

Chamber announces
award winners

Flowers, gems
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DO NOT CIRCULATE
Update II

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLV No. 2 Seventy-Five Cents

February 20, 2002

Bethlehem hikes rates for water

By JOSEPH A. PHILLIPS

Emergency measures, and some welcome precipitation, have eased Bethlehem's water shortage somewhat — and last week the town board moved to do the same for the Bethlehem Water District's cash shortage.

Acting on a request by town Public Works Commissioner Bruce Secor, the board voted unanimously at its Wednesday, Feb. 13 meeting for what he called "interim" water rate hikes for the rest of the year, effective with the residential billing cycle beginning in May.

The board also approved Comptroller Judith Kehoe's request for up to \$1 million in emergency authority to borrow from the town's general fund to address anticipated cash-flow deficits in the water fund, driven primarily by the cost of emergency water purchases from Albany and Guilderland.

The hikes come less than two months after the board approved a previous restructuring of water rates to boost revenue.

"What we're really just talking about (with the interim increases) is just paying our water bill to Albany and Guilderland," Secor said. "We're trying as hard as possible not to overtax people, but there is a reality check here."

That includes the water district's cash-flow squeeze. In a Feb. 7 memo to the board, Kehoe noted the higher rates approved in December have raised total billings in January by some \$100,000 over last year. But with only \$352,000 cash on hand as of Jan. 31, and a major debt service payment

due on March 31, she projected the fund would run a cash-flow deficit of roughly \$150,000 by next month that may last for the rest of the year and will increase over the remaining months, despite the healthier collections.

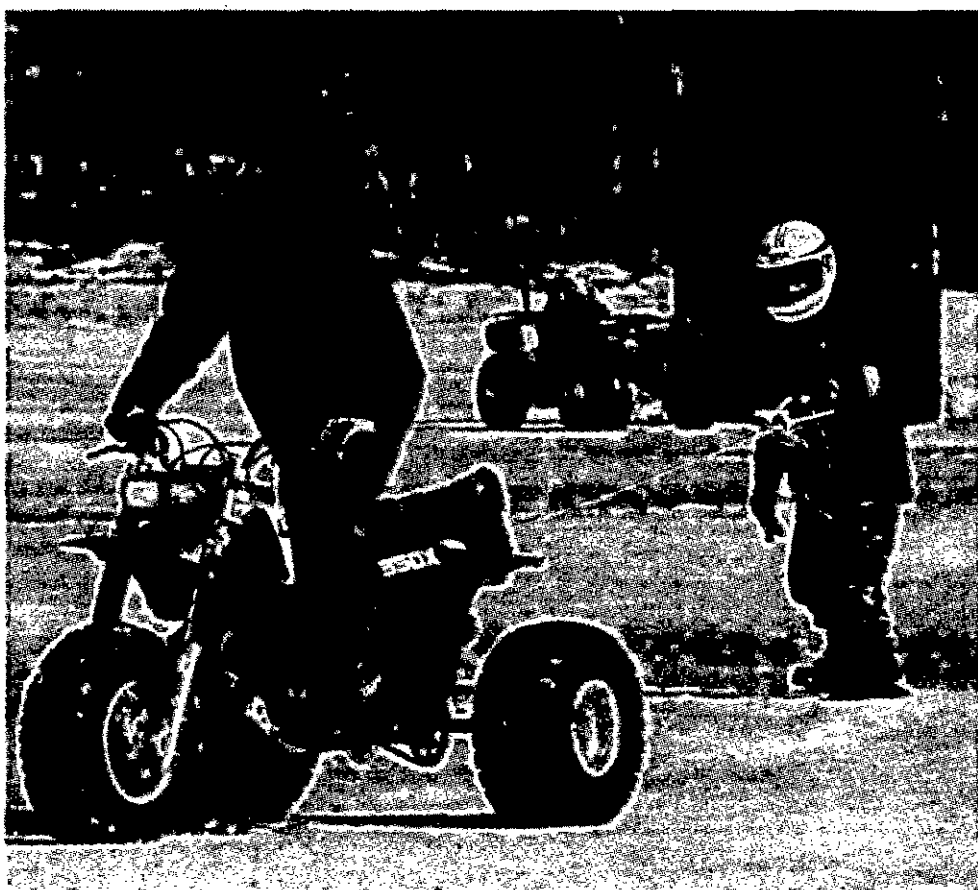
"We simply can't continue to buy water at higher rates and sell it for less than we paid for it," Secor said.

Bruce Secor

We simply can't continue to buy water at higher rates and sell it for less than we paid for it.

RATES/page 16

Exercising pull



Rayce Tuper gets a ride from his father Art on Thompson's Lake last Saturday at the annual ice fishing contest.

Jim Franco

BC board grapples with budget issues

By RONALD E. CAMPBELL

The Bethlehem school board took time from its budget deliberations at last Wednesday's meeting to accept with regret the resignation of middle school principal Stephen Lobban.

Lobban announced he will be leaving the district at the end of this school year. He needs more time in the state of Massachusetts educational system to protect his 17 years of service in that state for retirement purposes.

District Superintendent Les Loomis, in complimenting Lobban for his contributions to the district, said, "You have created a nurturing atmosphere at the middle school which was missing when you took over."

Lobban said, "This is the best place I've ever been. The support of the board of education, the administration and the community in this district are the tools needed for the education effort to be successful."

These comments concerning successful education effort were borne out by the report of John McGuire, assistant superintendent for curriculum and instruction, when reporting on results of recent testing. For example, of 108 students taking senior English Regents test, 100 percent passed, with 99 students (or 92 percent) scoring at the masters level with a grade of 85 or above.

McGuire also reported that for the first time, more than 300 sixth graders took the state social studies test. Ninety-nine percent of the students scored in

top levels three and four, while three students, one percent, scored in level two and none in level one.

Levels three and four are above state level. McGuire was quick to point out that since this is the first time the test was administered in the state, he has no way of comparing the district's performance with others.

Still, he feels the results are impressive and demonstrates that the community is getting good value for tax dollars spent on education.

In the budget workshop part of the meeting, Loomis said, "To maintain existing programs and services provided by the district an increase of \$2,187,078 is anticipated. This amount is called the 'Fundamental Operating Budget (FOB).'"

"Two of the major factors driving the FOB increase beyond contractual salary amounts, are the rise in health insurance (nearly \$700,000), and the increase in the cost of casualty insurance coverage (in excess of \$75,000)," Loomis said.

Other proposed additions by the administration total \$463,875, of which "seventy-five percent are caused by increased enrollment (59 students) and mandates."

The board reviewed budget requests for support personnel, central administration, insurance, debt service, transportation, bus replacement, operations and maintenance. Some of the requests were approved by the board, some put on hold and some rejected.

On Feb. 26, the board will discuss special education, BOCES and athletics, and on March 6, the kindergarten through grade 12 instructional program and equipment will be discussed.

