — Josh Welton (103), Mike Ashline (119), Brian Kafka (135).

FRIDAY, JAN. 18

BOYS BASKETBALL

SHENENDEHOWA 66, BETHLEHEM 59
 Leading scorers: Bethlehem — Matt Robbins 21 points, Paul Stewart and Tim Kindlon 11 points.

SCHALMONT 52, RCS 39

Leading scorers: Ravena-Coeymans-Selkirk — Chris

Currey 11 points, Mike Baumes 9 points.

VOORHEESVILLE 61, WATERLIET 58

Leading scorers: Voorheesville — Chris Bechard 18 points, Kevin Vanderwarker 17 points, A.J. Cavanaugh 13 points.

GIRLS BASKETBALL

BETHLEHEM 55, SHENENDEHOWA 49

Leading scorers: Bethlehem — Sue Kelly 16 points, Kaitlin Foley and Megan Baldwin 9 points.

RCS 45, SCHALMONT 42

Leading scorers: Ravena-Coeymans-Selkirk — Rachel Matousek 17 points, Courtney Ross 15 points.

VOORHEESVILLE 46, WATERLIET 41

Leading scorers: Voorheesville — Jackie Markert 17 points, Brittany Baron 11 points.

GYMNASTICS

SHAKER 167.45, SHENENDEHOWA 165.9, BETHLEHEM 143.05

All-around: Dana Drobny (Shaker) 36.7, Ali Kenna (Shenendehowa) 35.3, Jen Schumaker (Shaker) 33.6.

HOCKEY

SHENENDEHOWA TOURNEY SETON CATHOLIC 8, BETHLEHEM 1

Goals: Bethlehem — Joe Hughes.
 Saves: Bethlehem — Jordan Murray 20.

SATURDAY, JAN. 19

HOCKEY

SHENENDEHOWA TOURNEY

NORTHWOOD PREP JV 10, BETHLEHEM 0

Saves: Bethlehem — Shay McGlynn 27.

WRESTLING

SUBURBAN COUNCIL INVITATIONAL

Team scores: Niskayuna 221, Northern Adirondack 150, Guilderland 142, Columbia 141.5, Colonial 137, Newburg Free Academy 127, Shenendehowa 122.5, Averill Park 110, Saratoga 91.5, Mohonasen 65, Bethlehem 62, Burnt Hills-Ballston Lake 51.5, Shaker 18.

Bethlehem top-four finishers: Dan Hazen (first place, 215 pounds).

VOORHEESVILLE DUALS

DUANESBURG 59, VOORHEESVILLE 30

Individual winners: Voorheesville — Mike Ashline (119 pounds), Bryan Kafka (140), Paul Hognestad (145), Matt Robinson (152).

MAYFIELD 42, VOORHEESVILLE 36

Individual winners: Voorheesville — Josh Welton (103 pounds), Zach Fluster (112), Mike Ashline (119), Dan Denn (130), Paul Hognestad (140), Matt Robinson (145).

CANAJOHARIE/FORT PLAIN 38, VOORHEESVILLE 36

Individual winners: Voorheesville — Josh Welton (103 pounds), Mike Ashline (119), Dan Denn (130), Matt Robinson (145), Tyler Nichols (152), Keith Edwards (171).

Van Dyken to speak at Dolphins clinic

Olympic champion swimmer Amy Van Dyken will be the featured guest of the Delmar Dolphins at a clinic and forum Saturday, Jan. 26, at Bethlehem Central High School.

The clinic begins at 9 a.m., and the forum starts at noon. The forum is open to the public. Tickets are \$7 in advance, \$10 at the door.

To make reservations for the forum, call 439-6084 or send a check to Delmar Dolphins Swim Club, Attn: Amy Van Dyken Clinic, P.O. Box 274, Delmar 12054-0274.

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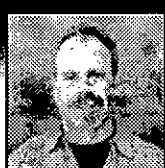
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Bethlehem Auto Service

AUTO FACTS

by John Quirk



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HINT: A battery's reserve capacity refers to its unassisted ability to power the ignition system, headlights, and taillights.

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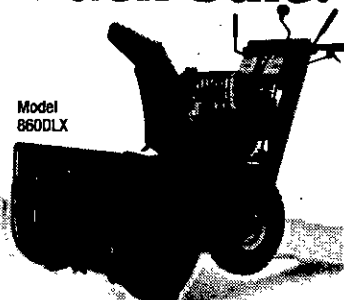
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☐ **skiing** page 4

Sensible eating — back to basics

By DONNA J. BELL

You've heard it a million times before — eat less, exercise more.

Could it be that simple? Shouldn't it be complicated? Don't you need to be in "The Zone" to lose the pounds?

Not according to those in the know.

"In a nutshell, smaller portions and increased activity lead to weight loss," said Meg Wilson, a registered dietitian and owner of Nutrition Counseling for You.

Wilson's top tip for a balanced diet is to make it a priority to eat well. That includes visiting your doctor to know your overall health and important numbers like your cholesterol count and

possibly consulting a registered dietitian who can create a eating plan based on your lifestyle.

Chris Herr, president of the Diet Workshop, said losing weight is all about a healthy balance of grains, fruits and protein.

"Each one of the food groups is a necessity," Herr said. "When you take in carbs, they release serotonin and proteins are brain food." The Diet Workshop offers classes with topics ranging from motivational to exercise to cooking and portion control — the basics of sensible eating.

Did you know that a recommended portion of meat is about the size of a deck of cards?

When was the last time you saw a steak that small at your favorite restaurant?

Just knowing how much a serving consists of and how many

servings of each food you need to be eating is a good way to begin. The experts say that making one small change at a time can ease you into better eating.

"Introduce a new healthy fruit a week," Wilson said.

Vegetables don't have to be

bland, Herr said. Vegetables can be spritzed with pan sprays with flavors, fat-free "butter" pumps or sprinkled with butter-flavored sprinkles, although she warns to watch out for sodium in such flavor enhancers.

Another small step is to substitute a healthy version of the foods you and your family like for the higher-fat variety.

Wilson recommends baked chips or pretzels instead of fried snacks, hummus rather than a mayonnaise based dip or ground turkey breast, 90 percent lean beef or fish instead of higher fat hamburger or processed meats.

"You want to eat things that everyone else is eating," Herr said.

This is especially true of

children and teen-agers.

"Kids are getting obese and it is preventable," Wilson said, adding that parents need to be the ones to take responsibility for what everyone in the house is eating.

"It's about a healthy way of eating. The person who has a weight problem is doing is what everyone at the table should do," Herr said.

Other tips include keeping a food journal, getting on a scale, cutting back on soda, juice and alcohol, and preplanning meals by sitting down once a week to write a menu, or cooking two roast chickens at a time and freezing one.

Keep fruit or low-fat multi-grain bars in the car so if you get hungry, you don't head for the drive-through to pick up a cheeseburger. If your New Year's resolution to lose weight has already hit a bump in the road, don't give up yet — healthy eating can be just a few bites away.

For information, contact Wilson of Nutrition Counseling for You at 330-3520 or Herr at the Diet Workshop, which has a center in Colonie and classes in Clifton Park, Delmar, East Greenbush, Johnstown, Speigletown and Wynantskill, at 452-4900.



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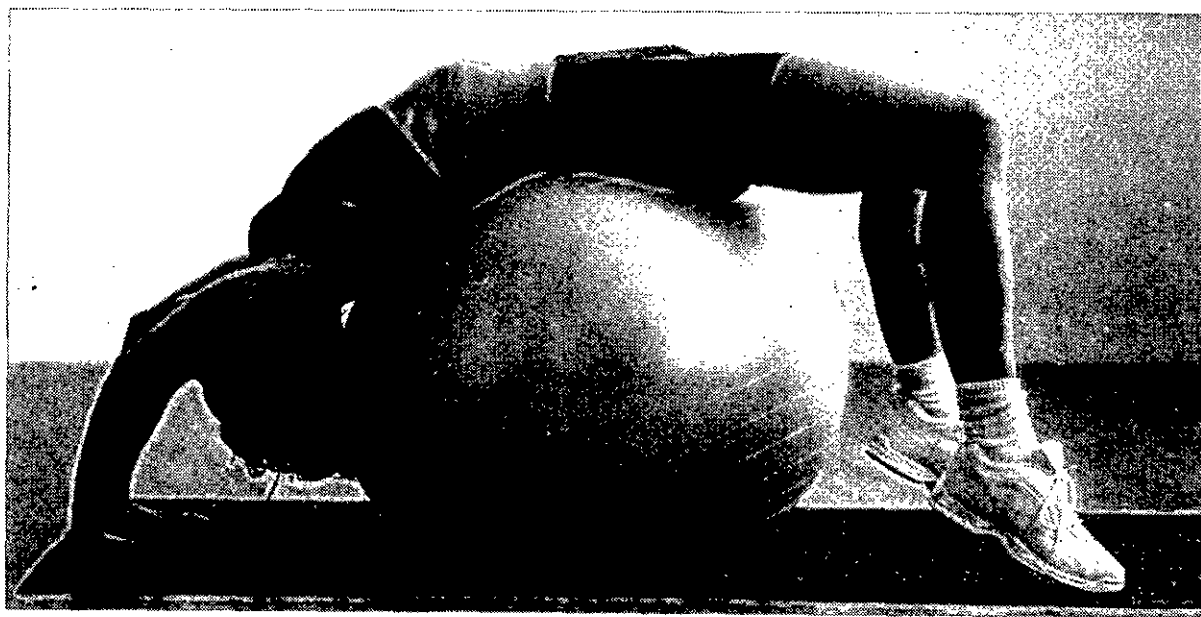
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Vision care basics: glasses to laser correction

By ANDREW GREGORY

Maintaining and correcting your vision is one of the most important aspects of living a healthy life. Having good vision is vital to one's well-being. We depend on our eyes for so many activities; whether it's reading, driving or watching television, our eyes are the focal point of our existence.

So what should you do if you're experiencing problems with your vision? There is an array of options, depending upon the degree of difficulty you have seeing, that you can take in order to correct the situation.

Tom Hughes Jr. of Hughes Opticians links problems in vision to a genetic fault.

"I would say that 90 percent of our customers have a familial history of poor eyesight. There have been a few instances in which environmental conditions have caused difficulty in vision, but most of the time, there is a long history of poor eye sight."

Dr. Louis Snitkoff, medical director of Capital Care Medical Group, also believes that difficulties in vision are often a matter of heredity.

"Common problems such as near/farsightedness, stigmatism and cataract can be attributed to a number of factors," Snitkoff said. "Patients with vision problems usually have family who have similar problems."

Snitkoff noted that poor eyesight is also linked to diabetes.

The key to correction, according to both Hughes and Snitkoff, is early detection. Hughes Opticians and CapitalCare Medical Group offer eye exams.

Once the problem has been determined, the next step is choosing between eyeglasses and contact lenses. There are several factors to consider when deciding which way to go.

"Recently, we've found that people are choosing to wear eyeglasses rather than contact lenses," Hughes said. "It's becoming trendy to wear the latest designer frames and we have a wide variety of styles and colors to choose from."

While glasses certainly have their place, contact lenses are still popular.

"Contact lenses serve both a cosmetic and medical purpose. Some patients have unique vision problems and thus need contact lenses," Snitkoff said. "On the other hand, there have been instances where the curvature of the eye would not allow for the use of contact lenses."

Snitkoff and Hughes agree that for most people who are debating between these two options, it is mainly a personal preference as opposed to a medical one.

What should you do if neither of these options work? What if, like thousands of Americans, you are confronted by a developed cataract or a severe stigmatism? The answer is laser correction. This procedure is quickly becoming a viable option in vision correction.

Dr.

Peter Kansas is a leading local expert in laser correction.

"Many people who have various forms of corneal damage choose to undergo

laser correction because of the outstanding results," Kansas said.

There are two types of laser correction. The original laser process, known as PRK, is when the cornea of the eye is directly repaired by laser treatment.

The next and more popular form of surgery is called Lasik correction. To summarize the process, this is when a corneal flap is created

and placed in the eye.

"The Lasik surgery is very successful for the majority of patients who select the operation," Kansas said.

"It's a very convenient process with each eye taking 15 minutes to correct."

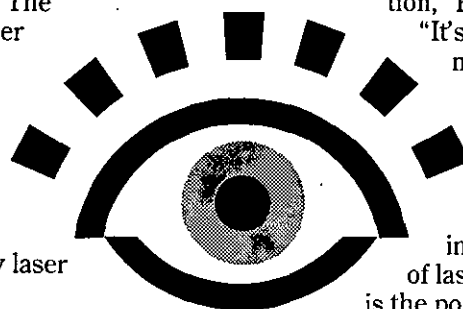
The most important part of laser correction is the post-surgical follow-up.

"We provide antibiotic eyedrops to our patients. These eyedrops are a very integral

part of the healing process. If they are not used, patients run the risk of infection which could permanently damage the eyes," Kansas said.

While it may seem complicated and overwhelming, the laser vision correction process has many success stories.

Whether you need a simple pair of bifocals or Lasik surgery, you need to take care of your eyes. We may not like to admit it, but most of us take our senses for granted. Don't wait too long to make an appointment for your next eye exam or someone else may have to drive you there.



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Skiing

from page 1

is also much more skier-friendly now than in the days of T-bars, wooden skis, cable bindings, lace boots and Eastern ice.

And, of course, skiing is great exercise in the great outdoors.

A 50-something golfing buddy of mine, George Luft of

Hancock, Mass., (about an hour east of Albany on Route 43 and just 30 minutes from Brainard, via routes 20 and 22) was an ideal place to start. Though it has grown considerably in the past three decades, Jiminy is still basically an intermediate mountain, with lots of cruisers — wide open and not very steep trails — perfect for beginner and intermediate skiers. Jiminy does have some steep spots that are accorded one or even two black diamonds, but they are mostly groomed and therefore not as knee-weakening

as steep mogul runs.

Though it may not qualify as a trend, Chuck Seymour, director of Jiminy's Ski and Snowboard School, said he sees several people of a certain age getting back on the boards every year.

Brainard, decided this winter to take up skiing again after 30 years of raising a family and building a business. George had skied some in high school, Ski Club and the like, and now wanted to return to the slopes.

Jiminy Peak in nearby



After 30 years, George Luft decided to brave the slopes to return to skiing this winter.

"If you are an outdoor-type person, there is no reason not to get back into skiing, or start for the very first time, no matter what your age," Seymour said. "Why would you want to stay indoors and be a couch potato when you can get out in the fresh air and sunshine and make some turns?"

Especially after a small-group

If you are an outdoor-type person, there is no reason not to get back into skiing, or start for the very first time, no matter what your age.

Chuck Seymour

was skiing as well as he had as a high school kid. After his second day, he was sure he was better than ever, and had even carefully negotiated the steepest trails on the mountain.

Like bikes, skis have changed over the years — the shaped or parabolic skis that came out about five years ago are now basically the only

lesson with one of Seymour's staff, George found that skiing is like riding a bike — at the end of his first day he said he

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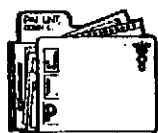
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recreational skis on the market.

I don't know how or why the hourglass-shape of the new skis works, but they make turning a lot easier, particularly for beginners, but also for more advanced skiers who can find themselves in tight spots in a mogul field.

Boots these days are actually warm and comfortable, a signal change from 30 years ago, and bindings are safer than ever.

For middle-aged returning or new skiers, "It's a lot less physically demanding and easier to ski now with the new shorter shaped skis," Seymour noted. "The one thing that I would recommend to anyone returning to the sport after time away is that they take a lesson.

The new equipment is even

easier to use if you learn how to use it from a professional."

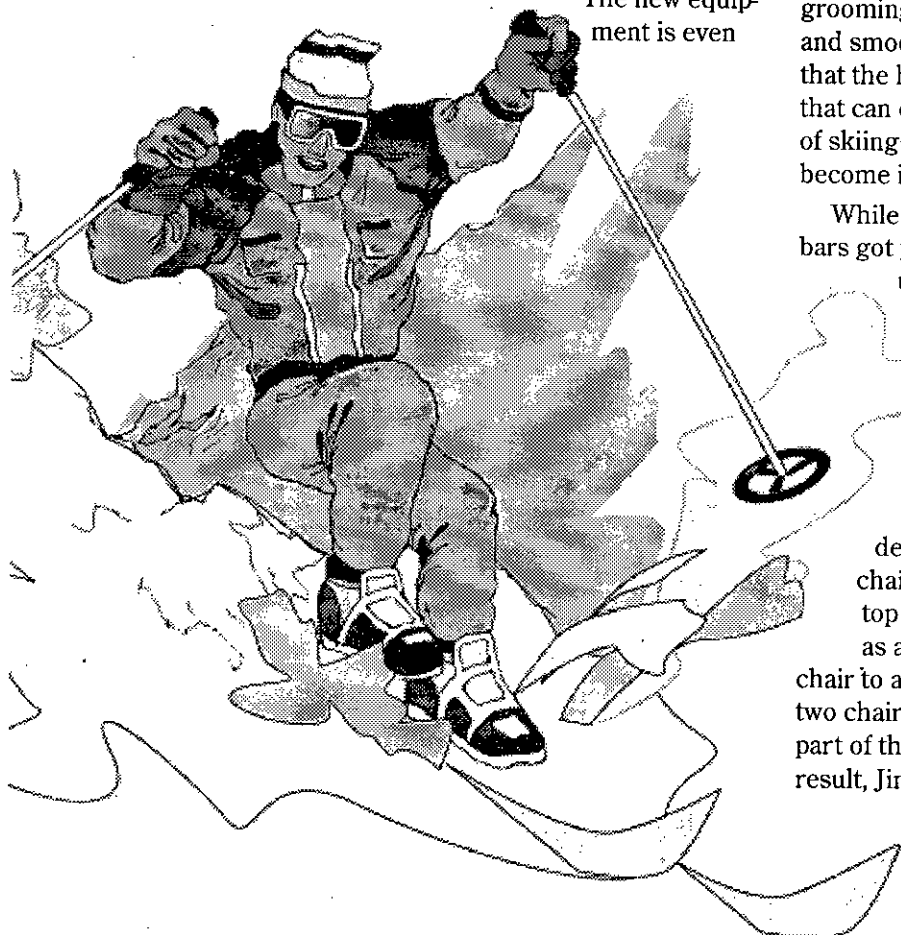
At Jiminy Peak, snowmaking and grooming covers the entire mountain (except for glades),

providing consistent packed powder conditions even when the last storm was

weeks ago. And every night, grooming machines chop up and smooth out the surface so that the hard-packed granular that can develop after a long day of skiing never gets a chance to become ice.

While 30 years ago, two T-bars got you about two-thirds up the mountain and slow lift lines were an unavoidable part of the skiing experience, Jiminy now has three chairlifts to the top, including a high-speed detachable six-person chair that speeds to the top in five minutes, as well as another four-person chair to an adjacent peak and two chairs serving the lower part of the mountain. As a result, Jiminy, like most mountains these days, has no lift lines longer than a few minutes.

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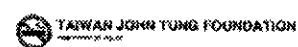
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Organic foods: naturally a good choice

By DONNA J. BELL

If you want to get back to the basics, think organic.

"Basically, organic food is raised without pesticides or chemical fertilizers, said Justin Grimes, proprietor of the Organic Café located at the Armory Center in Albany. "It is the fastest growing segment of the food supply, growing at a rate of 10 to 20 percent last year."

Organic refers to the way

agricultural products, including foods and fibers such as cotton, are grown and processed. The word

"organic" on the label shows the farmer practices agriculture in balance

with nature, using methods and materials which are of low-impact to the environment.

According to a recent issue

of *Supermarket News*, 40 percent of Americans say organic products will become

an increasing part of their families' diets.

Driving this interest in

organic foods is concern about bacterial contamination of food, the use of growth hormones and antibiotics in animals, and residues of synthetic pesticides and fertilizers.

"People are linking cancer and other diseases back to the chemicals we are putting in our diet," said Grimes, adding that when you choose to eat organic you are really choosing a new way of living.

"We are the first organic restaurant in the Capital District," Grimes said. "If you choose the lifestyle, you are basically saying 'I'm not

going to eat out,' so people are happy that we are now here."

Prior to the passage of the Organic Food Production Act (OFPA) in 1990, private and state agencies had been certifying organic practices, but there was little uniformity in standards, and therefore no guarantee that organic meant the same thing from state to state, or

even locally from certifier to certifier.

The purpose of the 1990 law was to establish national standards for the production and handling of foods labeled "organic." The OFPA allows for state standards that are more restrictive than the federal standards, but the USDA must approve them.

"One of best things you can do for your diet is to seriously eliminate processed foods and stay away from the chemicals," said Georgia Decker, an nutritionalist and nurse practitioner. "You want your nutrition to give you something."

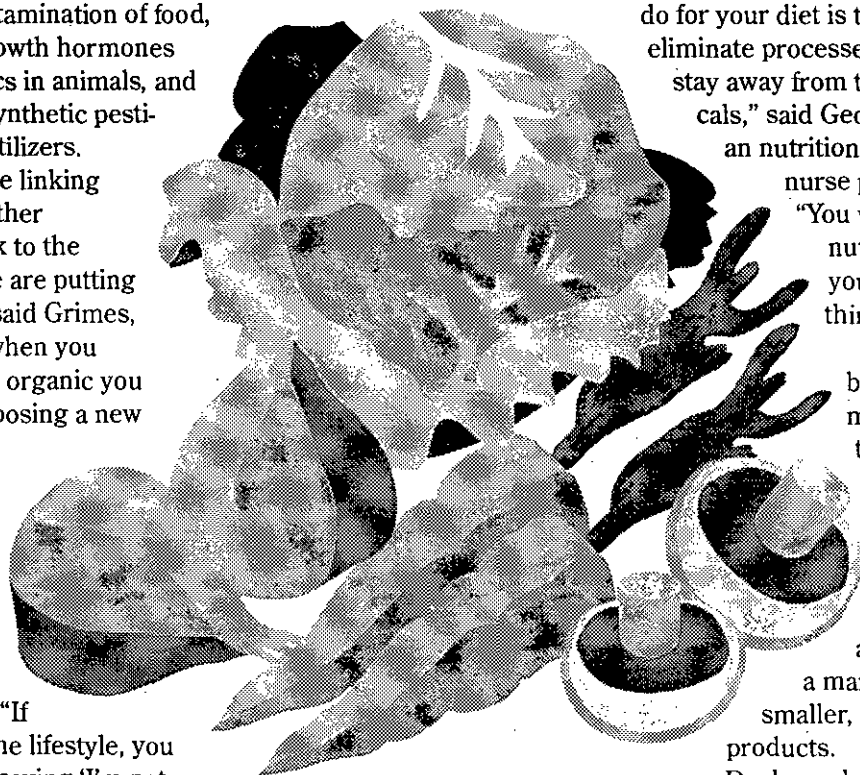
The new back-to-basics movement is a trend that never really left, Decker noted. There has always been a market, be it smaller, for "natural" products.

Decker, who frequently lectures on nutrition in the Capital District, puts an emphasis on "nutritionally dense" foods.

Locally, the Honest Weight food co-op, located at 484 Central Avenue in Albany, offers organic produce, herbs and personal care products. Member-owned and -operated, the co-op is open to the public; Grimes recommends it to his patrons.

No matter what diet-style you choose Decker says you have to come back to the individual.

"Diet isn't a four-letter word — it's about nutrition and lifestyle," Decker said. "You have to take into consideration the person's lifestyle and separate the dogma from the doctrine."



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Gyms sees resurgence in interest

By KATHERINE MCCARTHY

Another year, another New Year's resolution to get in shape. Local fitness experts are seeing a reflection both of Sept. 11 and the ever-aging of those ubiquitous baby-boomers affecting people's attitudes towards exercise.

"For the first week after Sept. 11, there was nobody here by 7 p.m.," said D.J. Taylor, owner of Fitness For Her in Delmar. "I sent my staff home early so they could be with their families."

Taylor initially feared that she would see a decline in attendance and membership at her women-only gym at 333 Delaware Ave.

"In times of stress, women cut out the extras for themselves," Taylor said.

on a more continual basis."

Often, Mashuta said, people join a gym and don't come that much. This year, though, people are putting real muscle into their workout time.

"People are coming in four or five times a week," Mashuta said, "and some people are coming in twice a day."

To Mashuta, the reason is clear.



"It's mostly stress-reduction," he said. "It's a vent to get away from the challenges of the stock market, and the challenges of the new world."

Gyms like Mashuta's are adding new programs to help meet those challenges.

"We've added mat Pilates and yoga," said

Mashuta, whose gym also offers a pro golfer and golf-club fitting services. "Pilates works on postural relationships, and works the body from the core

out, so you can elongate your musculature. Yoga works on both breathing and with your mind."

These exercises offer an adjunct to the traditional cardiovascular equipment, weight machines, free weights and aerobics classes that Delmar Health and Fitness offers.

"We've also added another personal trainer to work with people in the evenings and on weekends," Mashuta said.

At Fitness For Her, Taylor has also added yoga classes, an off-site massage, and monthly seminars in self-defense and nutrition, which are free to members.

"We also have a guest speaker once a month to address topics of interest to women, like eating disorders, pregnancy and breast cancer," Taylor said.

Taylor has also expanded some of the traditional areas of the gym, adding elliptical trainers and treadmills.

At Progressive Health and Fitness at 18 Drywall Lane in Voorheesville, owner Mike Braet has seen an increase in popularity in elliptical trainers, exercise machines that offer the combined benefits of cross-country skiing and a treadmill, without less stress on your knees.

"Heart-rate monitor equipment is also very popular, which lets you achieve the heart rate that will maximize your workout," Braet said.

Plate-loaded equipment is also becoming popular, providing an important combination of circuit training and free weights.

"You get the individual limb movement, and just handling the weights is a great benefit," Braet said.

Braet also works closely with his neighbors, Stretch Fitness, to offer some of the core stability fitness that is becoming more popular.

Having the two facilities together has provided opportunities for a more diverse membership, Braet said.

"We are seeing more seniors exercise than in the past," Braet said. "As the baby boomers are getting to retirement age, they are realizing that they have to do something to stay in shape to enjoy the longer life expectancy that they hope for."

At Curves for Women in Glenmont's Town Square Plaza, owner Kalimah Jenkins is pleased that so many women are taking advantage of the

program that acknowledges the time crunch that most women face.

"This is a circuit-training system, based on QuickFit equipment that's exclusive to Curves," Jenkins said. "In 30 minutes, you get a complete workout."

Curves has been open in Glenmont for 14 months and Jenkins has opened a second Curves franchise in East Greenbush. There are other Curves in Saratoga, Rotterdam and Guilderland.

"Entrepreneur magazine named Curves the No. 3 best franchise in its 2002 list of top 500 franchises," Jenkins said. "Our business in Glenmont has been phenomenal. This is a women's-only facility that offers the type of program where anyone can feel comfortable."

The QuickFit equipment is hydraulic, Jenkins explained, which makes it as gentle as a water workout.

"It works like shock absorbers," Jenkins said. "Also, stronger people increase the resistance and get a harder workout, whereas people who work out more slowly also get the appropriate resistance."

I'm seeing a lot more mother/daughter teams.

D.J. Taylor

After the initial lull in September, though, an interesting thing started to happen. Women not only returned to their exercise programs, but brought their families with them.

"I'm seeing a lot more mother/daughter teams," Taylor said.

Taylor accepts members as young as 15, as long as they are at least 5 feet tall, and use the adult circuit machinery under supervision.

"Teen years are often a time of separation, but this is something mothers and daughters can share," Taylor said. "Sometimes they work out together, sometimes separately, but they're here together."

Taylor is also seeing an increase in members between the ages of 25 and 35.

"This is usually our smallest group, because these are the baby years for these women," Taylor said. "Now, they're coming in with their infants, and carry them in their car or infant seats from station to station."

Fitness For Her offers child care during the busier times of the day, but the 25-to-35-year-old women with their babies are filling the mid-day hours, which had typically been a down time for the gym.

"People want their kids with them," Taylor said. "We're seeing a return of the family unity we grew up with."

At Delmar Health and Fitness at 28 Hudson Ave., owner Mike Mashuta has also seen a resurgence in attendance after a slower autumn.

"Our membership went down after Sept. 11," Mashuta said, "and the prolonged good weather kept a lot of people outdoors instead of coming into the gym. As winter hit, and people are getting more realistic about their exercise program, more people are coming

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Fitness is important for children

By ANDREW GREGORY

With Playstation 2, DVDs and P.C. gaming, it's getting more and more difficult to get kids to exercise. It's a problem that's plaguing the youth of the nation.

Every day, kids are willing to trade fresh air for the thrills of technology. And sad to say, millions of parents aren't doing anything about it. Parents will often sit idly by and let modern advancements baby-sit their

kids. Well, enough is enough. It's time to get your kids into shape.

Mike Mashuta of Delmar Health & Fitness is passionate about getting kids into shape.

"It's not just a matter of getting physically fit, it's a matter of becoming mentally fit," he said.



According to Mashuta, kids who look good will feel good. This linking of physical fitness to mental fitness is what drives Mashuta and his staff to continue youth fitness programs.

"It's a great feeling to see a kid's self-esteem improve after a

great workout. The overall improvement is almost instantaneous," he said.

Delmar Health & Fitness (located at 28 Hudson Ave.) offers a wide range of activities for kids of all ages.

Programs involving flexibility and stretching are recommended for younger kids.

"Stretching is a great way to get younger kids into fitness because they can lead to more advanced activities like pushups and/or sit-ups later on," Mashuta said. These

stretching and flexibility classes are usually held on Saturdays from 11:30 a.m. to 12:30 p.m.

Fortunately, for parents and kids, Mashuta's staff has lots of experience with kids.

"Rose Altamari does such a great job with those classes. She's been teaching for 20 years, and she knows how to get kids into fitness," Mashuta said.

There are other programs, like cardiovascular and light weight training, available for older kids, as well.

Exercising is only half of the

said. "Kids will be more excited about fitness if their parents are active with them."

Kathy Fisher of the Albany Jewish Community Center (located at 340 Whitehall Road in Albany) also believes that kids can come to like a fitness program.

"There's a certain enjoyment kids get when they can do activities with their parents," she said. "We strongly encourage parents to participate in our various youth fitness programs."

At Albany JCC, youth fitness is geared toward all ages.

"We have a wide age range for our activities. It's great to see older kids helping some of the younger kids to get fit," Fisher said.

There is definitely a team atmosphere involved. Fencing, basket-

ball, volleyball and ski programs often place children in group setting which helps in the socialization process.

"We feel that kids should work on their mental health as well as their physical health," Fisher said.

On a personal note, I can attest to the connection between physical health and mental health.

Running has always been an activity that I love to do. From the first run that I took with my father around the high school track to my last track meet as a collegiate athlete, running has provided me with a sense of pride and a source of energy.

So parents, for the sake of your children, get them into some kind of physical activity. You don't have to go on 10-mile hikes or endure a grueling weight-lifting session. A simple game of catch will let them know that you care about their physical and mental well-being.

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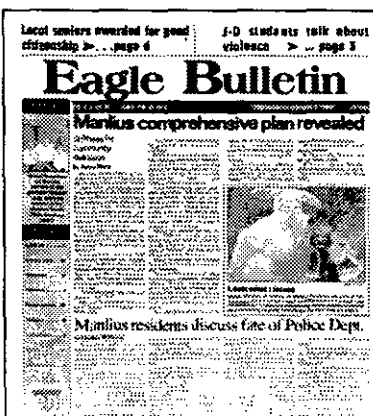
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Obituaries

Dorothy Robinson

Dorothy G. Robinson, 99, of Saratoga Springs and formerly of Delmar, died Saturday, Jan. 19, at Wesley Health Care Center in Saratoga Springs.