Revenues will be discussed at the meeting on March 20, and the March 26 meeting will be dedicated to final decisions and possible adoption of

the proposed budget. The vote by district residents on the proposed budget will be held on May 21 at the middle school. A budget hearing is scheduled for the public before the vote on May 8.

Both the administration and the board

BUDGET/page 15

Sodergren announces retirement

By ROB JONAS

There will be a new head coach roaming the sidelines at Bethlehem varsity football games next season.

Assistant coach Ron Smith was approved to succeed long-time coach John Sodergren at the Feb. 6 Bethlehem school board meeting. Sodergren announced his retirement in December after a 27-year career.

"He mentioned a time frame to (the assistant coaches) before the season began," Smith said. "We knew it could be one year or two years (before he retired). But basically, we didn't know how it would work out until the end of the season."

Sodergren's final season with the Eagles was the most successful of his career. He guided Bethlehem to its first Section II title and an appearance in the state Class AA semifinals.

"For him to go out like that and for us to experience what we did as a group, it was great," Smith said.

SODERGREN/page 15



Library to present program on region's literary legends

Bethlehem Public Library will present "Literary Legends of the Capital Region" on Sunday, Feb. 24, at 2 p.m.

Siena College English professor Charles Trainor is the speaker.

The list of writers with ties to the Capital Region extends across 200 years into the present day, from James Fenimore Cooper and Washington Irving to Kurt Vonnegut and William Kennedy.

Through anecdotes and selected readings, Trainor will lead a journey through a remarkable literary heritage.

The program is supported in part by the New York Council for the Humanities. It is free and open to the public. The Friends of Bethlehem Public Library will host a reception after the presentation.

The library is located at 451 Delaware Ave. in Delmar.

Speaker to address historical association

The town of Bethlehem Historical Association will hold its monthly meeting on Thursday, Feb. 21, at 2 p.m. at Cedar Hill School House, 1003 River Road (Route 144) in Selkirk.

David Klinge of Hartgen Associates will give a presentation on "Recent Archeological Digings."

For information, call Marty Teumim at 478-7247.

Holy Names to host open houses, exam

The lower, middle and upper schools of Academy of the Holy Names in Albany, a nationally recognized School of Excellence, will hold an open house for prospective students in pre-kindergarten through grade eight on Tuesday, Feb. 26, at 7 p.m. in the lower and middle school.

Open house for the upper school will be on Wednesday, Feb. 27, at 7 p.m. in the upper school.

The open house will include tours of the school and an opportunity to speak with faculty members.

The entrance examination for students will be held on Saturday, March 9, at 8:30 a.m. at the campus on 1065-1075 New Scotland Road in Albany.

All students in grades two through 12 who are considering applying for admission to Holy Names must take this exam.

The entrance exam fee is \$10. For information about the open house or the entrance exam, call 438-7895.

Police arrest 4 for DWI

By JOSEPH A. PHILLIPS

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

Two arrests occurred on Sunday, Feb. 10, the first at about 4 a.m. on River Road in Glenmont. Officer James Rexford observed a southbound vehicle near Bask Road crossing over hazard markings on the road, and stopped the vehicle near Wemple Road.

After administering field sobriety tests, he arrested David James Salisbury, 24, of 193 Beaver Dam Road, Selkirk. He was charged with DWI and a traffic violation.

The second arrest, about 3:30 p.m., also involved a Selkirk resident, Adam Michael Preusser, 17, of 92 Dorchester Ave. According to the police report, officer Robert Markel observed him driving northbound on

Burhans Place in Delmar at excessive speed and followed him onto Capital Avenue and then Salisbury Road, where he stopped him.

After administering sobriety tests, Markel arrested Preusser for DWI and driving while ability impaired by drugs, and ticketed him for speeding as well.

Another arrest resulted from a check of a suspicious vehicle parked at Henry Hudson Park around midnight on Monday, Feb. 11. Rexford stopped the vehicle as it attempted to leave the park, and charged Henry Garciapoupart, 29, of 82 Main St., Coeymans, with DWI after field sobriety tests. He also cited him for trespassing.

A Watervliet resident was arrested in an incident on River Road shortly before 2 a.m. on Tuesday, Feb. 12.

Officer Gina Cocchiara stopped a northbound vehicle near Glenmont Road and cited Janice Anne Quackenbush, 34, of 11 Delaware Court, Watervliet, for speeding and crossing hazard markings.

She also charged Quackenbush with DWI after administering field sobriety tests and a preliminary screening, with the assistance of several other officers at the scene.

Preusser and Russo were due in Town Court Feb. 20. The other defendants are scheduled to appear in court March 5.

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Chamber to honor citizens

Five earn mark of distinction

By JOSEPH A. PHILLIPS

The Bethlehem Chamber of Commerce has named five Delmar residents to be honored at its 45th Anniversary reception, to be held this year on March 7 at the Executive Mansion in Albany.

Phyllis Hillinger, stepping down this year as chair of Bethlehem Opportunities Unlimited (BOU), has been named Citizen of the Year for 2001 by the chamber's board of directors, and Steve Bolduc of Keystone Builders will be honored as Business Person of the Year. They were selected from among 16 submitted in the annual honors process, evaluated by a subcommittee of the board and then approved by the board as a whole.

In addition, the chamber announced three recipients of Community Spirit Awards. Named were Virginia Acquario, who has spearheaded the Veterans Memorial Park improvement project; and David Eck and Walter "Billy" Eck, members of the Slingerlands Fire Company and the state's Urban/Technical Search and Rescue Team, named in recognition of local volunteer firefighters who participated in the team's relief efforts at ground zero in New York City.

"All these people saw something important and meaningful that needed doing and they stepped up to the plate to get it done," said chamber board President Keith Bennett. "They have a passion, a refreshing attitude toward volunteering, and they don't want or expect recognition. They are living proof that the spirit of volunteerism is alive and well in the town of Bethlehem."

Hillinger was cited as "a



Bolduc



Hillinger



Acquario

vibrant voice for the youth of Bethlehem" in her leadership of BOU. "She's been an active school district volunteer, a PTA president, and a key part of BOU since its early years in the 1980s," said chamber president Marty DeLaney. "What she's done she did not do for recognition or glory. BOU wouldn't be the same without her. She stepped up to the plate, saw that someone needed to be a spokesman for children in the community."

joint beautification efforts, promotional activities and rehabilitation of its older structures, and other steps to promote the historic center of town.

"The important thing to note about Steve's work is that it's behind the scenes," said DeLaney. "He spends a lot of hours pulling things together. He single-handedly brought together several business people who didn't know each other to talk about their shared issues."

"He came to us here at the chamber four years ago and said, 'I need to start somewhere, and I'm starting here,'" she continued. "He did it because he's passionate about his vision for the Four Corners."