Born in Detroit, Mich., she was a founding member of Literacy Volunteers in Albany. She remained active in the organization through the early 1990s. Mrs. Robinson was responsible for setting up workshops and training volunteers for many years. Most recently, she worked with several students in Saratoga Springs.

She was a longtime board member of the Community Ambassador Program in Albany and Delmar. She was a volunteer at Albany Medical Center Hospital and a member of its auxiliary. She was secretary to the director of the Volunteer Office for 10 years before she retired.

Mrs. Robinson was a member of First United Methodist Church in Delmar and Presbyterian-New England Congregational Church in Saratoga Springs, where she was a deacon. She was a member of the Silver Bay Association in Lake George for many years. She enjoyed needlework, reading and traveling.

She was the widow of George B. Robinson.

Survivors include a son, Thomas C. Robinson of San Francisco; a daughter, Martha Van Patten of Saratoga Springs; five grandchildren; and six great-grandchildren.

A memorial service is scheduled at 9 a.m. on Saturday, Jan. 26, in the activity room at Wesley Health Care Center.

Arrangements are by the Meyers Funeral Home in Delmar.

Contributions may be made to the Silver Bay Association Foreign Students Scholarship Fund, Silver Bay 12874, Literacy Volunteers of Saratoga County, 49 Henry St., Saratoga Springs 12866 or Presbyterian-New England Congregational Church of Saratoga Springs, PO Box 582, Saratoga Springs 12866.

Mary Veronica Kelly

Mary Veronica "Vee" Kelly of Brewster, Putnam County, and formerly of Glenmont, died Wednesday, Jan. 16, at Putnam Ridge Nursing Home in Brewster.

Born in New York City, she worked at her parents' store in Yonkers as a teen-ager. She was part owner of V. O'Connor's Dry Goods & Linens in Yonkers.

She was the widow of Francis Gerard Kelly.

Survivors include two sons,

Robert G. Kelly of Delmar and Paul Kelly of Brewster; a sister, Anne Petrick of Clearwater, Fla.; and five grandchildren.

Services are scheduled at noon on Saturday, Jan. 26, at St. John the Evangelist Church on East Main Street in Pawling.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to Ronald McDonald House Renovations, 139 S. Lake Ave., Albany 12208.

James Bulger

James T. Bulger, 54, of Slingerlands died Saturday, Jan. 19, at his home.

Born in Albany, he was a graduate of the former Cardinal McClosky High School, SUNY Brockport and Union College.

Mr. Bulger worked for the state Department of health in various management positions. He was vice president and executive director of the Northeastern New York Consortium at Empire Blue Cross and Blue Shield in Albany. He also served as northeastern regional vice president of Value Behavioral Health. Until he became ill, he was executive vice president and COO of Managed Physical Network.

He was the recipient of many awards for public service.

Survivors include his wife, Wendy Jacques; two sons, Bryan Bulger of Greenwich, Conn., and Jeffrey Bulger of Charlotte, N.C.; a daughter, Jessica Bulger of Boston, Mass.; a stepdaughter, Amber Adams of Freeport; and a sister, Patricia Setford of Delmar.

A Mass of Christian Burial will be celebrated at 9 a.m. today, Jan. 23, at St. James Church, 391 Delaware Ave., Albany.

Interment will be in St. Agnes Cemetery in Menands.

Contributions may be made to the Peter G. Young Foundation, 134 Franklin St. Albany 12202 or the Juvenile Diabetes Foundation, 6 Greenwood Drive, East Greenbush 12061.

Catherine Kraus

Catherine M. Kraus, 90, of Delmar, died Monday, Jan. 14, at Good Samaritan Nursing Home in Delmar.

Born in Albany, she lived in Delmar for many years, and before that, in Colonie and Pilot Knob on Lake George.

She was retired as head of the fabric department and buyer for the former John G. Meyers

Department Store in Albany, where she worked for 23 years.

She was a former member of the Glens Falls Hospital Guild and the Lake George Garden Club.

She was the widow of Andrew Kraus.

Survivors include four sisters, Margaret McCullen of Colonie, Louise Carolus of Albany, Cornelia Palmer of Duncansville, Pa., and Gertrude Pappalau of Schenectady.

Services were from Our Lady of Angels Church in Albany, with burial in Our Lady of Angels Cemetery in Colonie.

Arrangements were by Keenan Funeral Home in Albany.

Karin Hudspath

Karin R. Hudspath, 47, of Glenmont, died Tuesday, Jan. 15, at home after a long illness.

She was a member of Mount Moriah Church in Glenmont and the Lake George Sailing Club.

Survivors include her husband, John C. Hudspath III; her father, Charles "Fred" Young; a son, Eric Hudspath of Glenmont; a daughter, Joy Hudspath of Glenmont; two stepsons, Brian Hudspath of Glenmont and John C. Hudspath IV of Delmar; and two step-grandchildren.

Service were from Mount Moriah Church. Arrangements were by Durant Funeral Home in Glenmont.

Contributions may be made to the Kenya Children's Home, c/o Mount Moriah Church, Route 9W, Glenmont 12077.

Peter Douglas

Peter D. Douglas, 56, of Grant Hill Road in Voorheesville, died Tuesday, Jan. 15, at his home.

Born in Summit, N.J., he had lived in Voorheesville since 1976. He was employed as a teacher for 32 years at Voorheesville Elementary School, retiring in June 2000.

He was a communicant of St. Matthew's Church in Voorheesville.

Mr. Douglas was a member of the New Scotland Kiwanis and Sycamore Country Club in Coeymans.

Survivors include his wife, Judy Blair Douglas; a son, Christopher Douglas of Schenectady; a daughter, Bethany Douglas of Voorheesville; and two brothers, William Douglas of Lee's Summit, Mo., and Paul Douglas of Pompano Beach, Fla.

Services were from St. Matthew's Church, with burial in Our Lady Help of Christians Cemetery in Glenmont.

Arrangements were by Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to the Peter D. Douglas Scholarship Fund, c/o Voorheesville Central School District, P.O. Box 498, Voorheesville 12186.

Marjorie Davies

Marjorie "Marge" Blauvelt Davies, 81, of Beechwood Retirement Community in Troy and formerly of Delmar, died Saturday, Jan. 12.

Born and educated in

Middletown, Orange County, she lived in Delmar for more than 40 years.

She was a homemaker and a volunteer.

She was a member of the Order of the Eastern Star, a volunteer at Child's Hospital and local schools for many years, and a very active volunteer and member of her church.

Mrs. Davies was an avid reader, pianist and painter who loved traveling and writing her memoirs.

Survivors include her husband, Sherwood Davies; two sons, Howard Davies of Marysville, Ohio, and Robert Davies of Mount Holly, N.J.; a daughter, Deborah Gordon of Guilderland; a brother, Wallace Blauvelt of Circleville, Orange County; and four grandchildren.

Services were from Eddy Memorial Chapel in Troy.

Contributions may be made to Hope United Methodist Church, 5666 Brunswick Road, Troy 12180 or to the Beechwood Residents' Fund, c/o Mary Rourke, Beechwood, 2218 Burdett Ave., Troy 12180.

John Neenan

John P. Neenan, 83, of Voorheesville, died Monday, Jan. 14, at Stratton Veterans Administration Medical Center Hospital.

Born in Greenwich Village, Manhattan, he was raised in St. Agatha's Home in Nyack, Rockland County. He had lived in Voorheesville for the past 12 years.

He was an Army veteran of World War II.

Mr. Neenan was a retired lithographer from the Peter F. Mallon Co. in New York City.

He was a member of the American Legion.

Survivors include his wife, Helen Audrey Smith Neenan; a daughter, Eileen McNulty of Oldsmar, Fla.; two sons, John P. Neenan Jr. and Kenneth Neenan, both of Oldsmar; two grandsons; a step-grandson; a step-granddaughter; and a great-grandson.

Services were from St. Matthew's Church in Voorheesville, with burial in Evergreen Memorial Park in Schenectady.

Services were from Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to St. Matthew's Church.

Ruth Weir

Ruth Evelyn Weir, 83, of Slingerlands and formerly of Delmar, died Sunday, Jan. 13, at Our Lady of Mercy Life Center in Guilderland.

Born in Chicago, she was retired from Albany Medical Center Hospital, where she was an EKG technician for many years.

Survivors include a niece, Sally Young of Slingerlands.

There will be a memorial service at Our Lady of Mercy Life Center Chapel at a later date.

Contributions may be made to the Choices Program, c/o St. Peter's Hospital, 315 So. Manning Blvd., Albany 12208.

Burna Larrow

Burna M. Larrow, 96, of Delmar, died Saturday, Jan. 12, at Good Samaritan Lutheran Healthcare Center in Delmar.

She was wife of the late Howard Larrow.

Survivors include a daughter, Burnetta Parker of Delmar; six grandchildren; and 15 great-grandchildren.

Services were from Phillips Memorial Home and St. Paul's Episcopal Church, both in Waddington, St. Lawrence County.

Burial was in Brookside Cemetery in Waddington.

Contributions may be made to Bethlehem Children's School, Box 235, Slingerlands 12159.

Beatrice Taylor

Beatrice Taylor, 80, of Delmar and Florida died Tuesday, Jan. 8, at Regional Medical Center in Florida.

Mrs. Taylor was a registered nurse. She retired as assistant director of nursing after 38 years of service at Albany Medical Center Hospital.

Survivors include two daughters, Pat Cummings and Sue Wilson, both of Delmar; a granddaughter; and two great-grandchildren.

Contributions may be made to Mohawk & Hudson Humane Society, Oakland Avenue, Menands 12201.

Club schedules dinner meeting

The Men's Garden Club of Albany will hold a dinner meeting on Thursday, Jan. 24, at 6:30 p.m. at the Quality Inn on Route 9W in Glenmont.

The guest speaker will be Donald Otterness, who will discuss "Children's Garden Programs."

Reservations can be made by calling Henry Fox at 438-7550.

Snowshoe walk set at Five Rivers

A snowshoe walk is slated for Saturday, Jan. 26, at 2 p.m. at Five Rivers Environmental Education Center on Game Farm Road in Delmar.

Educators will help beginners with some basic techniques, followed by a short walk on one of Five Rivers trails. A winter exploration of animal tracks and traces will be highlighted on the walk.

Call to reserve snowshoes by Thursday, Jan. 24. There is a limited number of children's snowshoes. If there is no snow, the walk will be done on foot.

Participants should dress for the outdoors for this free program.

For information, call the center at 475-0291.

Quilters to meet

QUILT will meet on Friday, Feb. 8, at First United Methodist Church on Kenwood Avenue in Delmar at 9:15 a.m. Call 456-0552 for information.

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.



Michael Aylward and Marcia Reedus

Reedus, Aylward to wed

Marcia Reedus, daughter of Sue and George Pfeiffer of Gaithersburg, Md., and Michael Aylward, son of Geraldine and Harold Morgan of Delmar, are engaged to be married.

The bride-to-be is a graduate of Seneca Valley High School and the University of Maryland.

She is an associate buyer at Lockheed Martin in Gaithers-

burg.

The future groom is a graduate of Bethlehem Central High School, SUNY Oswego and is currently attending John Hopkins.

He is a subcontractor administrator for Lockheed Martin.

The couple plans a May 18 wedding.



Jennifer Duffy and Marcelo Villarreal

Duffy, Villarreal to marry

Jennifer Duffy, daughter of Catherine and Dr. William Duffy of Slingerlands, and Marcelo Villarreal, son of Maria Guajardo and Juan Villarreal of Monterrey, Mexico, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School

and the College of the Holy Cross.

The future groom is a graduate of Ecole Nationale des Pontset Chaussees in Paris, France.

He is an architect in Monterrey.

The couple plans a April wedding.

Dean's List

Bucknell University

Christina Macmillan of Delmar; Cynthia Reed of Voorheesville.

Alfred State College

Luke Giovanniello of Delmar.

Cancer education program scheduled

To Life will host a free education program, "Communicating Cancer to Children" on Thursday, Jan. 31, from 6 to 8 p.m. at the Italian American Community Center on Washington Avenue Extension in Albany.

Program registration is required. To register, call 439-5975 or e-mail info@ToLife.org.

A panel of breast cancer survivors, their children and a psychologist will provide insight into different approaches for comforting your child, addressing their concerns and responding to their fears while you are working on recovery.

"Unfortunately, cancer impacts our relationships with everyone, especially our children," To Life President, Mara Ginsberg said. "Knowing how to effectively talk to your children about cancer will determine how they cope with the news and, more importantly, will positively influence your relationship with them."

Open house slated for Bethlehem school

The Bethlehem Children's School will hold an open house for prospective students entering kindergarten through sixth grade for the 2002/03 school year, on Thursday, Jan. 31 from 6:30 to 8 p.m. at 12 Fisher Boulevard in Slingerlands.

Information about school readiness and the New York state standards will be available.

Faculty and administrators will also be available to answer questions and give tours of the school.

50th class reunion scheduled for fall

Vincentian Institute, Christian Brothers Academy and Academy of the Holy Names are planning a 50th class reunion on Saturday, Oct. 5 at Wolfert's Roost Country Club.

Contact Pat Sweeney Mion, at 372-6995 or e-mail pmion@mindspring.com, if you have any questions or comments on missing classmates.



Bill Fonda and Suzi Dorko

Dorko, Fonda engaged

Susan Anne Dorko of Latham, daughter of John and Andrea Dorko of West Hartford, Conn., and William Robert Fonda Jr. of Latham, son of William and Denise Fonda of West Berne, are engaged to be married.

The bride-to-be is a graduate of Mount Holyoke College, the University of Wisconsin and the Cooperstown Graduate Program at SUNY Oneonta.

She is education coordinator at the Albany Institute of History & Art.

The future groom is a graduate of Utica College of Syracuse University and the University at Albany.

He is editor of the *Guilderland Spotlight*.

The couple plans a July 27 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!



BOUQUETS

SILK WEDDING BOUQUETS Custom Cake Tops/Unity Candles. New/Used Bridal Gowns \$109. Call 355-7962 or <http://silkweddingflowers.tripod.com/swf/>

BRIDAL SHOW

BridesWorld ESP Conv. Ctr 1/13 Area's premiere Bridal Show To Register on Bride's Hotline 242-3960 Or online@atouchofclasslimos.com.

INVITATIONS

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

JEWELRY

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

Community



Local resident to speak at town hall

Francis Anderson, resident of Glenmont and a member of Albany Law School Faculty, will give the third of the free annual lectures on Friday, Jan. 25, at 10:30 a.m. at the Bethlehem town hall.

The topic of Anderson's talk is "It's Your Law and Mine; Don't let anyone; lawyers, judges, politicians; keep it."

The series is funded by the Bethlehem Humanities for Lifelong Learning.

Everyone is welcome.

update **2002** *a progress edition*

The annual Update edition of Spotlight Newspapers will be presented in two parts for 2002. The first part, to be published February 13, will focus on Business and Finance and the second part, scheduled for February 20, features Services.

— PART ONE —

Business & Finance

Highlighting banking, legal, retail, investing, insurance, taxes, automotive, real estate, industry and construction

Issue Date: Feb. 13

Ad Deadline: Jan. 30

for advertisers wishing to see a proof of the ad, the deadline is Jan. 28

— PART TWO —

Services

Featuring health care, education, social services, chambers of commerce, travel & tourism, and community groups

Issue Date: Feb. 20

Ad Deadline: Feb. 6

for advertisers wishing to see a proof of the ad, the deadline is Feb. 4

Call your advertising representative today!

Louise Havens – Advertising Manager

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Family ENTERTAINMENT

SPOTLIGHT ON CALENDARS ♦ ARTS

Writers Institute offers spring film series

By JOHN BRENT

On Friday evening, The New York State Writer's Institute launches its Spring 2002 Classic Film Series with a screening of "Djomeh," a French/Iranian production made in 2000.

Director Hassan Yektapanah tells the story of a 20-year-old Afaghani who worries that, at an age considered past prime by the standards of his homeland, he will never marry.

He emigrates to Iran and works on a small dairy farm and soon becomes attracted to the daughter of a local shopkeeper. The ritual and protocol involved in his attempt to meet the young woman provide insight into a culture that is very much in the news in recent months.

Like most of the films in the series, "Djomeh" will be shown at Page Hall on 135 Western Ave., part of the University at Albany downtown campus. Unless otherwise noted, screenings begin at 7:30 p.m.

The February screenings include "Macbeth in Manhattan," an American film from 1999 which will be shown on Feb. 1. The dark comedy reveals what happens when a New York City theater company attempts to mount a production of "Macbeth" and the mayhem and tragedy that results as the lives of the actors begin to mirror the characters in the "cursed play."

Joe Gagen who produced and co-wrote the script will be on hand to provide commentary and answer questions following the screening.

A short film, "Woman Found Dead in Elevator," also produced by Gagen, will be screened before the feature. There will be a 7 p.m. start time for this special evening.

The French/South African production "Boesman and Lena" will be shown on Feb. 8. Made in 2000, the movie tells the story of an aging homeless couple

struggling with personal tragedy and the harsh reality of apartheid.

March 8 and 15 are devoted to innovative films from Québec. Originally scheduled last September as part of the fall series, the screenings were cancelled due to the attacks of Sept. 11.

"Mon Oncle Antoine" will be shown on March 8. Considered by many to be the greatest Canadian film of all time, the film was made in 1971 and takes place in the 1940s. The story revolves around events in a small asbestos mining town in Québec on Christmas Eve, the only day in the year when the plants are closed.

"Yes Sir! Madame ..." will be shown on March 15. Using a home movie camera, a young man attempts to come to terms with his identity which is in a state of confusion due to his Francophone father and Anglophone mother. The double language and different traditions of his bilingual culture are shown with calculated grainy footage and intentional blackouts as the filmmaking techniques reflect the young man's state of mind.

Both Canadian films will be preceded by short films, also from Québec.

On March 22, one of the great American films, "The Grapes of Wrath" will be shown. Directed by John Ford and based on the John Steinbeck novel, the story details the plight of the Joads, a migrant farm family, forced off their land in Oklahoma during the Depression. They must make their way to California where they hope to find work ignorant of the fact that thousands of others are also making the trip, diminishing any real hope for economic relief.

Loading up their broken down truck with all their worldly possessions as family members and friends climb aboard, the Joads begin their odyssey against a stark American landscape of faces and places devastated by the economic realities of the 1930s.

Henry Fonda as Tom Joad and Jane Darwell's Academy Award winning portrait of Ma form the heart of the story



Conrad Veidt as Gwynplaine in the 1928 silent film, "The Man Who Laughs."

and they are well supported by a large cast of players.

Gregg Toland's documentary approach to the cinematography gives the film a power and intensity that is difficult to forget.

"Oscar and Lucinda" will be presented on April 5. The American/Australian film from 1997 stars Ralph Fiennes and Cate Blanchett. The film is based on an Australian novel by Peter Carey who appears as part of the Writers Institute Visiting Writers Series. Carey will read from his work on April 9 at 8 p.m. in the Recital Hall, Performing Arts Center on the uptown campus of the University at Albany.

On April 12, Field of Dreams will be screened. This 1989 American film, directed by Phil Alden Robinson tells the story of an Iowa farmer who hears voices and sees visions which compel him to build a baseball diamond in his fields.

The fantasy really gets under way as Shoeless Joe Jackson and other members of the infamous 1919 Black Sox team come out of the cornfield to play ball.

The story is about dreams and lost opportunities and second chances and uses mystery and magic and the mythology of baseball to bring its

message home.

Kevin Costner has always been an actor of limited range but here with a good script and direction he rises to the occasion. In supporting roles, Burt Lancaster, James Earl Jones and Ray Liotta shine.

The delightful early sound film "Le Million" will be shown on April 19. Directed by French filmmaker René Clair, the 1931 musical comedy details the escapades of an artist and his group of friends who are searching for a winning lottery ticket that is in the pocket of a jacket that has been stolen.

"The Turandot Project," an American/German documentary made in 2000 deals with the ins and outs of the Chinese production of Puccini's opera, "Turandot."

Most people have at least a nodding acquaintance with Victor Hugo's works through the various film and stage adaptations of *The Hunchback of Notre Dame* and *Les Misérables*. Less familiar is the writer's 1869 novel, *L'Homme qui rit*. Equally obscure to modern audiences is the 1928 film adaptation of this Hugo work, "The Man Who Laughs." Coming near the very end of the silent era, the film tells the dramatic story of the Gwynplaine, son of a discredited Scottish nobleman in 17th century England who, following his father's execution is tortured and permanently disfigured — the corners of his mouth carved into a permanent grin.

Legally unavailable on video and seemingly unavailable for TV screenings, "The Man Who Laughs" will be part of the Writers Institute Classic Film Series this spring.

The series usually concludes with an important silent film and "The Man Who Laughs," shown on May 3, is certainly a gem.

Like Hugo's Quasimodo in "The Hunchback of Notre Dame," Gwynplaine has a grotesque exterior but a noble and kindly heart. His goodness is ultimately recognized by the blind heroine, Dea, and the two fall in love.

German director Paul Leni creates a film rich in the tradition of German expressionism and the performances, especially that of Conrad Veidt as the title character, give the film a visual and emotional power more than seven decades after its release.

All screenings are free and open to the general public. For information call 442-5620 or visit the Web site at www.albany.edu/writers-inst.



Jane Darwell as Ma Joad and Russell Simpson as Pa in the 1940 film "The Grapes of Wrath," to be shown as part of the Writers Institute Film Series on March 22.

Theater

Albee drama, Curtain Call Theatre, 210 Old Loudon Road, Latham, through Feb. 9. \$15. Information, 877-7529.

Troy Savings Bank Music Hall, State and
Second streets, Jan. 25, 8 p.m., \$18.
Information, 273-0038.

VOOSMKENOHPAGEM

S H X O I E G E T E C E E E E
A O Y U C A N E N E N N N N Y
X M L S W U L O L O O O O O S
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Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Car phone	Headphone	Microphone	Vibraphone
Cell phone	Homophone	Saxophone	Web phone
Earphone	Hydrophone	Sousaphone	Xylophone
Geophone	Mellophone	Telephone	

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The Van Dyck, 235 Union St.,
Schenectady, Jan. 25, 7 and 9:30 p.m.,
\$15. Information, 381-1111.

with Johnnie Johnson, The Egg at Empire State Plaza, Albany, Jan. 26, 8 p.m., \$22. Information, 473-1845.

The Van Dyck, 235 Union St.,
Schenectady, Jan. 26, 7 and 9:30 p.m.,
\$22. Information, 381-1111.

with L'il Band of Gold and Geno
DeLafose, Proctor's Theatre, State Street,
Schenectady, Feb. 2, 8 p.m., \$25.
Information, 346-6204.

The Eighth Step at Cohoes Music Hall, Remsen Street, Feb. 2, 8 p.m., \$17. Information, 434-1703.

Troy Savings Bank Music Hall, State and
Second streets, Feb. 2, 8 p.m., \$24.
Information, 273-0038.

Family Fun

HIGHLIGHTS FOR CHILDREN

Visual Arts

NEW YORK STATE MUSEUM

ALBANY INSTITUTE
OF HISTORY AND ART

Circa 1900: From the Genteel Tradition to the Jazz Age, American art at the turn of the 20th century, plus exhibits on Hudson River School painting, the Albany Army Bazaar of 1864, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

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Wednesday to Sunday. Information, 786-6557.

Call For Artists

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**DELMAR COMMUNITY
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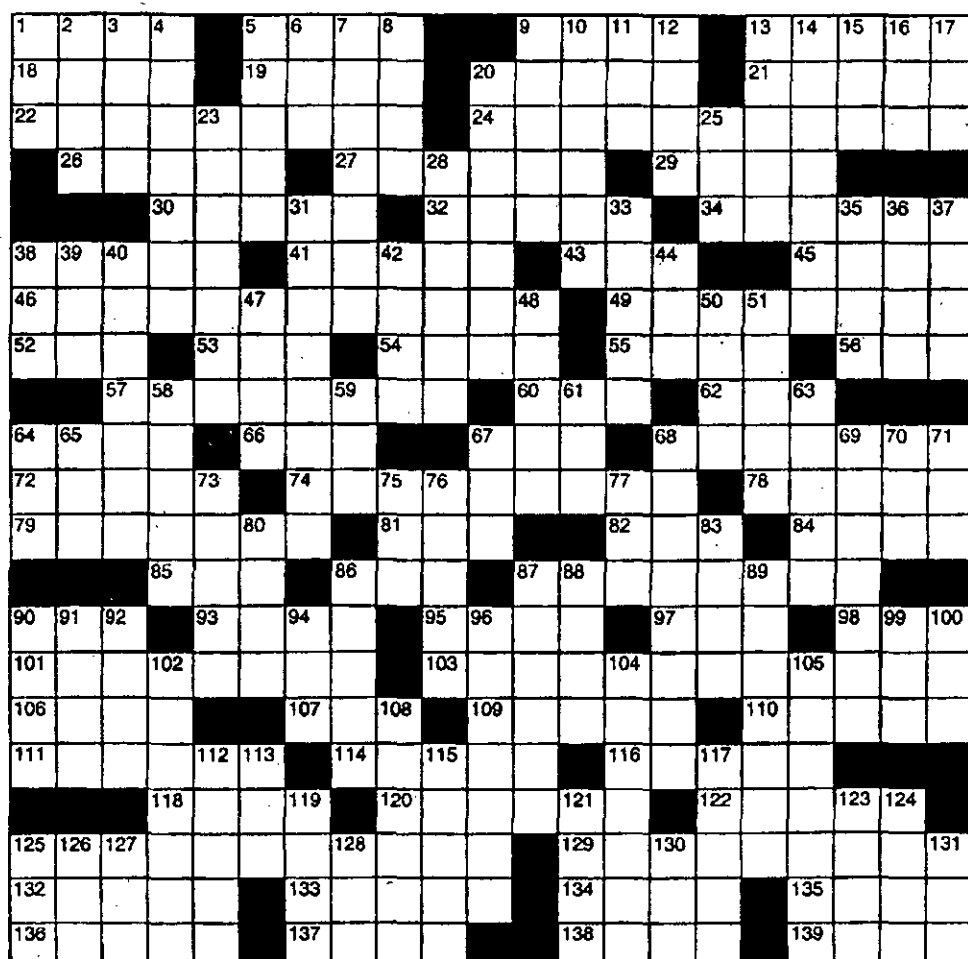
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Guilderland Spotlight; Niskayuna Journal; Scotia-Glenville Journal;
Rotterdam Journal; Clifton Park/Halfmoon Spotlight*

The Super CROSSWORD

ACROSS	55 Crucifix	106 Reside	4 '80s	47 Interstate	90 Eye
1 Clean the decks	56 "Howards —" ('82 film)	107 Eyebrow shape	phenomenon	exit	amorously
5 "Portnoy's Complaint" author	57 Had a hunch	109 The sky, at times?	5 French city	48 Dwight's competitor	91 Parched
9 "Woe is me!"	60 Nonclerical	110 Beginning	6 "Fall back" mo.	50 Cry of distress	92 Sitarist Shankar
13 Strength	62 Assumed name?	111 Bright inventor?	7 Aftershocks	51 "Later, Luis!"	94 "Cry — River" ('55 song)
18 — Krishna	64 German chemist	114 Make Fido fetch	8 Former Cong. group	58 Remove a brooch	96 "El Libertador"
19 Neutral tone	Otto	116 Starts a lawn	9 For the birds	59 Sault — Marie, MI	99 Elfin
20 Manifest	66 Hound or hamster	118 Banyan or baobab	10 Loewe's lyricist	61 Pangolin's morsel	100 — bran
21 Pointless	67 Forbid	120 Refer (to)	11 — deco	63 Dutch export	102 Trace
22 What the Three Stooges drank	68 Outtake	122 — point	12 Pencil piece	64 Possessed	104 Meg, Jo, Beth, and Amy
24 What Yo-Yo Ma drank	72 On the ball	125 What Lech Walesa drank	13 Sun screen	65 Citrus cooler	105 Teach
26 — pole	74 What F. Lee Bailey drank	129 What Gregor Mendel drank	14 First	67 Deli choice	108 Kilauea, for one
27 "American Pie" singer	78 Billow	132 Saying	15 Gangster's gun	68 Kind of clasp	112 Court cry
29 Overshoe	79 Longed for	133 Take the reins	16 TV's "— Step Beyond"	69 Makes money	113 Teachers' org.
30 Range rope	81 Address abbr.	134 Pennsylvania port	17 Singer Chris	70 — trip	115 "Doe, —, a female..."
32 Synthetic fiber	82 Exist	135 Atty.-to-be's ordeal	20 Supervise	71 Sleep stage	117 Rapiers
34 Brahman or lama	84 Tragic fate	136 Steven of "Wings"	23 Property professional	73 Roman fountain	119 Formerly, formerly
38 Broadway backer	85 What's between Serena and Martina	137 Guam, for one; abbr.	25 "Alley —"	75 Helium or hydrogen	121 Periman of "Cheers"
41 Vulgar	86 Bat wood	138 Horned vipers	28 Endured	76 Plant pest	123 "— Heartache" ('78 hit)
43 He may woo ewe	87 — clover	139 Actress Veronica	31 Paul of "A Man for All Seasons"	77 — Claire, WI	124 Shipbuilding wood
45 Concerning	90 Paddle	DOWN	33 Storch or King	80 "L—, c'est moi"	125 Shorten a slat
46 What Sasquatch drank	93 Siren	1 "Quiet!"	35 Punta del —	83 Wells creatures	126 Horatian creation
49 What Queen Victoria drank	95 Steel.. support	2 Slick around	36 Actress Anna	86 In pieces	127 Research site
52 Oklahoma city	97 Myriads of moons	3 Singer Guthrie	37 Warty one	87 Feast's alternative	128 Idiotogue's suffix
53 Bull in a china shop	98 — Jima		38 Flock o' docs	88 City near Provo	130 Tear
54 Exploit	101 What Isaac Newton drank		39 Wordless greeting	89 Produced a cryptogram	131 Demolished dessert
	103 What Martha Stewart drank		40 Grinds		
			42 — de-camp		
			44 Herd word		



The Spotlight CALENDAR

Wed. 1/23
BETHLEHEM
YOUTH EMPLOYMENT SERVICES

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

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

BINGO

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

BOY SCOUT TROOP 58

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

TESTIMONY MEETING

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

NEW SCOTLAND
FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 1/24
BETHLEHEM
BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 1-2:30 p.m. Information, 465-8732.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 4:30-7 p.m. Information, 439-0503.

BETHLEHEM LUTHERAN

children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Info, 439-4328.

AA MEETINGS

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

Fri. 1/25
BETHLEHEM
PUBLIC LECTURE

Prof. Francis Anderson, SUNY-Albany: "It's Your Law And Mine." Sponsored by Humanities Institute for Lifelong Learning. Bethlehem Town Hall, 445 Delaware Ave., Delmar, 10 a.m. Information, 439-9661.

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND
PIONEER CLUBS

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Info, 765-4410.

Sat. 1/26
BETHLEHEM
AA MEETING

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

Sun. 1/27
BETHLEHEM
FLEA MARKET & CRAFT FAIR

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

ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

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

BETHLEHEM LUTHERAN

85 Elm Ave., worship services 8 a.m. and 10:30 a.m. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices, handicap accessible, coffee/fellowship. Information, 439-4328.