The Community Spirit Awards were bestowed annually during the early 1990s, but since, "We don't give the



Billy and David Eck

A BOU member since 1986, Hillinger served for six years as president of the group, which "focuses efforts on good personal skills to help kids stay off drugs," she said. BOU circulates educational materials, and offers in-school and community-level prevention programs to help raise awareness of "the risky behaviors we all needed more information about," she said.

Also active in Bethlehem Networks Project, Hillinger said, "I think I've tried to diplomatically present the parental point of view to the school community."

"I was totally blown away," she said of being named Citizen of the Year. "It's very nice to get the recognition, but I really feel you never accomplish anything without a whole team of people with you, willing to put out as much effort or more than you do. The recognition is really for a wonderful organization of parents and educators who devote a lot of time and energy to making this a better town for all of our kids. It would never happen without all their efforts."

In particular, she cited her mentor at BOU, Holly Billings, a previous Citizen of the Year honoree in 1988.

Bolduc was named Business Person of the Year principally as a founder of the Four Corners Merchants Group, advocating revitalization of Delmar's central commercial crossroads at Delaware and Kenwood avenues. Working in concert with the chamber, the merchants' group under his leadership has advocated for shared parking and pedestrian safety improvements,

community spirit award every year, but when we do it's because there's a wealth of candidates who have gone above and beyond the call of duty," said DeLaney.

Acquario was cited as the driving force behind a five-year rehabilitation plan for the memorial park on Delaware Avenue, coordinating numerous community organizations in the effort. She kicked off a fund-raising drive to fund improvements and has actively promoted the rehabilitation program.

The Eck brothers are participants in the search and rescue team that brings together members of numerous local fire companies for specialized training for emergency rescue situations.

The Capital Region team members were among the first out-of-town units on the scene of the World Trade Center disaster last fall to participate in the search and recovery efforts there.

"I know there are a lot of other people in our community who were involved in this area, but Billy and David Eck have been among the most active, and they were nominated," said DeLaney. "We consider them representative of the spirit of so many of our volunteer firefighters who serve with skill and passion for what they do."

Reservations for the reception at the Governor's Mansion are required and can be made by contacting the chamber at 439-0512.



RPM member Sarah Horn helps Rada Knezevic with her homework.

Bosnian family adapts to American lifestyle

By KATHERINE MCCARTHY

Sometimes, it feels like we've lived in the same place for so long, it's easy to forget that we are a nation of immigrants. Other times, though, we meet people who remind us that the ease with which we live our lives is nothing to take for granted.

Last September, the Knezevic family arrived in Delmar. Refugees from the war in Bosnia, the four of them spent two years in Holland on a transit visa before coming to the United States.

First United Methodist Church of Delmar, along with another Bosnian family that lives here, sponsored the Knezevics.

"We've been working with refugee resettlement for the past seven years," said Karen Tass, coordinator of the church's mission ministry team.

Like so many others, the Knezevic's plans were altered by Sept. 11. "I didn't know if we'd be able to come," Zdravko Knezevic, the father of the family, said.

"The Knezevics were one of the last families to get in," Tass said. "This family was affected by the war in Bosnia, and then they were affected all over again."

On Sept. 24, the Knezevic's arrived in Albany. Darko, 12, and his sister Rada, who turns 8 on Feb. 24, started at Bethlehem Central Middle School and Slingerlands Elementary School right away. Zdravko and his wife Jasmina began a course in English at The International Center in Albany in October.

"A lot of immigrants want to work right away, and give up on English classes," Tass said. "It's hard to get ahead if you don't speak the language."

Sitting in the immaculate apartment that they cleaned and painted themselves, it's clear that the adult Knezevics already understand English well and speak it competently. It's Darko and Rada, though, who are the real stars, and sometimes, their parents fire sentences in Serbo-Croatian for the children to translate to make sure the intent of their words is clear.

"I learned some English in

Holland, watching movies," Darko said. In his Patagonia fleece shirt, and speaking in fluent English about skateboarding and soccer, Darko seems like a typical American middle-schooler.

"I like school here, and it's been easy to make friends," he said. "What's different is that in Holland, we only had school till noon, and there was no homework till high school." First-grader Rada is the artist of the family, with a calendar she designed hanging in the kitchen.

"I like all kinds of stuff," she said with a grin. "I like school, and I like my friends. I have lots of them."

Darko and Rada take English as a second language classes at school, but one of the things that has helped are high school students who come to tutor them. The volunteers are members of the Delmar RPMs, the youth group of Delmar's Reformed, Presbyterian and Methodist churches.

The tutors have also provided the adult Knezevics with a chance to have conversations, a helpful addition to the classes they take. There was an added benefit to having teen-agers in the house, and that was the assistance they could offer as the Knezevics applied for learner's permits to learn to drive. Recently, Zdravko got his driver's license, and although he could take the test in his native language, the instruction book was in English.

Sarah Horn, 16, is one of the volunteers who's been working with the Knezevics, and Rada in particular.

"About four of us go to their apartment on Monday nights," Horn said. "I wanted to do some volunteer work, and this has been great." Horn said that Rada has been soaking up the information she provides, but that she has also learned something.

"I've been taking Spanish for a while," Horn said, "and I'm still not very fluent. I hadn't considered until I met this family how necessary it is to learn the language, and how hard it can be to adjust."

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School vacation gets on everyone's nerves

By DONNA J. BELL

School winter break week has barely started, and I'm already desperate for ideas to keep my dear little "angels" busy, happy and productive while trying to keep their hands off the computer, TV, video games and each other's necks for the next five days.

By the mid-week of any vacation, the tensions run high as too much forced family "togetherness" disintegrates into fights over who played Roller Coaster Tycoon last and for how long, who got to sit in the "best" seat of the van last, who got to read the favorite cereal box at breakfast last — it's all about fairness, after all.

At about this time, my husband and I turn to the one of our children's least favorite diversions — house cleaning. When the 50th "There is nothing to do," passes a child's lips, we go into "Let's

clean up" mode. Ah, you should see my children's eyes twinkle and the hearty and enthusiastic "All right, Mom!" when that phrase is uttered (yes, that is sarcasm).

If there is anything worse than having your parents make you clean your room, it is being a parent and having to force your child to clean their room — for it is then that you get to face your failure as a parent. Before room cleaning, you are polite, smart and responsible children.

After the first room "inspection," (I swear, mom, it is perfectly clean) you discover that your diligent parenting skills have failed. Is it really your trustworthy and mature child who stuffed wads of socks and dirty clothes into the back of the closet? Why the back of the closet? Because they only have so much energy to spare, and

throwing balled up bundles of clothes in the closet is much easier than having to lift the lid on the hamper that is sitting right next to the closet.

You've taught your children to

collapse into an exhausted heap after a endurance-testing 10 minutes of cleanup.

It is a horrible moment when you find yourself going into "parental lecture mode" to begin your diatribe on how "cleanliness is next to godliness" and how having a clean environment to live and sleep in is a matter of respect not only for your family but also for themselves.