DELMAR REFORMED

Sunday School and worship service, 9 and 11 a.m. T.G.I. Sunday contemporary worship at 5:30 p.m. Nursery care available at all worship times. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMMUNITY CHURCH

Worship services 9 & 10:45 a.m.; nursery and Sunday School through 5th grade provided at both services. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Church school 9:30 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, vespers 7 p.m. Wednesdays, Route 9W, Selkirk. Information, 767-2243.

CHURCH OF THE NAZARENE

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

FIRST UMC OF DELMAR

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

MOUNT MORIAH MINISTRIES

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

UNITY OF FAITH CHRISTIAN FELLOWSHIP

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

KING'S CHAPEL

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

BETH. CONG. OF JEHOVAH'S WITNESSES

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

SLINGERLANDS COMMUNITY UMC

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

DELMAR PRESBYTERIAN

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

GLENMONT COMMUNITY CHURCH

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

SOLID ROCK CHURCH

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

NURSERY SCHOOL OPEN HOUSE

Slingerlands Cooperative Nursery School open house and registration for 3- and 4-year-olds for 2002-2003 school year. Non-denominational; located at rear of Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands; 1-3 p.m. Information, 439-0386.

NEW SCOTLAND
ST. MATTHEW'S CHURCH

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

FIRST UNITED METHODIST

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

BETHEL BAPTIST CHURCH

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

UNIONVILLE REFORMED

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

CLARKSVILLE COMM. CHURCH

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

MOUNTAINVIEW EVANGELICAL FREE CHURCH

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

ONESQUETHAW REFORMED

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

FAITH TEMPLE

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

N. S. PRESBYTERIAN CHURCH

Worship service, 10:30 a.m., Sunday school, 9:15 a.m., nursery care provided, 2010 New Scotland Road, New Scotland. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

JERUSALEM REFORMED

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

FAMILY WORSHIP CENTER

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

THE DRAGON'S EGG

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

TAKE OFF POUNDS SENSIBLY

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

BINGO

ethlehem Elks Lodge, Rt. 144, 7:30 p.m.

NEW SCOTLAND
NIMBLEFINGERS/QUILTERS

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

Wed. 1/30
BETHLEHEM
YOUTH EMPLOYMENT SERVICES

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

BINGO

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

BOY SCOUT TROOP 58

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

NEW SCOTLAND
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. 1/31
BETHLEHEM
BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 1-2:30 p.m. Information, 465-8732.

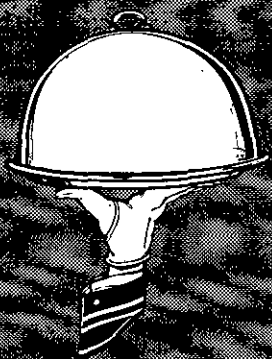
AA MEETINGS

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

Coming Sat. 2/2
BETHLEHEM
ANTIQUE APPRAISAL FAIR

Sponsored by Bethlehem Business Women, Delmar Reformed Church, 386 Delaware Ave., Delmar, 9 a.m.-1 p.m. Information, 439-6873.

Spotlight on Dining



元寶屋
DUMPLING HOUSE
Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

BETHLEHEM CENTRAL LAB SCHOOL

is sponsoring a Garage Sale on Saturday, February 2nd, from 9:30 a.m. until 3 p.m. in the Bethlehem High School Cafeteria. This fund raiser will benefit the Lab School's Field Trip to Washington DC, 2002.

The Lab School is accepting donations of household items, toys, clothes, furniture, and small appliances, in good condition only. To arrange pick-up of donations, or for more information call:

Christine Owens at 439-0593

or

Patty Eames at 439-8536

LEGAL NOTICE

LEGAL NOTICE

Art Promotions LLC was filed with the SSNY on 12/04/01. 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. (January 23, 2002)

ARTICLES OF ORGANIZATION OF BDH, L.L.C.

Under Section 203 of the Limited Liability Company Law The Undersigned, being authorized to execute and file these Articles, hereby certifies that: FIRST: The name of the limited liability company (hereinafter referred to as the "Company") is BDH, L.L.C. SECOND: The County of the office of the Company in this State is Albany. THIRD: The Company does not have a specific date of dissolution in addition to the events of dissolution set forth by law. FOURTH: The Secretary of State is designated as 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 is 926 Nineteenth Street, Watervliet, New York 12189. FIFTH: The name and street address in New York of the registered agent of the Company upon whom and at which process against the Company can be served are Breakell & Couch P.C., Suite 1200, 11 North Pearl Street, Albany, New York 12207. SIXTH: The Company is to be managed by one (1) or more members, provided, however that the managing members may only bind the limited liability company in accordance with the terms of the operating agreement of the limited liability company. SEVENTH: The business purposes of this limited liability company are to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law; provided, however, that the limited liability company is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency or other body without first obtaining the consent of such body. EIGHTH: A manager shall not be personally liable to the Company or its members for damages for any breach of duty as a manager, except for any matter in respect of which such manager shall be liable by reason that, in addition to any and all other requirements for such liability there shall have been a judgment or other final adjudication adverse to such manager that establishes that such manager's acts or omissions were in bad faith or involved intentional misconduct or a knowing violation of law or that such manager personally gained in fact a financial profit or other advantage to which such manager was not legally entitled or that with respect to a distribution the subject to Section 508 of the Limited Liability Company Law, such managers acts were not performed in accordance with Section 409 of the Limited Liability Company Law. Neither the amendment nor the repeal of this Article shall eliminate or reduce the effect of this Article in respect to any matter occurring, or any cause of action, suit or claim that, but for this Article, would accrue or arise, prior to such amendment, repeal or adoption of an inconsistent provision. This Article shall neither eliminate nor limit the liability of a manager for any act or omission occurring prior to the adoption of this Article. NINTH: The Company shall have the power to indemnify, to the full extent permitted by the Limited Liability Company Law, as amended from time to time, all person whom it is permitted to indemnify pursuant thereto. IN WITNESS WHEREOF, these Articles of Organization have been subscribed this 27th day of December, 2001 by the undersigned who affirm that the statements made herein are true under penalties of perjury.

S/ MARK W. COUCH
Organizer

LEGAL NOTICE

LEGAL NOTICE

BST VALUATION & LITIGATION ADVISORS, LLC Notice of formation of BST Valuation & Litigation Advisors, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 12/4/01. 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 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC is to provide valuation services, litigation services, law firm management, financial consulting services, due diligence services and engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law. (January 23, 2002)

LEGAL NOTICE

Capacity Financial Services, LLC. LLC was filed with the SSNY on 09/24/01. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Carl A. Gerson, 120 Pleasant Street, Upper Saddle River, NJ 07458. Purpose: Any lawful purpose. (January 23, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for Capital District Oral and Maxillofacial Surgeons, LLC were filed with the Secretary of State of New York on November 21, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 11 Century Hill, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law. (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of CapitalSource Finance LLC. Fictitious name in N.Y. State: CSF. Authority filed with Secy. of State of NY (SSNY) on 12/20/01. LLC formed in Delaware (DE) on 8/25/00. 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 the principal office of LLC: 1133 Connecticut Ave. NW, Ste. 310, Washington, D.C. 20036. Attn: Steve Muses, Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of Charter Communications LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/30/2001. LLC formed in Delaware (DE) on 11/22/1993. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the principal office of the LLC: 12405 Powerscourt Dr., St. Louis, MO 63131. Arts. of Org. on file with DE Secy. of State, Corp. Dept., Loockerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity. (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of CIMCities LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/2/2002. LLC formed in Delaware (DE) on 7/27/1999. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Principal office of LLC: 1400 Lake Hearn Drive, Atlanta, GA 30319. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (January 23, 2002)

NOTICE OF PUBLICATION

De Angelis Enterprises, L.L.C. ("LLC") was filed with the Sec. of State of NY ("SSNY") on 10/24/

LEGAL NOTICE

01. Office location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: De Angelis Enterprises, L.L.C., c/o Richard M. White, Esq., 18 Corporate Woods Blvd., Albany, New York 12211. Purpose: Any lawful business purpose. (January 23, 2002)

ARTICLES OF ORGANIZATION OF EMAK HOLDING LLC

Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is: EMAK HOLDING LLC. SECOND: The county within the state in which the office of the limited liability company is to be located is Albany. THIRD: 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: 23A Walker Way Albany, New York 12205. FOURTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State. FIFTH: The limited liability company is to be managed by 1 or more members. IN WITNESS WHEREOF, this certificate has been subscribed to this 28th day of December, 2001, by the undersigned who affirms that the statements made herein are true under the penalties of perjury. S/ Jesse Vandergrift, Attorney in Fact (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of EXTENSIS VI LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/2/02. LLC formed in Delaware (DE) on 12/11/01. 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 Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: Plaza Nine, 900 Rte. 9 North, P.O. Box 248, Woodbridge, NJ 07095. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (January 23, 2002)

NOTICE OF APPLICATION FOR AUTHORITY OF LLC

Fillpoint, LLC, a limited liability company organized under the laws of Delaware whose Certificate of Formation was filed on April 20, 2001 with the Delaware Secretary of State whose address is 615 south DuPont Highway, in the City of Dover, County of Kent, 19901, filed an Application for Authority to do Business in New York State with the New York State Secretary of State on December 11, 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 c/o Glenn Rockwood, 51 Maplewood Avenue, Albany, New York 12205. The address of its Delaware office is 615 South DuPont Highway, Dover, 19901. Its business is to engage in any lawful activity for which limited liability companies may be organized under the Delaware Limited Liability Company Act. (January 23, 2002)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, February 5, 2002, at the Town Offices, 445 Delaware Ave., Delmar, New York, at 7:30 p.m., to take action on the application of First Columbia L.L.C., 26 Century Hill Dr., Latham, NY, for Building Project Approval of two additional office buildings in Planned Commercial District No. 6 at 1224 New Scotland Road on a 17.3 acre parcel in Slingerlands, NY, as shown on map entitled, "Proposed Amendment to Planned Commercial District No. 6, New Scotland Road, Commercial Business Park, Layout Plan, Town of

LEGAL NOTICE

Bethlehem, Albany County, New York", dated 8/27/01, revised to 1/04/02 (SP1-6) and made by Chazen Engineering & Land Surveying Co., P.C., Clifton Park, NY. Douglas Hasbrouck Chairman, Planning Board NOTE: Disabled individuals who are in need of assistance in order to participate in the public hearing should contact the Parks Dept. at 439-4131. Advance notice is requested. (January 23, 2002)

LEGAL NOTICE

Notice of formation of Gold Rock Realty, LLC, filed with SSNY on 12/31/2001. Office Loc.: Albany Co. SSNY designated as agt. of the LLC upon whom process may be served. SSNY shall mail copy of any process to: 3 Bonnie Drive, Gunderland, NY 12084. Purpose: any lawful purposes. (January 23, 2002)

NOTICE OF FORMATION OF LLC

Greene Imaging, LLC, filed Articles of Organization with the New York Secretary of State on December 19, 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 Greene Imaging, LLC, c/o Vincent L. Valenza, 75 State Street, Albany, NY 12207. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. (January 23, 2002)

LEGAL NOTICE

HEALTHCARE BUSINESS ADVISORS, LLC Notice of formation of Healthcare Business Advisors, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 12/4/01. 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 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC is to provide consulting and billing services for health care professionals and engage in any lawful act of activity for which limited liability companies may be formed under the New York Limited Liability Company Law. (January 23, 2002)

LEGAL NOTICE

Hilb, Rogal and Hamilton Insurance Agency of Massachusetts, LLC. LLC was filed with the SSNY on 12/17/2001. 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: Ronald S. Zaiger, 1 Industrial Avenue, Suite 1100, Lowell, MA 01851. Purpose: Any lawful purpose. (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of HMT Lessee LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/10/01. LLC formed in Delaware (DE) on 11/9/00. 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 The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 10400 Fernwood Rd., Dept. 72/923, Bethesda, MD 20817. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. (January 23, 2002)

LEGAL NOTICE

Notice of Formation of iMark of New York, LLC. Arts. of Org. filed with Secy. of N.Y. (SSNY) on 12/28/01. 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, registered agent upon whom process may be served. Purpose: sales orga-

LEGAL NOTICE

nization. (January 23, 2002)

LEGAL NOTICE

Notice of Qualification of Ingomar Limited Partnership. Authority filed with Secy. of State of N.Y. (SSNY) on 12/26/2001. LP formed in Nevada (NV) on 7/26/1996. NY office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207-2543, the registered agent upon whom process may be served. Principal off of LP: 323 Fifth St., Eureka, CA 95501. Name/address of each general partner available from SSNY. Cert. of LP on file with NV Secy. of State, 101 North Carlson St., Ste. 103, Carson City, NV 89701. Purpose: any lawful activity. (January 23, 2002)

LEGAL NOTICE

INSURANCE AGENCY CONNECTION OF NEW YORK, LLC Notice of formation of Insurance Agency Connection of New York, LLC, a limited liability company ("LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 1/8/02. 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 Peter C. Stanleys, 24 Greystone Drive, Voorheesville, New York 12186, the Registered Agent. The purposes of the LLC are to act as agents or brokers or aid in any manner in the business of soliciting, negotiating, or procuring the making of any insurance contract for, or in the placing of risks or receiving applications for life, health, accident, fire, theft, casualty, fidelity, surety, guaranty, indemnity, property, mortgage, rent, use and occupancy, income, marine, automobile liability, homeowner's liability, employer's liability, and all other liability insurance of all kinds, and all other kinds of insurance against loss or damage of any kind form any and all causes, and other insurance and reinsurance of all kinds; to investigate, collect, and report the causes and extent of damages on insured losses, to adjust and to act as agent in the payment of such claims; to collect premiums on all policies of insurance, to cancel, alter, or extend such policies; to conduct agencies for the doing of all such business; to do all things necessary, incidental, or desirable to accomplish such purposes; and generally to transact a general insurance agency business, and to carry on all kinds of such business. (January 23, 2002)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, February 6, 2002, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of John and Mary Anastasia, 313 Elsmere Avenue, Delmar, New York 12054 for Area Variance under Article XVII, Side Yards, Section 128-73, Required Widths A (1)(c), of the Code of the Town of Bethlehem to allow an existing deck to remain which does not meet the Side Yard setback requirement at premises 313 Elsmere Avenue, Delmar, New York.

Michael C. Hodom
Chairman
Board of Appeals
(January 23, 2002)

LEGAL NOTICE

Notice of formation of L & I REALTY, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 12/20/2001. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: 1817 Kings Hwy., Brooklyn, NY 11229. Purpose: All Lawful purposes. (January 23, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law 1. The name of the Limited Liability Company is LAS ALBANY REDEVELOPMENT COMPANY, LLC.

LEGAL NOTICE

2. The Articles of Organization were filed with the Secretary of State on December 21, 2001. 3. The office of the Limited Liability Company is to be located in Albany County. 4. 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 New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Albany Redevelopment company, LLC 85 Watervliet Avenue Albany, New York 12206 5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York. (January 23, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law 1. The name of the Limited Liability Company is LAS REDEVELOPMENT COMPANY, LLC. 2. The Articles of Organization were filed with the Secretary of State on December 21, 2001. 3. The office of the Limited Liability Company is to be located in Albany County. 4. 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 New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Redevelopment company, LLC 85 Watervliet Avenue Albany, New York 12206 5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York. (January 23, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law 1. The name of the Limited Liability Company is LAS WATERVLIET REDEVELOPMENT COMPANY, LLC. 2. The Articles of Organization were filed with the Secretary of State on December 21, 2001. 3. The office of the Limited Liability Company is to be located in Albany County. 4. 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 New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Watervliet Redevelopment company, LLC 85 Watervliet Avenue Albany, New York 12206 5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York. (January 23, 2002)

NOTICE CONTAINING SUBSTANCE OF ARTICLES OF ORGANIZATION FOR A PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY

Under Section 1203 of the Limited Liability Company Law 1. The name of the professional service limited liability company ("PLLC") is: S. Michael Fuhrman, D.O., LLC. 2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York is: December 12, 2001. 3. The office of the PLLC is to be located in Albany County. 4. The Secretary of State of the State of New York has been designated as agent of the PLLC upon whom process against it may be served. The post office address to which the Secretary of State of the State of New York shall mail a copy of any process against it served upon him or her is: 363 Delaware Avenue, Delmar, New York 12054. 5. The purpose of the business of the PLLC is to engage in the practice of medicine and any other lawful purpose. (January 23, 2002)

LEGAL NOTICE

LEGAL NOTICE

Pursuant to New York Limited Liability Company Law §206, One Life Enterprises, LLC publishes the following legal notice:

1. The name of the limited liability company is: One Life Enterprises, LLC. (the "Company")
2. The Articles of Organization were filed with the Secretary of State on December 19th, 2001. The Company came into existence on January 1st, 2002.
3. The offices of One Life Enterprises, LLC will be located in Albany County, New York.
4. The Secretary of State has been designated as agent of the Company upon whom process against it may be served, and the Secretary of State shall mail a copy of any process against it served upon him or her to the Company at c/o Robert L. Sadler, RD 2, Box 144, Schoharie, New York 12157.
5. No registered agents have been designated for service upon the Company.
6. The Company has not specified a date of dissolution, or any events that will automatically cause the dissolution of the Company.
7. The Company shall be engaged in software consulting services, as well as any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.

(January 23, 2002)

LEGAL NOTICE

Notice of Qualification of ORIGEN FINANCIAL, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 8/9/01. LLC formed in Delaware (DE) 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 Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.

(January 23, 2002)

LEGAL NOTICE

Risk Protection International, LLC dba RPI Insurance Agency LLC was filed with the SSNY on 07/16/2001. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The address which SSNY shall mail any process against the LLC served upon him: Thomas J. Malloy, Risk Protection International, LLC, 500 Ferry Boulevard, Stratford, CT 06615. Purpose: Any lawful purpose.

(January 23, 2002)

LEGAL NOTICE

ROMA BROTHERS REALTY, LLC
Notice of formation of Roma Brothers Realty, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 12/28/01. 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 at 9 Cobbee Road, Latham, New York 12110. 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.

(January 23, 2002)

LEGAL NOTICE

Notice of formation of SMOOTH DENTAL, P.L.L.C. a NYS limited liability company (LLC). Formation filed with SSNY on 01/03/2002. 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, 208 Avenue U-LL, Brooklyn, NY 11223. Purpose: All Lawful purposes.

(January 23, 2002)

NOTICE OF FORMATION OF STEP ONE TECHNOLOGY, LLC

(Pursuant to Section 203 of the

LEGAL NOTICE

Limited Liability Company Law) NOTICE IS HEREBY GIVEN that the Articles of Organization of STEP ONE TECHNOLOGY, LLC (the "Company") were filed with the Secretary of State of the State of New York on January 14, 2002. The purpose of the Company is to invest in companies owning medical equipment 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 905 Melville Court, Slingerlands, New York 12159.

(January 23, 2002)

ARTICLES OF ORGANIZATION OF STOCKBRIDGE CAPITAL, LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is "Stockbridge Capital, LLC."
SECOND: The county within the State in which the office of the limited liability company is located is Albany County.

THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2065.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Stockbridge Capital, LLC., 1698 Central Avenue, Albany, NY 12205.
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 one or more of its members.

IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 4th day of December, 2001 by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

Frank A. Tate, Jr., Attorney in fact for the Organizer
(January 23, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for STRATEGIC PENSION SERVICES, LLC were filed with the Secretary of State of New York on November 13, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 33 Century Hill Drive, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law.

(January 23, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for STRATEGIC RESOLUTIONS, LLC were filed with the Secretary of State of New York on November 13, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 33 Century Hill Drive, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law.

(January 23, 2002)

NOTICE TO BIDDERS

BETHLEHEM CENTRAL SCHOOL DISTRICT
The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids for the following:
SURPLUS EQUIPMENT AND VEHICLES FOR SALE
Bids will be received until 2 PM on January 28, 2002 at Bethlehem Central School District, Transportation Center, 82 Van Dyke Road, Delmar, New York, at which time and place all

LEGAL NOTICE

bids will be publicly opened. Details of items to be sold on an "as is" basis are available at the same office or by calling 439-3830. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for 90 days subsequent to the date of bid opening.

Board of Education
STEVEN O'SHEA
District Clerk

Date: 01/17/02
(January 23, 2002)

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT

Town of Bethlehem
TAKE NOTICE, that I, Nancy Mendick, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. and on Saturday, January 27th from 9 - noon at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York for the properties assessed upon such roll.

NO COLLECTION FEE DURING JANUARY
1% collection fee during February
2% collection fee during March
TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Director of Finance on April 1, 2002.
Dated January 1, 2002

Nancy Mendick
Town of Bethlehem
Receiver of Taxes & Assessments
(January 23, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of TNT Realty, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on December 13, 2001, effective upon the date of filing. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 89 Consaul

LEGAL NOTICE

Road, Albany, New York 12205. The purpose for which the LLC is formed is to engage in the conduct of a real estate acquisition, development and management business and for any lawful act or activity in furtherance thereof, in connection therewith, or incidental thereto, for which limited liability companies may be formed under the Limited Liability Law of the State of New York.

(January 23, 2002)

NOTICE OF FORMATION OF REGISTERED LLP

Tribble & Von Ahn, CPAs, LLP, filed a Certificate of Registration with the New York Secretary of State on August 9, 2001. Its principal office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any such process shall be mailed to P.O. Box 687, Fonda, New York 12068. Its business is to engage in the practice of certified public accountancy and any other lawful activity for which limited liability partnerships may be organized under Section 121-1500(a) of the New York Partnership Law.

(January 23, 2002)

LEGAL NOTICE

Notice of Qualification of Wal-Mart Stores East, LP. Authority: filed with Secy. of State of N.Y. (SSNY) on 12/13/01. LP formed in Delaware (DE) on 11/9/01. NY office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LP: 702 SW 8th St., Bentonville, AR 72716-0555. Name/address of each general partner available from SSNY. Cert. of LP on file with DE Secy. of State, Div. of Corps., 401 Federal St., Suite 4, Dover, DE 19901. Purpose: retail sales.

(January 23, 2002)

LEGAL NOTICE

Notice of Qualification of Wal-Mart

LEGAL NOTICE

Transportation, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/26/01. LLC formed in Delaware (DE) on 11/9/01. 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 Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 702 S.W. 8th St., Bentonville, AR 72716. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful purpose.

(January 23, 2002)

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY

FIRST: The name of the Limited Liability Company is WCC PROPERTIES, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on December 11, 2001.
THIRD: The county within New York State in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is: WCC PROPERTIES, LLC, 135 Paine Street, Green Island, New York 12183.
FIFTH: The latest date on which the Company is to dissolve is December 31, 2050, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.
SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.

(January 23, 2002)

NOTICE OF FORMATION OF WEST AMERICAN RUBBER COMPANY, LLC

The name of the LLC: WEST AMERICAN RUBBER COM-

LEGAL NOTICE

PANY, LLC. App. for Auth. Filed with Sec. of State 11/07/01. Juried. And date of org: CALIFORNIA 10/24/01. NY State office loc: Albany County. Sec. of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: 750 North Main Street, Orange, CA 92868. Address required to be maintained in home jurisdiction: 750 North Main Street, Orange, CA 92868. Copy of cert. of org. is filed with: California Secretary of State, 1500 11th Street, Sacramento, CA 95814. The character & purpose of the LLC is to transact any lawful business.

(January 23, 2002)

LEGAL NOTICE

Notice of Qualification of WNYT-TV, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/28/01. LLC formed in Delaware (DE) on 11/21/01. 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, registered agent upon whom process may be served. Principal office of LLC: 15 North Pearl St., Albany, NY 12204. Cert. of Form. on file with DE Secy. of State, Div. of Corp., Federal & Duke of York Sts., Dover, DE 19901. Purpose: all lawful purposes.

(January 23, 2002)

LEGAL NOTICE

Notice of Qualification of Xerox Lease Equipment LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/29/01. LLC formed in Delaware (DE) on 9/28/01. 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 Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 800 Long Ridge Rd., Mail Stop 2-4-B9, Stamford, CT 06904. Arts. of Org. on file with DE Secy. of State, P.O. 898, Dover, DE 19901. Purpose: any lawful activity.

(January 23, 2002)

Supplements 2002

Spotlight Newspapers — supplements for 2002

JANUARY

➤ BRIDES AND GROOMS

Issue Date: Jan. 9 • Ad Deadline: Dec. 28

➤ HEALTH, DIET AND FITNESS

Issue Date: Jan. 23 • Ad Deadline: Jan 9

FEBRUARY

➤ UPDATE I — BUSINESS & FINANCE

Issue Date: Feb. 13 • Ad Deadline: Jan 30

➤ UPDATE II — SERVICES

Issue Date: Feb. 20 • Ad Deadline: Feb. 6

MARCH

➤ SPRING HOME IMPROVEMENT

Issue Date: March 6 • Ad Deadline: Feb. 20

➤ HEALTH CARE

Issue Date: March 20 • Ad Deadline: March 6

APRIL

➤ HOME AND GARDEN

Issue Date: April 3 • Ad Deadline: March 20

➤ SPRING AUTOMOTIVE

Issue Date: April 17 • Ad Deadline: April 8

MAY

➤ SENIOR LIVING

Issue Date: May 1 • Ad Deadline: April 17

➤ WELCOME SUMMER

Issue Date: May 22 • Ad Deadline: May 8

JUNE

➤ HOME IMPROVEMENT

Issue Date: June 5 • Ad Deadline: May 22

➤ CLASS OF 2002

Issue Date: June 26 • Ad Deadline: June 12

JULY

➤ SENIOR LIFESTYLES

Issue Date: July 10 • Ad Deadline: June 28

➤ SUMMER AUTOMOTIVE

Issue Date: July 24 • Ad Deadline: July 12

AUGUST

➤ BACK TO SCHOOL

Issue Date: Aug. 14 • Ad Deadline: July 31

➤ HEALTH CARE

Issue Date: Aug. 28 • Ad Deadline: Aug. 14

SEPTEMBER

➤ COMMUNITY SERVICES

Issue Date: Sept. 11 • Ad Deadline: Aug. 28

➤ HOME DECORATING & REMODELING

Issue Date: Sept. 25 • Ad Deadline: Sept. 11

OCTOBER

➤ WEDDING GUIDE

Issue Date: Oct. 9 • Ad Deadline: Sept. 25

➤ FALL AUTOMOTIVE

Issue Date: Oct. 23 • Ad Deadline: Oct. 11

NOVEMBER

➤ HOLIDAY PARTY GUIDE

Issue Date: Nov. 6 • Ad Deadline: Oct. 23

➤ HOLIDAY GIFT GUIDE

Issue Date: Nov. 27 • Ad Deadline: Nov. 18

DECEMBER

➤ HOLIDAY GIFT GUIDE II

Issue Date: Dec. 11 • Ad Deadline: Dec. 4

➤ LAST MINUTE GIFT GUIDE/NEW YEAR'S

Issue Date: Dec. 18 • Ad Deadline: Dec. 11

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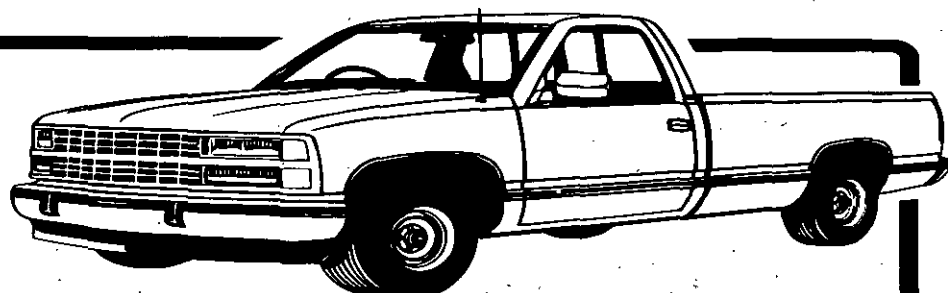
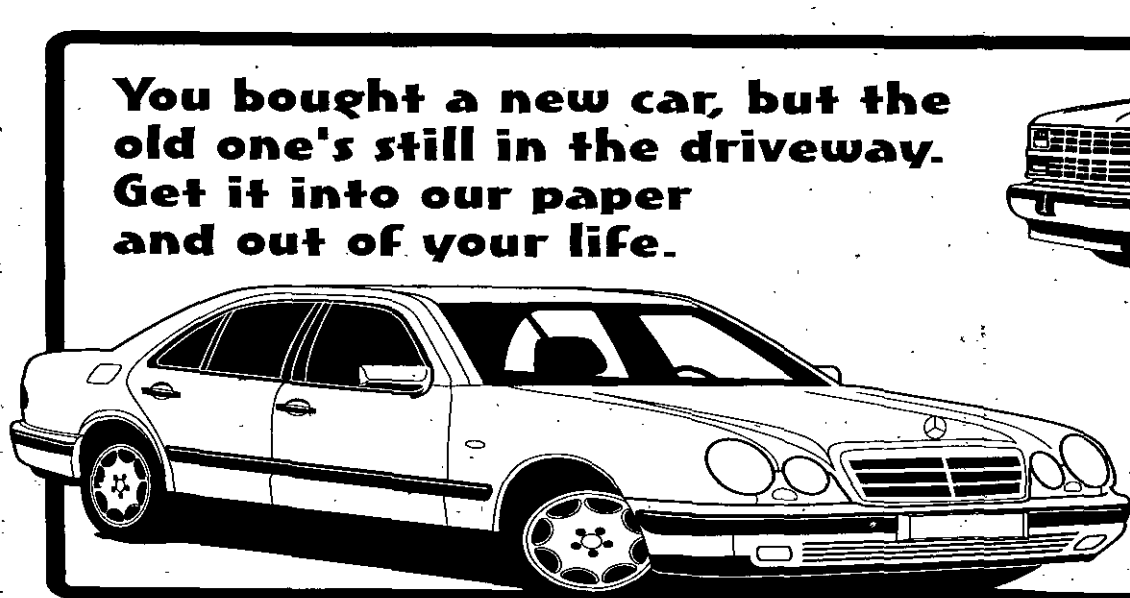
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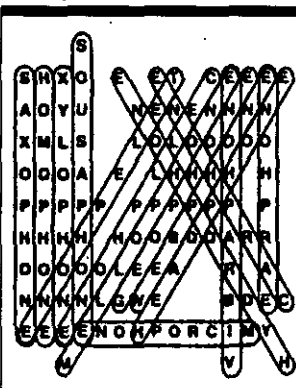
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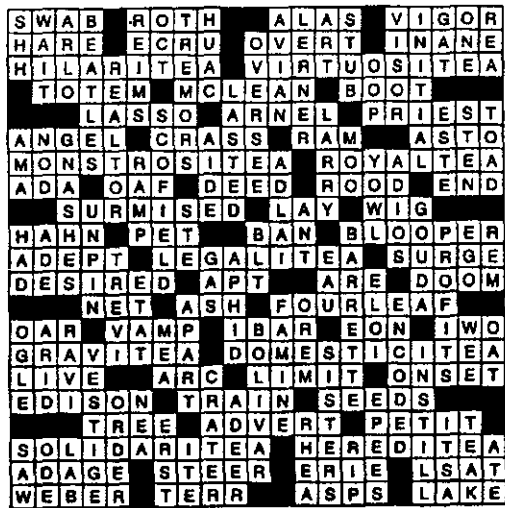
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Monday-Friday
Deadline: Friday at noon
for following week



Mail Address • In Person

Spotlight Newspapers
P.O. Box 100
Delmar, NY 12054
125 Adams St.
Delmar, NY 12054



READERSHIP:

8 Newspapers;
105,000
Readers



Phone • Fax

(518) 439-4940
(518) 439-0609 Fax

Classified Ads Appear In All Eight Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

In Schenectady County

Niskayuna Journal • Scotia-Glenville Journal • Rotterdam Journal

In Saratoga County

Clifton Park/Halfmoon Spotlight

Classified Rates (Effective 1/2/02)

Private Party Classifieds - Line Ads - Eight paper combo \$10 for 12 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Eight paper combo - \$14 for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement.
Ads will appear in all eight newspapers, as well as on the internet for the number of weeks requested.