It is a horrible moment when you find yourself going into "parental lecture mode" to begin your diatribe on how "cleanliness is next to godliness" and how having a clean environment to live and sleep in is a matter of respect not only for your family but also for themselves.

be accountable — so why are their overdue library books lurking in the bottom of the dresser box? You have lectured repeatedly about respecting other people's belongings, which must be why your children have taken your heirloom hand-painted basket from your room to use as a ship for Barbie's ocean cruise. The family rule is that food is to be eaten at the dining room table — how did a half of a Pop Tart get underneath the bed?

Why is it so hard for underwear to actually make it (folded or not) into the underwear drawer? Those very same children who can spend hours ice-skating, swimming or jumping around at the playground will

What is worse is that after the third or fourth sentence you see your children totally tune out and stand quietly, hoping that if they say nothing and nod, it will end quickly.

I remember pretty clearly thinking "Geez, what IS the big deal?" 30 years ago as my parents gave me the same talk almost verbatim. I know that if it were that easy to invent a solution to either the "mid-vacation week chaos" or the "clean up your room dilemma," we would be on Oprah touting our best-selling parenting tips book.

So for now we just console ourselves with knowing that first, vacation week will end eventually; second, that in another 15 years the last child will be in college, and we won't have to actually see or walk in their dirty rooms; and third, that in 25 years or so we can smile and nod when our children give us a call to rant halfway through vacation week.

Or better yet, that might be the week that my husband and I are away visiting Disney World.

Board petitions available from clerk

Nominating petitions for seats on the Bethlehem Central board of education are available at the district clerk's office, 90 Adams Place, in Delmar.

Three seats — those currently held by Happy Scherer, Robin Storey and Warren Stoker — will become available. The term of office is three years, starting on July 1.

Each petition must contain at least 74 valid signatures and must be filed with the clerk by 5 p.m. on April 22, which is 30 days before the school district's annual meeting on May 21.

Basketball nights set at high school

The town of Bethlehem Parks and Recreation Department, Bethlehem Central School District and Bethlehem Opportunities Unlimited are co-sponsoring open-gym basketball for high school students.

Play sessions will meet every Friday starting March 1, from 8 to 10 p.m. in the high school lower gym.

Admission is \$1 per night.

Library offers career counseling

Free career and education advisement is available for adults at Bethlehem Public Library's Career Resource Center.

First-time career seekers, those re-entering the workforce and returning students can get help with job searches and educational planning.

Hour-long appointments are available both days and evenings.

The library is located at 45 Delaware Ave. in Delmar, along a major bus route.

Call 439-9314 for an appointment.

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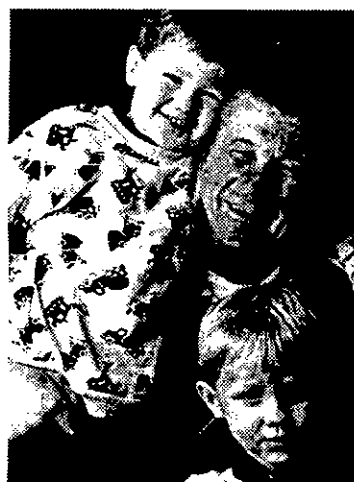
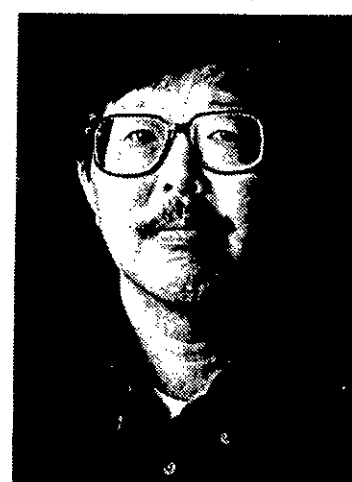
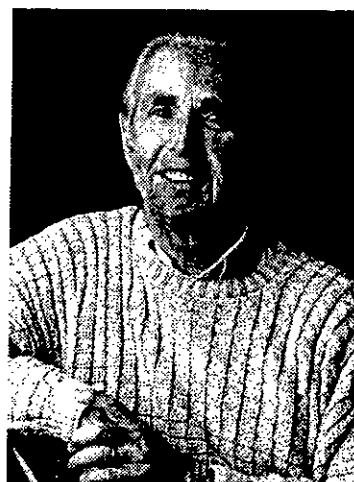
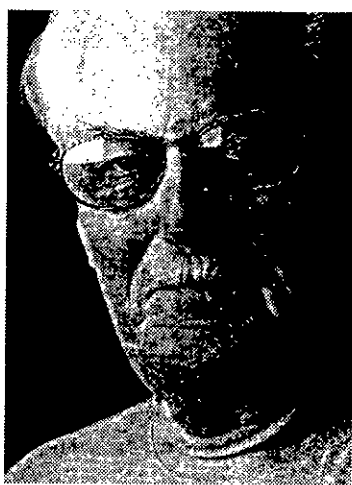
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right off exit onto Rt. 144, right on Rt. 396 (Maple Ave.).

WATER EMERGENCY BULLETIN

There is a severe water shortage in the town of Bethlehem. The town is requiring that **ALL RESIDENTS** take immediate action and extraordinary steps to help conserve our remaining water supply.

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Matters of Opinion

Kudos for coach

For 27 years, win or lose, Bethlehem Central football coach John Sodergren never wavered in his support of his players.

But this past season will be his last on the gridiron since he has announced his intention to retire from coaching and teaching.

And he will leave on a very high note since his 2001 team claimed the Section II, Class AA title, the only such victory in Sodergren's coaching career. And how sweet a victory it was, sweet for the team sweet for the BC community and sweet for the community at large.

But Sodergren was always the driving force behind his teams despite the scoreboard tally, plus or minus, and he got the most from his players in both winning and losing seasons.

Sodergren's assistant Ron Smith, who has worked with Sodergren for years and will take the helm come August when practice begins.

We wish him well and hope John Sodergren enjoys his well-earned retirement. Thanks for the memories, coach.

The party line

How did it happen that the New York State Legislature has become essentially a lifetime sinecure for its members, especially those in the majority, no matter what their individual demerits and despite their general accomplishments like the highest state and local tax bite and the highest state debt load in the country?

The answer is that besides the usual advantages of incumbency — name recognition, free PR mailings, lots of special interest money, office staff who are also campaign workers, media favoritism — there is reapportionment, the decennial reminder that our alleged representative democracy has become a rigged game, with the kind of 99-plus percent re-election rate that any dictatorship would envy.

Reapportionment is constitutionally required, to take into account population shifts discovered in the Census. In Albany and most other state capitals, it has become another way for legislative majorities to preserve their power, lording it over the poor suckers in the minority in a viciously partisan way.

Using the latest in gerrymander software, the Democrats in the Assembly and the Republicans in the Senate strive to create safe districts for their own by making districts either overwhelmingly Republican or overwhelmingly Democratic.

So Bethlehem will be represented by a Democratic senator (our own Neil Breslin) and a Republican assemblyman/woman (not John Faso) for the next 10 years, with no chance that the opposing party will even be competitive for those seats.

There is nothing fair, democratic or republican about it; it's just another way the powerful corrupt the process.

Editorials

Dangling bait before Rats is foolish

By ROB JONAS

The writer is sports editor of Spotlight Newspapers.

Schenectady is actively trying to attract rats to a 10-acre downtown lot.

Sounds crazy, doesn't it? But if the Schenectady Chamber of Commerce can get 2,000 county residents to show up for an American Hockey League game March 15 at the Pepsi Arena in Albany, it might just happen.

At the center of this is the Albany River Rats — a team with a proud tradition but lousy attendance. Though team owner Walter Robb has not said he definitively wants to move the Rats out of their downtown Albany home, he hasn't ruled out the possibility of moving into a building that is about half as big as the 15,000-seat Pepsi Arena.

Schenectady County heard Robb's desires and has responded with an offer — an empty lot across from the downtown community college campus that it can transform into an 8,200-seat arena with an attached practice facility. All Robb, a Schenectady native, has to do is say the word and construction will begin.

However, Chamber of Commerce officials know the offer alone won't cause Robb to break his lease with the Pepsi Arena. So they've come up with a plan to show how well Schenectady County would support the River Rats should they move west — get 2,000 people to buy \$6 tickets for the March 15 contest against the Hartford Wolfpack.

A smaller arena is a good idea, but there is one gigantic flaw involved — why would anyone want to go to downtown Schenectady to watch a hockey game?

For starters, the River Rats traditionally attract fans from the suburbs. Most suburban families have been willing to bring their kids to the Pepsi Arena for sporting events and other forms of entertainment because it's conveniently located to places like Colonie, Delmar, Guilderland and Clifton Park.

Schenectady, though, is not as

Point of View

conveniently located as Albany, at least in the eyes of people living in the eastern half of Albany County. Travel time from Delmar to downtown Schenectady is approximately 30 minutes, a much longer trek than driving up Delaware Avenue into Albany. And though Colonie's western border stretches to the county line, driving to Schenectady takes more time because the most convenient routes are local roads instead of highways.

Then there is the image factor. Schenectady is still viewed by most people as a down-and-out city. Nightly reports of shootings, drug busts and police misconduct will do that to a place, even if progress has been made in cleaning it up. Though Albany has had its share of crime, people are less likely to associate the whole city with violence than a smaller city such as Schenectady.

Even if Schenectady Mayor Al Jurczynski could do his best Rudolph Giuliani impersonation and make over his city's image, there is another issue to be considered: the region's long-standing history of not supporting its professional sports teams. Many teams have come and gone in the last 20 years — some that had decent followings (the Albany Patroons, the Albany Firebirds) and some that drew flies (the extremely short-lived Albany Choppers).

Schenectady even dabbled in the professional sports world not long ago when the Albany Alleycats soccer team moved into the football field behind Mont Pleasant Middle School after calling Heritage Park and the University at Albany home. The hope was that the soccer fans that used to fill Heritage Park for Alleycat home games would show up at Mont Pleasant. Instead, the team averaged fewer than 1,000 people per home game before folding three years after moving to Schenectady.

While any number of reasons can be cited for this area's lack of interest in minor league sports (its location in relation to New York and Boston, the proliferation of sports on television, general apathy, etc.), there are some specific factors that have led to the decline in attendance with the River Rats in Albany.

To begin with, one of the biggest draws the Rats had was when they played the Adirondack Red Wings. Crowds of more than 10,000 fans would pack the Pepsi Arena in the early days of the Northway rivalry, when both teams were competing for the division lead and the affection of the Capital District. As the years went by, the Rats stayed competitive while the Red Wings lost their edge, and the series became one-sided. By the time the Red Wings left Glens Falls in 1999, fan interest in the rivalry dwindled to the point where either team would feel lucky if there was 5,000 in attendance. Since the rivalry with

Adirondack ended, the River Rats have also declined. Once considered an AHL powerhouse, the team has been at the bottom of the league the past two seasons. Of course, nobody likes a loser, so hockey fans have been staying away from the Pepsi Arena ever since.

Would a change of venue help bring in more fans? Not if the new venue wasn't accompanied by a change in the team's performance. Even though the AHL is a developmental league for the National Hockey League, wins and losses are important to the fans. In order for the River Rats to pack any arena, they have to start winning on a regular basis.

Which brings us back to the plan the Chamber of Commerce has to prove that Schenectady County can support the River Rats better than Albany, Rensselaer or Saratoga County can. Two thousand people might seem like a strong showing of support, but only if those people were season ticket owners. Since at least half of them would be going to the game because they can pay less than half the window price, it would be interesting to see if they would be willing to pay full price to go to a game at the new downtown Schenectady arena. If it's to see the River Rats play like they have been in recent years, chances are they wouldn't.

Finally, there is this to consider — what will happen if an 8,200-seat arena is built within a short distance from a 15,000-seat arena? Will the Schenectady facility take so much away from the Pepsi Arena that the 12-year-old building goes unused for much of the year, thus making it a money drain on Albany County? And can the Schenectady arena fill enough dates in the year to make it economically viable?

For the answer, look at what has happened at the Glens Falls Civic Center. Though its sports schedule has remained busy with the addition of the United Hockey League's Adirondack Ice Hawks and the incoming Adirondack Wildcats of the United States Basketball League, concert bookings at the Civic Center have been down for several years. Once the site for The Who's first reunion concert and regular World Wrestling Federation tour stops, the Civic Center draws only the occasional country or classic rock show these days.

Would Pepsi Arena suffer a similar fate? Probably not on the concert front, but it would see a definite reduction in sporting events with the loss of the River Rats and, in all likelihood, the National Lacrosse League's Albany Attack. Without those teams, there would be more than 50 open dates that would have to be filled. Chances are, not even an aggressive concert schedule would be enough to make up for the entire difference.

So, does a new arena for the River Rats in Schenectady make any sense for all sides? No, but it won't stop them from trying it anyway.

After all, 2,000 Schenectady County residents can't be wrong.

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Your Opinion Matters

Parent: Poor bus call on bad weather day

Editor, The Spotlight:

I am extremely concerned with the safety risk that the Bethlehem school district placed its students in on the morning of Feb. 11, specifically the elementary school students.

Although the roads were safe in the early hours of the morning as the buses left to pick up the high school students, as predicted, the situation quickly deteriorated.

By 7:30 a.m., the wind had picked up, and temperatures dropped sharply. What had been a wet commute had suddenly turned into an icy and treacherous commute. We live across from the high school, and the bus our children takes must go over Route 443 to get to Clarksville. The road is very hilly and in bad weather, it makes for a dangerous commute.