Order Form

Name: _____			
Address: _____			
City: _____	State: _____	Zip: _____	
Home Phone: _____		Work Phone: _____	
Amount Enclosed: _____		Number of Weeks: _____	
MasterCard or Visa# _____			
Expiration date: _____		Signature: _____	

Would You Like To Advertise
Your Business In Our Papers?

Give Us A Call At:

439-4949

To Place Your Ad Today!

*The Spotlight • Colonie Spotlight
Loudonville Spotlight • Guilderland Spotlight
Niskayuna Journal • Rotterdam Journal
Scotia-Glenville Journal • Clifton Park/Halfmoon Spotlight*

Spotlight on EMPLOYMENT

AQUATIC DIRECTOR

BETHLEHEM PARKS AND RECREATION

Full-time Summer, Part-time March to June.
Responsible for operation of pool complex and supervision of aquatic programs.
Experience preferred.

For Application Call
439-4131

HELP WANTED

ADMINISTRATIVE ASSISTANT, PT, for statewide children's non-profit. Flexible hours. Must be detail oriented and have strong organizational, communication, and computer skills. Send letter and resume to: CASANYS, 99 Pine St. C102, Albany, NY 12207.

AQUATICS DIRECTOR FOR BETHLEHEM TOWN PARKS AND RECREATION: PT from March to June, FT for summer. Responsible for operation of pool complex and supervision of aquatic programs. Experience preferred. For application call 439-4131.

CADD TECHNICIAN: Entry to mid-level position requires experience preparing CADD drawings for civil/environmental projects in AutoCAD Version 14 or above. Benefits. Send resume to Lamont

Engineers, PO BOX 86, East Berne, NY 12059.

HERBALIFE INDEPENDENT DISTRIBUTOR: Lose 2-8lbs a week. Call for product information. Call 518-242-2904.

SECRETARY/ADMINISTRATIVE ASSISTANT: Fast paced position requires working knowledge of Word 2000 and Excel. Good communication and organizational skills are a must. Benefits. Send resume to Lamont Engineers, PO BOX 86, East Berne, NY 12059.

SURVEY TECHNICIAN: Entry level, will train. Driver's license required. Benefits. Send resume to Lamont Engineers, PO BOX 86, East Berne, NY 12059.

HAIR STYLISTS: LARGE, BEAUTIFUL COLONIE HAIR SALON (on Central Ave) is seeking FT/PT booth renters with clientele. First

4 weeks rent free. Also available, 9x10 room for massaging or skin care. Call Colleen at 456-1866.

HAIR STYLIST WANTED: Very busy salon in great location. Call Joanne at 434-4411.

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.

LPN/RN: \$21-25/hr. Pediatric case in South Bethlehem. 12 hours/week + per diem. 767-2672.

OFFICE ASSISTANT - Area's largest law firm seeks a self-starter interested in gaining or sharpening

their basic office skills. The successful candidate will be conscientious and professional. Essential responsibilities include: photocopying, faxing, telephone coverage and general clerical duties. Hours are 8:30am to 3:00pm, Monday through Friday (some flexibility). Our benefit package includes a generous paid time off program and paid parking. For immediate consideration, email resume to jobs@woh.com, fax resume to (518) 487-7685 or mail to HR Manager, Whiteman, Osterman & Hanna, One Commerce Plaza, Albany, NY 12260. No phone calls please. Visit our website at www.woh.com


OWN A COMPUTER? Put it to work! \$25.00-75.00 per hour. PT/FT. www.awesomemktg.com. Free Info 1-800-457-9966.

PART-TIME DATA ENTRY/RECEPTIONIST for CPA firm. 9am-

ACCREDITED RECORDS TECH

Eddy Visiting Nurse Association is currently accepting resumes for a Coder (full-time or part-time) in the home care setting. Knowledgeable in ICD-9-CM coding guidelines, medical terminology, anatomy and physiology, and disease processing preferred. PPS reimbursement and Medicare regulations a plus. Qualified candidate must be a graduate from the Accredited Records Program or Certified Coding Specialist. Please forward resume and salary requirements to:

Human Resources - AC
433 River Street, Suite 3000
Troy, NY 12180
or fax to: (518) 274-2908
via e-mail moores@nehealth.com

 Eddy Visiting Nurse Association
Northeast Health
www.NEHealth.com
E.O.E.

Environmental Service Systems, Inc. "Hiring For The Holidays" CLEANERS (Evenings)

Environmental Service Systems, Inc. has immediate part-time openings in the Guilderland area.

For a personal interview, please call (518) 438-8059 or 1 (800) 805-6599 or stop by our office at 85 Watervliet Ave., Albany. EOE

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EARN AN EXTRA
\$400-\$500 A MONTH!

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- ★ Flexible Hours

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456-7350

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at Realty USA

370-0996 x225

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psherman@realtyusa.com

CLASSIFIED DISPLAY ADVERTISING

→ Whether you're putting your house on the market, recruiting new personnel for your business, or simply selling your automobile ...

**Classified Display Ads
WILL GET YOU RESULTS!**

Everyone ranging from regional corporations to locally owned businesses turn to classified display ads because they know how well it works.

Call today and receive a FREE LINE AD with your classified display ad.

This special offer will run until our January 30th edition.

To learn more about our upcoming monthly classified display specials, which will begin running January 2nd, call (518) 439-4940.

BUSINESS DIRECTORY

→ Have you ever considered advertising for your business?
→ Not enough money in your budget for display advertising?

**Let the Spotlight
BUSINESS DIRECTORY Help You!**

The Business Directory provides you with an affordable way of getting your business name out to our local weekly readership.

Effective January 2nd, 2002 The Spotlight Business Directory will offer a 1x2 ad for the cost of a 1x1 ad.

This special offer will run until our January 30th edition.

Call 439-4940 now for more information regarding The Spotlight Business Directory.

**Let Our Little Ads
Get You Big Business.**

Spotlight on EMPLOYMENT

2pm, Monday-Thursday, November-April. 869-2051.

PAYROLL/BENEFITS COORDINATOR: (PT 20 +/- hrs per week) - Duties include: Processing bi-weekly payroll, benefit administration, database maintenance and other HR duties. Three+ years working knowledge of ADP for Windows or similar software. E-mail resume to jobs@woh.com, fax to (518) 487-7685, or mail to HR Manager, Whiteman, Osterman & Hanna, One Commerce Plaza, Albany, NY 12260. Visit our web site at www.woh.com

REAL ESTATE SALES - Consider a career in Real Estate. Interesting and exciting work, meet new people everyday, help someone find their dreamhouse! Call Nina at Noreast Real Estate for a confidential interview. 518-435-1700 or email at brokernina@aol.com

AMERICA'S AIR FORCE: Jobs available in over 150 specialties, plus: *Up to \$12,000 enlistment bonus * Up to \$10,000 student loan repayment *High tech training *Tuition Assistance. High school grads age 17-27 or prior service members from any branch, call 1-800-423-USA or visit www.airforce.com. **AIRFORCE**

AVON Entrepreneur wanted. Must be willing to work whenever you want. Be your own boss and enjoy unlimited earnings. Let's talk (888)942-4053

REGISTERED NURSE PART-TIME, 1-2 days/week. Internal medicine office-Slingerlands. Clinical. Call 439-1564 ask for Cindy or mail resume to P.O. Box 610, Slingerlands, NY 12159.

DRIVER... Swift Transportation is hiring experienced and inexperienced

drivers and O/O. 36 cpm all miles and home weekends. CDL training is available. We offer great pay, benefits, tuition reimbursement. Call 1-800-347-4485 or 1-800-231-5309 ask for Norma

EARN \$650 WEEKLY! Working through the Government. Part-time -No experience. A lot of opportunities. 1-800-211-9791 N-3

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 web site: www.1-800-GO-GUARD

INSURANCE -LOSS CONTROL Part-time/ Full time. Increase volume. Service company looking for local field representatives. Electronic processing a must. lciservice@c-hock.com

DRIVER/ CDL(A)...KLLM Regional: Up to .40 Condos, Home Weekly, \$10,000 bonus. ORIENTATION IN CARLISLE, PA. EOE 800-925-5556 or KLLM.com

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

****FEDERAL POSTAL JOBS**** Job opportunities. Free call for application/ examination information. Hiring in select areas/ Full benefits 1-800-842-1704 ext 1957am-10pm cst. 7 days.

GOVERNMENT POSTAL JOBS. Up to \$47,578 or more. Now hiring. Full benefits, training, and retirement. For application and info: (800)337-9730 Dept P-377 8am-10pm/ 7 days.

"No more boring 9-to-5 job!"

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Be **JOB READY** in 60 Days or less!
Average first year salary of \$28,000 to \$32,000.
Opportunities available for Local, Regional and Over-The-Road driving for NTTS graduates.

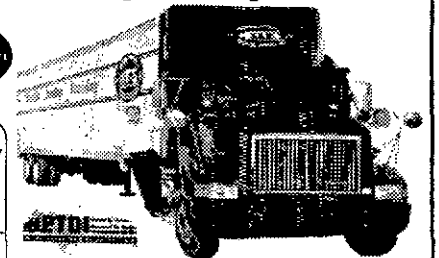


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Nationwide Employment Assistance



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www.ntts-inc.com
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WANTED:

Personable customer oriented retail sales clerk to fill new full-time position. Flexible work schedule. Weekends required. Some physically demanding tasks involved.

PLEASE NO AGENCIES!

Respond to P.O. Box 100,
Delmar, NY 12054

Accounts Payable/ Receivable Clerk

Experience Required.

Must be able to work with computers.

Part-Time
8-16 hours/week

Send or Fax Resume to: Cathy Barger

Spotlight Newspapers

The Capital District's Quality Weeklies

125 Adams Street,
Delmar, NY 12054

Fax: 439-0609

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ECONOMIC DEVELOPMENT DIRECTOR TOWN OF BETHLEHEM INDUSTRIAL DEVELOPMENT AGENCY

The Bethlehem IDA is a public benefit corporation of the State of New York undertaking development projects that include manufacturing, warehousing, research, commercial, industrial, and recreation. The Director will report to the IDA Board providing specialized project administration for development of a technology and business park located in the Town of Bethlehem, Albany County, New York. This includes the administration, coordination and analysis of functional areas relative to development of a business park. The Director will also be responsible for preparing and analyzing various reports and assisting in preparation for and giving presentations to IDA Board, Town and School Boards, and the at-large community.

Seeking individual with thorough knowledge for planning, development, construction and creation of a technology and business park and experience with facilitating and working with planning, zoning and building departments and their staff. Candidates must possess strong interpersonal skills, excellent oral and written communication skills and superior organizational project management and analytical skills. Compensation package commensurate with experience. Please send cover letter and resume to:

F. Michael Tucker
Chairman, Town of Bethlehem IDA
445 Delaware Ave.
Delmar, NY 12054

AUTOMOTIVE TECHNICIANS NEEDED

Marshall's Garage

is looking for SERVICE TECHNICIANS.

We are a Five Star Dealer committed to customer satisfaction.

We offer the following:

- Paid Vacation
- Major Medical
- Dental Plan
- 401 K Plan
- Paid Sick Time
- Plus other benefits.

ASE Certification, NYS inspection license. Chrysler training a plus, but not necessary.

Please Contact **JIM CARROLL** at 756-6161

MARSHALL'S
ROUTE 9W - RAVENA - 756-6161

Drivers Wanted

Spotlight Newspapers currently has openings for part-time drivers in the circulation department. Responsibilities include delivering newspapers to news stands, collecting remaining copies of the previous edition and recording number sold. Hours are during the day and applicant must have a clean, valid drivers license.

If interested
contact Gail Harvey at

439-4940

Spotlight Newspapers

Real Estate CLASSIFIEDS

REAL ESTATE FOR RENT

\$550+ MENANDS: Nice one bedroom. Quiet, spacious, carpeting, parking. No pets. 434-2098.

COEYMANS: 1 bedroom, washer/dryer hookup, \$400+ utilities, 756-7557.

RAVENA - COUNTRY UPPER 2 bedrooms, heat/hotwater/appli-

ances included. Snow plowing, no pets, security. \$590/month. 756-2012.

RAVENA-SMALL 1 BEDROOM APARTMENT: Suitable for one, heat/hotwater included, no pets. \$385/month. Available February 1st. 439-8829.

HOMES FOR RENT

\$0 DOWN HOMES Gov't & Bank Foreclosures! HUD, VA, FHA No credit OK. For listings Now! (800)501-1777 ext 1093

REAL ESTATE FOR SALE

BY OWNER: Old Delmar Cape. 3 bedroom, 2 bath. Addition, new kitchen, large private lot. Excellent condition. Open house: Sunday 1-4. 439-4066. \$182,500

DELMAR-TWO FAMILY: 1.5 Bath, Two Bedrooms each, Full Basement, Two Car garage. \$159,900. 435-0856

FOR SALE: LARGE 2 FAMILY, Good Condition. \$56,000. If interested, call 436-0339.

STORE - 809 SARATOGA RD, Burt Hills, 2000sf + 800sf warehouse, 2 overhead doors \$1000/pm. RLF Realty 489-7474.

LAND WANTED

LAND WANTED: Serious buyers seeks hunting/ recreational acreage 200-2000 acres in New York State. Brokers protected. For immediate response. Call 607-583-8870.

TIMESHARES


TIMESHARE FOR SALE: Boca Raton FL. \$1500. 561-638-1100.

VACATION RENTALS

CAPE COD - DENNISPORT - WEST DENNIS: Cottages-homes near/on beach. Studio -6 bedrooms: \$495-\$6000 week. Thinking of buying? Free buyer's guide. Martha Murray RE 800-326-2114.

N. MYRTLE BEACH, SC Trusted Family Vacation Experts. Ocean-front private homes/condos. Discounted spring/ summer weekly rates. Visit www.ElliottRealty.com -FREE BROCHURE 1-800-525-0225

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Congratulations to our Star!


Mary Boshea
 Loudonville - 435-1700
 Delmar - 439-1900
 Guilderland - 456-0400

Noreast Real Estate Group
www.noreastrealestate.com

Congratulations To Our December Stars!



Ellen Picotte
448-0433
December Sales Leader



Tom Kuck
448-8872
December Listing Leader

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Estate Homes
 Twenty-two 2 to 5 acre estate wooded lots for your custom home from \$700,000.
 Call Abbey Farbstein 228-2222

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 20 sites left for single-family homes on private cul-de-sacs, care-free living with HOA, five models available from \$219,900.
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 OPEN: Sunday 12-3. Call for an appointment.
 1280 New Scotland Rd, Slingerlands



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 Delmar Beauty!
 Gorgeous Lot!
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 4BR, 2.5BA, 1st floor study
 Kitchen w/Center Island
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 Oak Floors & Deck
 Upgrades Galore!