As the kindergarten bus picked up our younger children, the driver told us that the elementary buses were at least 20 to 30 minutes behind schedule, and that Route 443 was closed in Unionville due to an accident and numerous cars off the road there. I called the school and was told that what I heard was true: Route 443 was very dangerous at the time.

After calls to the town Highway Department, the County Highway Department, the state DOT and the State Police, all the agencies confirmed that roads were in fact treacherous and advised to hold off travel for an hour or two.

My question to Superintendent Les Loomis and the transportation department is that do you make a decision in the early morning and then fail to take heed of what is occurring. Just an

Kids want bus service

Editor, The Spotlight:

We are writing because we are disappointed that CDTA bus service has been cut.

Our class goes to a lot of places in Delmar. We walk to the bus stop on Delaware and Cherry avenues. We take the Route 18 bus.

We go to the Hudson River Bank & Trust Co., downtown Albany, Delaware Plaza, Price Chopper and restaurants. We are learning to use public transportation by using this bus route.

We know that people who do not want to drive use public transportation to get to work or recreational activities. We think they feel the same way we do.

Joan Link, Mary Landry, Betsey Bartley, Quentin Jensen, Jonathan Carroll, Kelly Kindlon, Marcie Worgan, Noah Fruiterman, Michael Thomas, Kevin Mooney, Sarah Hill, Maggie Schimanski and Katie Riedy

FSI class at Bethlehem Central High School

Editor's note: Fortunately, this bus service will not be cut by CDTA.

hour later at 10 a.m., Route 443 and the roads in general were much improved and would have made for a far safer transport of the elementary students.

I realize that nature can be very unpredictable and calling for an elementary school delay after the high school buses have left would create numerous problems and headaches for all concerned (administrators, teachers, bus drivers and parents).

I feel that the safety of the children should be the top priority and sadly, this was ignored on that morning. Hopefully, this will not happen again.

Joan Smith
Delmar

Educator says Selkirk man believes site would be dump

Editor, The Spotlight:

For the last 17 years, I have had the privilege of working for the Bethlehem School District.

I started my work as a teacher with a lot to learn. Bethlehem afforded me many opportunities to gain experience and to grow.

Thank you to the board, administrators, teachers, staff, parents and students for allowing me to work with all of you. I am grateful for all the memories.

As Katherine McCarthy said so generously in her *Spotlight* article on Feb. 6, I have loved working with the kids, with teachers and with parents — it is the people in Bethlehem that I will miss the most.

Mary Capobianco
Delmar

Editor, The Spotlight:

Let's not kid ourselves. The facility that Waste Management proposes to build in Bethlehem is a solid waste facility. The only thing missing is the garbage.

All of the things that they have proposed for Bethlehem (77 garbage trucks, a 10,000-gallon above-ground fuel tank, storage of 300 Dumpsters, wash bays for garbage trucks and Dumpsters, operating hours from 4 a.m. until midnight) already exist in the Port of Albany, Amsterdam and Fort Edward where the company now processes solid waste.

If you want to know what the facility planned for Bethlehem will look and smell and sound like, just take a short ride to the

Port of Albany and see for yourselves. Waste Management will not specify what its future plans are for the additional land that it has under contract to purchase. Could it become a landfill? Yes. Could it become a solid waste transfer station? Yes.

If it looks like a duck, walks like a duck and quacks like a duck, it is probably a duck and it will naturally act like a duck.

The literal Hebrew translation of the name 'Bethlehem' is 'house of food and bread.' As citizens, we are the stewards of this house and are responsible for the bounty that has been provided us.

Let's not kid ourselves, let's take care of ourselves.

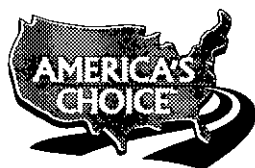
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Matters of Opinion

Big families offer many wonderful rewards

Editor, The Spotlight:

I always enjoy reading Katherine McCarthy's commentary Mom's the Word.

We have a lot in common from our surname to our avocation as writers. As a mother of five children, her column affords me a nostalgic glimpse into the past when my husband was a medical student and I was a young mother — in our little house on Alden Court — nurturing our growing family.

I can relate, not only to the joy and satisfaction Katherine has experienced as a mother, but also to her frustration and anxiety. I was not as patient or levelheaded, as I would have liked. I yelled too much and am still agonizing over silly things like whether we let the kiddies watch too much television — PBS naturally — when they were little.

Raising children is hard work. If Katherine is flummoxed with 11 and 9 year olds, just wait until they are teen-agers!

The rewards are worth the blood, sweat and tears parents expend on their offspring. Katherine McCarthy's articles are testimony to that enduring truth.

But her recent column, 'In our family, these two feels just about right (Feb. 6),' struck a nerve that compelled me to comment. For

despite her avowal to the contrary, the writer seems ambivalent about having more children.

Every couple must determine the number of children they can lovingly nurture and reasonably support according to the dictates of conscience, health, religious conviction and finances. I believe when making that important decision, well-meaning people are so often focused on spurious hypothetical considerations — Do we have enough energy to devote to more than two children? Enough love? Will a third child feel like a gate crasher? Can we afford to send three or four or five children to college? — that they never even consider the benefits of having more than two youngsters.

Big families are fun! Especially for the kids. They have ready-made friends, confidants, teachers and cheerleaders that make the challenges and struggles of growing up a little easier to bear. Another child is rarely resented.

On the contrary, most children are unselfish and accepting. A new baby is welcomed with excitement and enthusiasm. Children from large families learn to share — bedrooms, toys, chocolate chip cookies, clothes, books, parents and grandparents

— a valuable lesson for getting along in the world.

Life on Alden Court was not without the usual trials and tribulations, but when I make a detour in order to drive by "our" house or to visit an old neighbor, I recall how happy we were there.

Sometimes our energy levels were dangerously low — when a new baby arrived or my husband was on duty every third night in the hospital — but they were never completely depleted. We never agonized over whether Colin (No. 3) would intrude upon Kevin and Mary's idyllic existence. We just bought another second-hand crib and moved it into their bedroom. When Susannah was born, we bought bunk beds.

All five of our children graduated from university. Three of them have graduate degree they paid for themselves. My husband and I owe lots of money for Sallie Mae, of course, but scholarships, loans and employment are available if a young person wants to attend college.

Finally, there was never a question of not loving the newcomer as much as we loved the others. Every mother who cradles her newborn in her arms knows the fallacy of that myth.

When our children were little,

"The Brady Bunch" was a popular TV show. For those of you too young to remember, there were three girls and three boys in the family. We had three boys but were short one girl. Until I was well past childbearing age, my children were still hoping for another girl to even things up.

They wanted the "baby" Geoffrey to have a little sister so he wouldn't be lonely when they left home. Geoffrey wanted a sibling closer in age so he wouldn't be the sole focus of his parents undivided attention when it came to interrogations about school, dating, report cards or speeding tickets!