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That's Why
YOU SHOULD!!!
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Call Us Now At 439-9600

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THE FARBSTEIN GROUP

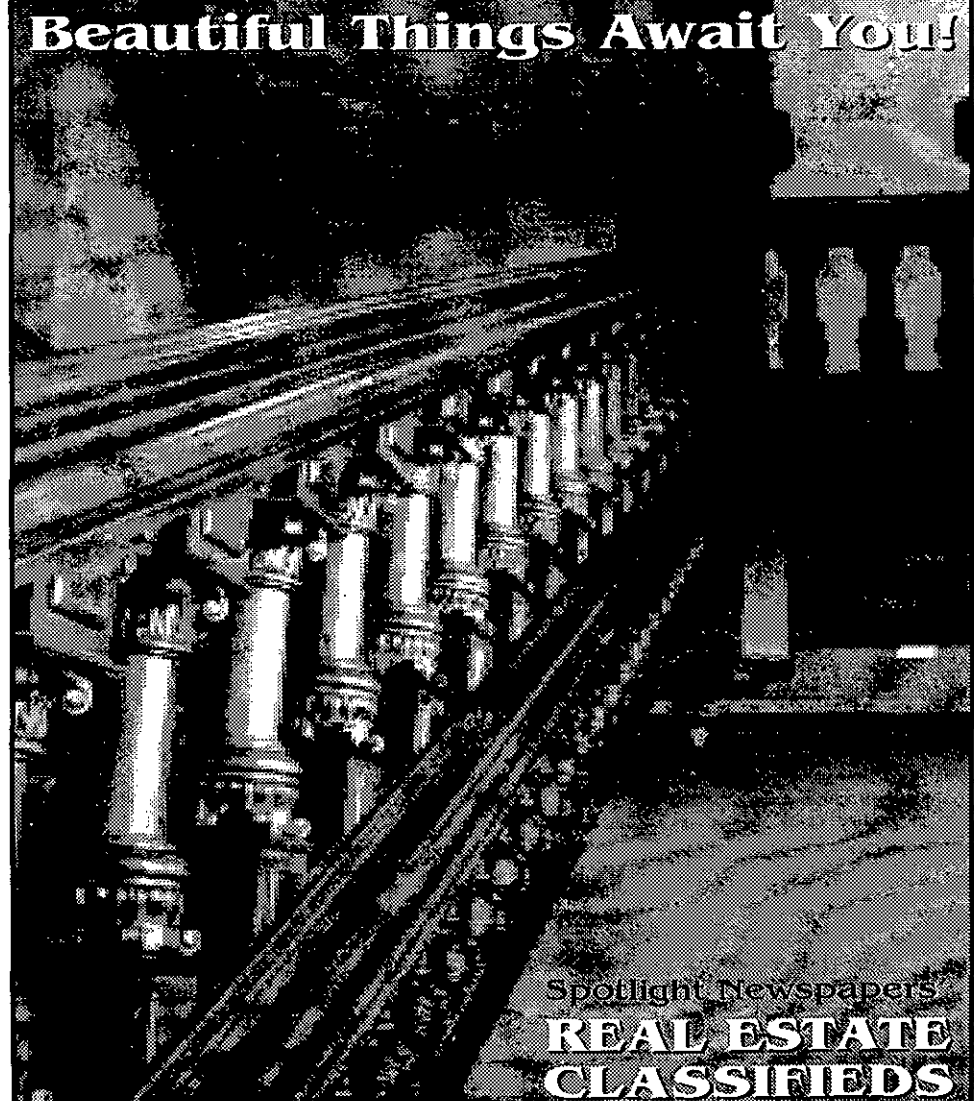


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A child. A family. A community.
 1.800.899.0089 or www.voa.org.
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Beautiful Things Await You!



Spotlight Newspapers
REAL ESTATE CLASSIFIEDS

Clear driving vision is no accident

"I never saw him coming."

You've just read one of the most common complaints from drivers who have experienced an accident. Missed visual cues — whether they're traffic signs, other cars, pedestrians or various road hazards — can quickly become accidents when drivers don't see them in time to react properly.

"Approximately 90 percent of driving is visual, so visibility is a crucial factor," says Chuck Schwarting, vice president of National Safety Consulting Services, Inc., a firm specializing in driver training and safety education. "Recognizing a hazard in time to do something about it can make all the difference in averting an accident."

Driving visibility is further compromised during periods of inclement weather, when rain can obscure the view through your vehicle's windshield and side glass. Keeping your windshield wipers clean and in good repair is important, but there is

more you can do to improve your driving vision.

Today's professionally applied rain repellent windshield coatings, such as Aquapel Glass Treatment from PPG Industries, actually repel moisture from auto glass and reduce glare, especially at night. The result is better vision, and increased time to respond to road hazards.

"Aquapel causes rain to bead up and shed off your windshield, clearing your driving view," says Bob Howard, manager of Aquapel Glass Products. "When applied to side glass, it also improves peripheral vision."

A study by the University of Michigan's Transportation Institute found that rain repellent, or "hydrophobic," glass treatment can improve a driver's visual acuity by up to 34 percent over an untreated windshield. Response time in identifying a small target improved by 25 percent, from four seconds to three seconds.

"A vehicle traveling just 40 mph travels 58 feet in

one second, so even a split second gained from enhanced visibility can help to prevent an accident," says Howard.

Aquapel's advanced fluoropolymer chemistry remains effective through months of normal driving and car washing, and offers an extra benefit: It makes bugs, ice, snow and road dirt easier to clean from your auto glass.

Aquapel is professionally applied at many fast-lube centers, car dealerships, auto service and detail centers nationwide. For more information, visit the web site at www.aquapel.com, or ask your automotive service professional about Aquapel.

Automotive CLASSIFIEDS

AUTOMOTIVES FOR SALE

1992 SATURN SL2: 98K, 4 door, runs great, looks new. Moonroof plus more. Asking \$2,895. 439-9642.

SAVE BIG at Jack BYRNE FORD

UP TO \$2,500 CASH BACK OR 0% APR FINANCING



Ford F-150
\$2,500 or 0.0%
cash back financing



Ford Explorer
\$2,000 or 0.0%
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Ford Focus
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cash back financing

Ford Ranger
\$2,000 or 0.0%
cash back financing



Ford Taurus
\$2,000 or 0.0%
cash back financing

Up to \$2500 cash back or 0% APR Ford Credit limited-term financing. NOT ALL BUYERS WILL QUALIFY. Take delivery from dealer stock by 3/5/02. Cash back varies by vehicle. See dealer for details. Excludes Thunderbird, Escape and SVT products. *Based on 2001 CY sales by division.

Come See Why Everybody Likes Jack Byrne!

The Original 100% Satisfaction-guaranteed Dealership... Doing Business The Same Way For Over 30 Years!

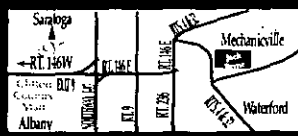
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Mon-Thurs 9-9
Fri-Sat 9-5

SERVICE HOURS:
Mon-Fri 8-5
Sat 8-12 by Appointment

Rts. 4 & 32,
Mechanicville
• Sales/Rentals:
664-9841
• Service: 664-2571
• Parts: 664-2541



Marshall's Subaru Low Prices! Low Interest!

NEW 2002 SUBARU FORESTER L ALL WHEEL DRIVE

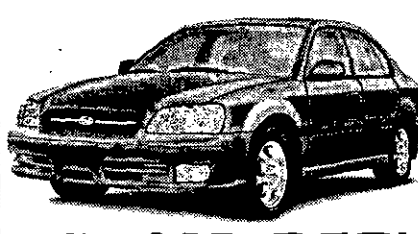
Full Power, A/C, ABS, CD Player, Remote Keyless Entry, Lots More. Stk# 2S169



THIS WEEK ONLY **\$19,990***
PLUS LOW INTEREST!

NEW 2002 SUBARU LEGACY L AWD SEDAN

Full Power, Bigger Engine, ABS, Cruise, Remote Keyless Entry, CD Player, Lots More. Stk# 2S158



THIS WEEK ONLY **\$18,940***
WAS \$20,530

LOW INTEREST!
2.9% 3.9% 4.9%
EXTENDED!

On most Subaru models. See us for details.
Tax, title & registration fees extra.

MARSHALL'S SUBARU

ROUTE 9W - RAVENA - 756-6161

MARSHALL'S GMC

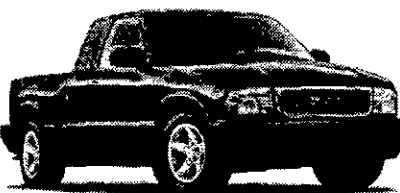
OFFERS \$2,002 REBATES ON ALL MODELS! Offer Ends Feb. 28th

Test Drive the ALL NEW 2002 GMC ENVOY

8 IN STOCK & More On The Way!



NEW 2002 SONOMA 4X4 EXT. CAB



Vortec 4300 190 Horsepower, Heavy Duty Trailer Suspension Package, Anti-lock Brakes, Day-time Running lights & Much More! #2179

\$20,135 MSRP
-746 Dealer Discount
19,390
-2,002 REBATE

WOW! \$17,388*

NEW 2002 SONOMA 2WD EXT. CAB

\$16,323 MSRP
-1,333 Dealer Discount
14,990
-2,002 REBATE

\$12,988*

Vortec 2200, Heavy Duty Suspension Package, AM/FM Stereo, 5 Speed Manual Transmission, White in Color. #2182

Prices have never been lower!



Make	Model	Year	Miles	Options	Was	NOW
GMC	Sonoma	1998	67,289	Sport Side, Sharp!	\$15,995	\$13,995
GMC	Jimmy	1997	48,961	AWD, One Owner	\$14,995	\$13,995
GMC	Sierra	2000	34,070	SLE, 2WD	\$20,995	\$18,995
Dodge	Ram	1999	32,350	4x4, A/C	\$18,995	\$15,995
FORD	F150	1998	36,728	2WD, Ext. Cab	\$16,995	\$14,995
GMC	Sierra SLE	1999	33,224	4x4, 1 Owner	\$21,500	\$19,995
Chevy	Silverado	1998	39,131	4WD, Extended Cab	\$20,995	\$18,995
GMC	Sonoma	1998	23,193	1 Owner, Extended Cab, 4WD	\$18,500	\$15,500
GMC	Sierra	1995	64,892	4WD	\$8,995	\$7,995
FORD	F150	1998	26,455	Auto., 2WD	\$10,500	\$9,500

*Tax, Title, Registration Fee Additional. ** Available to Credit Qualified Customers. See dealer for details.

MARSHALL'S GMC

"WE ARE PROFESSIONAL GRADE."
ROUTE 9W - RAVENA - 756-6161

SuperValu

(From Page 1)

wonderful people. They provided incredible service and made the store thrive. They also supported the schools, the fire company, the American Legion. They personally participated in the community, and everyone admired them."

Herb Reilly, former town supervisor, and owner of Reilly & Son Funeral Home, expressed sadness at Nichols' death, and pointed out how SuperValu has supported the Kiwanis over the years.

"The Kiwanis used their facility to sell Christmas trees, and they let us hold a barbecue there in the spring," Reilly said. "We always sell the Bells of Life to benefit Albany Med's pediatric intensive care unit, and we always sold a few bells at SuperValu."

Reilly said that although Nichols was the head of a large corporation that employed more than 100 people, he was always very approachable. "He was very

relaxed and easy to deal with," Reilly said. "He wasn't at all aloof."

Quite the contrary, according to Clark, who also spent week-ends golfing with Nichols.

"He was a spirited man with a great sense of humor and goodwill," Clark said. "You'd go into the store and hear Jim's raucous laughter come down the aisles."

Mark and Kathy Switzer are close friends of the Nichols, and saw a lot of that spirit in the years that the family lived in Voorheesville.

"We're pretty much in shock," Mark Switzer, who learned about his friend's death when Elaine Nichols phoned him on Saturday evening, said. "I had worked in the grocery business with A&P, and Jimmy had, too, so we had that sense of camaraderie," Switzer said. "We were soul mates. We enjoyed the outdoors, hunting, canoeing, partying and dancing. Jim was a free spirit."

Switzer recalled in particular a trip that the two couples took to

Puxatawney, Pa., on Groundhog Day in 1998 to see Puxatawney Phil make his proclamation about the rest of the winter.

"We brought along a stuffed groundhog that said, 'Voorheesville loves Phil,'" Switzer said. "We brought little groundhog teeth, crazy things like that."

The Rev. Denise Stringer of Voorheesville's First United Methodist Church will likely perform the memorial service, and although she had only known Jim Nichols since June, when she moved to Voorheesville, she saw his effect on the community through SuperValu.

"Jim and Elaine are friendly and outgoing," Stringer said. "They've created a supermarket that's a community center. People speak of it as going to the local market street. It's a friendly, relaxed place, and that's a reflection of Jim."

"This man touched so many people, through the store, and through his outgoing friendship," Switzer said. "He was a warm and caring man."

Nichols has several surviving siblings, and in addition to his wife, Elaine, leaves behind five children, Kjersti, 24; Jaret, 23; Kelsey, 21; Jordan, 18; and Tyler, 16.

Funeral arrangements will be by Reilly & Son Funeral Home in Voorheesville.

Survivor

(From Page 1)

track of his boss. In the 10 seconds he estimated it took him to get from the tunnel to street level, the first tower was already ablaze.

"Bits and pieces of things were falling from the sky. There were plumes of loose-leaf paper; it was like the Wizard of Oz, where Dorothy gets sucked up in the tornado."

In those seconds, Seeley said, he knew inside that this was more than a fire. He ran into his building, and when he got off the elevator on the 48th floor, people were running around and fire alarms were sounding. "I ran to the phone to call my wife, who was working 60 miles away," Seeley said. "She said I told her I was OK, but I don't remember saying that. I remember saying, 'I have to get out of here.'" From the 48th floor of his building, Seeley had a direct view of the fire in the first tower hit.

"It was a terrible, terrible sight," he said.

"The security guards kept telling us to get out and go east," Seeley said. "I was in the military for 10 years, and at that moment, I couldn't think where I was or where east was."

Seeley also said he did not want to leave what he perceived as the security of his building. After being told to evacuate, and

checking his corner of the floor to make sure everyone was out, Seeley heard the second explosion.

"I was scared to go down to the street," he said. "I thought there were car bombs there. I thought they were shooting missiles at the buildings. I've used guns and thrown grenades, and I've never been as close to as scared as I was when I heard the second explosion. Some of the people I worked with saw the second plane hit, and we thought our building would be next." The trip from the 48th floor to the ground level took 15 minutes. "I was so scared, I was saying my prayers out loud," Seeley said.

"The people in their offices didn't know what happened," Seeley said. "They were drinking coffee, and they weren't there a minute later." When Seeley got to the lobby of his building, police and firefighters were directing tenants.

"Part of me still thought it was a fire, they'd put it out, and we'd go back to work later that day," Seeley said. When the police told them to go home, they headed north, in the direction of the Empire State Building. "Everyone was shocked, and even though their lives were in danger, they were standing and looking up as if they were watching a parade," Seeley said. "I wanted to yell, 'move.'"

As Seeley and his friends were a couple of miles north of their building, they saw a big white cloud, but didn't know that it was one of the towers collapsing. "I thought it was chemical or poisonous gas," Seeley said.

"The one thing that hurts the most," he said, "is that the people in those towers were me. They sat next to me on the train. They got up that morning, dressed, brushed their teeth, and made plans to see their family later that day. In one instant, they were gone, because they were in the wrong place at the wrong time. They were us, they were you and me."

Seeley paused for just a second. "That certainly could have been me," he said.

"I have a good appreciation for life now," Seeley said, "and how fast you can lose it. I thought I'd never see my family again. When you go home today, hug your family. Appreciate everything you do. When you're at a movie or at the mall, realize life is great."

Seeley's now takes the ferry to get to work.

Seeley looked at the students, the pointer he'd used resting in his hands. "I appreciate that ferry ride every single day," he said.

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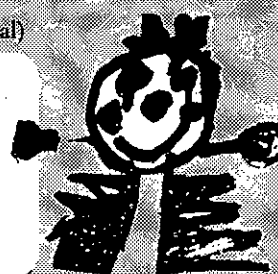
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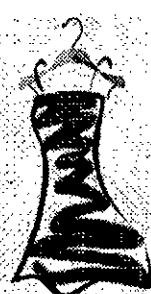
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