Our children are scattered all over the planet — the result of my husband's peripatetic career in the military. We have three children living in Europe, a son on the West Coast and one in Chicago. But they call and e-mail and keep track of each others'

lives on a family Web page. They are still encouraging, admonishing, advising and entertaining one another (and their parents) across oceans and continents the way they did when they were youngsters sitting around the dinner table.

Big families are not for everyone, but it's an unfortunate testimony of our times that couples believe the propaganda and are discouraged from having more than two children.

They don't know what they're missing.

Juliet McCarthy
Delmar

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Your Opinion Matters

Dentist advises patients to cut, cutback flouride

Editor, The Spotlight:

I recently received notification from Commissioner of Public Works Bruce Secor regarding Bethlehem's water shortage emergency.

I hope that those who have access will check out the town Web site www.townofbethlehem.org as this provides easy access to Albany County Health Commissioner Dr. James Crucetti's full response to Mr. Secor's questions about notification of and consequences of importing flouridated water from Guilderland.

The notification I received was, in my opinion, well done and to the point, with one glaring exception: All parents or guardians now giving their children flouride supplements should contact their pediatricians, family physicians or dentists, since an adjustment downward in dosage or temporary discontinuation of the supplements may be appropriate until we are no longer pulling water from the Guilderland system.

My advice to my own patients'

parents will be to discontinue the supplements for the time that we are using Guilderland water if their residence is in North Bethlehem, and to use one-half the normally prescribed dosage if residing in any other area of the town.

Thank goodness there are no other medical/physical side effects to the use of water with optimal or sub-optimal concentrations of flouride, so that what we have here is a problem of inconvenience, rather than danger.

It is rather common knowledge that I have been a strong proponent of public water supply flouridation during my entire career and since starting practice in Bethlehem in 1973. So it should not be surprising that I now suggest that Bethlehem (and Albany) catch up and flouridate their own water supplies, as is done in essentially every other community in the region.

This would make the goal of regional cooperation possible and practical.

Joseph J. Hart, DMD
Delmar

Thanks to local firefighters

Editor, The Spotlight:

We recently had a near disaster in our Brockley Drive home — a chimney fire.

Were it not for the immediate and professional response of our neighbors and volunteer fire department, the incident could have been a disaster. A tragedy was averted and the fire was quickly dispatched.

These fire people were great. They took care to take care of our

property, and arrived within minutes of our 911 call.

We felt good that for years our family has contributed to the Slingerlands Fire Department fund-raiser, but it did not matter to these folks who came to our home not knowing, of course, if we had ever given or not.

You may never know when you will have to place a call to 911.

Judi, Terry and Cara Mooney
Delmar

Principal is grateful for \$1K grants

Editor, The Spotlight:

I am extremely grateful for the recent grants to our school from two area Mobil stations, and I would like to thank the two businessmen who made it possible.

Robert Woodside of Bob's Mobil in Delmar and Peter Bukowski of Exit 23 Mobil. Both selected St. Thomas the Apostle School as the recipient of the ExxonMobil Educational Alliance Grant.

The ExxonMobil Educational Alliance program is designed to provide Exxon and Mobil retailers with an opportunity to invest in the future of their communities through educational grants to neighborhood schools.

With the grant money, \$500 from each retailer, our school has purchased hand chimes for the students.

The students are looking forward to performing at school for the greater community.

It is through the support of community members like Mr. Woodside and Mr. Bukowski that we continue to grow as a school. There is no greater investment than an investment in our children, and I am thankful the ExxonMobil Education Alliance program has recognized our school.

Thomas J. Kane
St. Thomas School
principal

Board critic was right about center decision

Editor, The Spotlight:

Michael Trout's letter last week was right on the money!

He so clearly saw through the town board's weakness in caving in on the issue of highway access and sidewalk improvement around the Bethlehem Town Center.

Trout points out that Wal-Mart was required to put up money for these very things in other projects around the country.

Did our town board know this? Did they do any research to

determine whether a portion of those improvements is usually paid for by the retail giants? What are the statistics?

Also, has the board been in contact with DOT about this project? What if DOT cannot or will not foot the bill?

I know we need a broader tax base in our town and this center would certainly help, but not at the expense of safety and good futuristic planning.

M.A. Kelley
Delmar

Grange to dish up Saturday dinners

The Bethlehem Grange will begin a series of first-Saturday-of-the-month dinners March 2 with a family-style baked ham dinner from 4 to 7 p.m.

The Grange is located on Route 396 in Selkirk.

Meals are \$8 for adults and \$4 for children.

For information, call 767-3342.



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6 Spring Avenue, Troy

Data base expands offerings

EBSCOhost, the library's online magazine database, has recently added full-text issues of "Consumer Reports" dating back to 1990. Through EBSCO, this popular periodical is conveniently indexed and contains helpful

Company Capsules." Consumers can use it to find out which companies are good bets for investment.

And EBSCO is not just for serious research anymore. Got the wanderlust? EBSCO can help with articles on travel and recreation.

The EBSCO database includes full text of more than 1,800 magazines and newspapers. In addition, EBSCO's Newspaper Source consists of 159 regional U.S. newspapers, 18 international newspapers, six newswires and nine newspaper columns.

Resources for students

Gale's Literature Resource Center is an online reference tool designed to meet the research needs of undergraduates and high school students. It includes the complete text of *Contemporary Authors*, *Dictionary of Literary Biography*, and *Merriam-Webster's Encyclopedia of*

Literature, plus selected criticisms, more than 3,000 plot summaries and 58,000 articles from 34 literary journals.

The LRC is searchable by author, title, genre, theme and literary movement/time period. Furthermore, the "author" category will search by nationality, ethnicity, year and place of birth and death, and even occupation, for instance, at what schools playwrights or poets teach.

The site also includes "Ready Reference Shelf," which integrates 14 of Gale's most popular reference directories, and "Student Resource Center Jr.," formatted for easy use by younger students.

You can use EBSCO, the Literature Resource Center and other online resources at public computers in the library. Home access is also possible with a valid library card number. The library subscribes to these resources, which are often too expensive or even unavailable for private purchase.

Visit us online at www.bethlehempubliclibrary.org and click on "electronic resources."

Louise Grieco

In harmony



St. Thomas School principal Thomas Kane, left, accepts a check for \$500 from Robert Woodside of Bob's Mobil in Delmar. The money was donated as part of ExxonMobil Education Alliance Programs in support of the music program at the school.

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RCS library sets upcoming events

The Ravena-Coeymans-Selkirk Community Library has announced upcoming and ongoing programs.

A family story time, *Tales at the Grange*, continues on March 5 and 19 at 6:30 p.m. at the Ravena Grange on Route 143 in Coeymans Hollow.

For information, call the library at 756-2053.

Make an origami castle. Learn how to fold the shapes to build a castle during vacation week. Kids can come in any day from 10 a.m. to 4 p.m. this week.

The next introductory computer class begins on Wednesday, March 6, at 11 a.m.

This is a series of three sessions, which provide a relaxed and easy way to learn the basics of computers, e-mail and the Internet.

Call the library to register.

The weekly preschool story hour is on Thursdays at 11 a.m.

Activities and crafts follow each storytime. Programs last 30 to 45 minutes. Pre-registration is not required, but call ahead if you are bringing a group.



Good Samaritan Senior Living

by Lee Bormann
President/C.E.O.



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465-1874

Fire company to serve Friday fish fry dinner

New Salem Volunteer Fire Department will hold its annual fish fry on Friday, Feb. 22, from 4 to 7 p.m. at the firehouse on Route 85A in New Salem. The dinners will include fish, french fries, coleslaw, and a beverage. New England clam chowder and dessert will also be available.

Eat-in dining is offered or take-out can be ordered by calling 765-2231. The dinners will be held every Friday through March 29.

Village board to meet

The Voorheesville board of trustees next regular meeting will be Tuesday, Feb. 26, at 8 p.m. at village hall, 29 Voorheesville Ave.

Volunteers needed for PTA book fair

The PTA will hold a book fair Thursday, Feb. 28 through Saturday, March 2 at the elementary school. Children can purchase books during their library hours.

Volunteers are needed. To Volunteer or for information, call Paula Handen at 765-3236.

Book discussion set Feb. 25

The Witch of Blackbird Pond by Elizabeth George Speare will be discussed at Bethlehem Public Library's Mother-Daughter book discussion on Monday, Feb. 25, at 7 p.m.

Copies of the book are available at the youth services desk.

NEWS NOTES

Voorheesville

Jane Norris
439-8532



Extension to offer pruning class

A pruning class will be held Tuesday, Feb. 26, from 6:30 to 9 p.m. at the extension on Martin Road.

Amy Howansky, of the Cornell Cooperative Extension staff, will discuss pruning techniques and theories for hedges, large trees, evergreen and flowering shrubs.

The cost of the course is \$10 per person. Pre-registration is required.

Kudos to spelling champ

Congratulations to seventh grader Amanda Gruss, who won the school district spelling competition.

She was one of 40 contestants from the fourth through eighth grade classes. She will represent the school district in the regional spelling bee held in March.

Police investigating break-ins

By JOSEPH A. PHILLIPS

Bethlehem police are investigating a recent rash of thefts from parked cars.

"We don't have any specific information that it was one group of people," said detective Chris Bowdish last week. "But people need to be aware of the fact that this is going on. They need to be more careful and more aware."

Two recent incidents occurred in the parking lot of the Stewart's shop at 624 Delaware Ave., the most recent at about 8:25 a.m. on Friday, Feb. 8. An eyewitness reported seeing a white male, 25 to 30 years old with brown hair and eyes and wearing a brown coat and black hat, removing a purse from a parked vehicle belonging to an Albany woman and departing in a white car.

That came a week after a similar theft at the same location, this time of a purse containing a portable CD player and a cell phone, taken from a Delmar resident's vehicle at about 5 p.m. on Friday, Feb. 1.

Two other thefts were reported the next day — one involving a purse, belonging to a Delmar resident, taken about 1:30 p.m. from the front seat of an unlocked vehicle at the CVS on Delaware Avenue; the other at about 8:45 p.m., when a Glenmont resident reported the driver's window broken and a purse and cell phone stolen from her vehicle at Delmar Marketplace at the Four Corners.

In all four incidents, the vehicles were left unlocked while the drivers shopped.

An earlier incident occurred on Wednesday, Jan. 23, in the parking lot of the Price Chopper in Slingerlands. The victim's purse, containing more than \$350, credit cards and other personal items, was stolen at about 2:30 p.m. from her car seat as she loaded groceries into the trunk.

Residential neighborhoods have also seen a recent surge in thefts from parked vehicles. Four incidents were reported to police on Thursday, Feb. 7 — three in the Haswell Farms development, the fourth in the Bicentennial Woods subdivision. CDs and a portable CD player, a cell phone, and an assortment of loose change were taken from the vehicles.

Two days later, someone attempted, unsuccessfully, to pry open the passenger-side window of an Elsmere Fire Co. vehicle parked outside a residence on Alden Court in Elsmere, causing

more than \$200 damage to the vehicle.

Several recent daylight burglaries have also been reported at private residences in Elsmere. Two occurred on intersecting streets, Grosbeck Place and Laurel Drive, on Wednesday, Feb. 6. Camcorders, camera equipment and jewelry were taken in the two heists, totalling more than \$1,750.

That matches the pattern of a similar workday break-in a week later, on Feb. 13, on Snowden Avenue. The burglar made off with jewelry of an undisclosed value.

Despite the similarities, "Sometimes there is evidence from one theft that suggests it involved the same individual as another, but right now, we just don't know for sure," said Bowdish. "The investigations of these incidents are proceeding right now separately."

Anyone with information on any of them can contact Bethlehem police at 439-9973.

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Bethlehem Central Middle School names honor students

The following students were named to the honor and merit rolls for the first quarter at Bethlehem Central Middle School.

Sixth grade merit roll

Bryant Abbuhl, Matt Abriel, Michael Agneta, Alison Arditi, Joseph Ascoli, Michael Barba, Cailie Barrett, Timothy Beagle, Kaci Behn, Jasmine Bellamy, Mike Bellizzi, Patrick Bergquist, David Bertrand, William Blake, James Blanch, Jesse Brauner, RYANNE Brockley, Matthew Bub, Thomas Burke, Faith Burkins-Gimzek, Wayne Burt, Alexander Canovas, Evan Carloni, Brigham Carman, Megan Carpenter, Katelyn Carroll, Samuel Clinton, Samuel Cochetti, Alexandra Cole, Amelia Cole, Sean Commerford, Jessy Cooper, Emily Crisorio, Seamus Curran and Tamir Danon.

And Clara Dempf, Leigh Denning, William Deruve, Katherine Dias, Matthew DiFrancesco, Christine Donovan, John Drazan, Kevin Drinkwine, Elizabeth Duclos, Maximilian Dumicich, James Dunlap, Amanda Eckert, Dylan Eder, Robert Elze, Donal Erickson, Mark Evans, Christa Farrell, Drew Fecteau, Cameron Felitte, Marissa Ferrara, Christopher Fink, Kate Foley, Micaela Foley, Nathan Foley, Zachary Foote, Mason Forando, Benjamin Fuchs, Sarah Fuhrman, Matthew Gardiner, Thomas Gardy, Lucas Giacone, Kyle Gibson, Colin Gillman, Laurie Giordano, Kristen Gloeckler, Kathryn Halvorsen, Alexander Hammer, Andrew Hammer, Erin Hedderman and John Hobb.

And Patrick Hoff, Joshua Holden, Austin Hughes, Nickson Jackson, Leah Jeffers, Caroline

Jennings, Catherine Johansson, Erik Johnsen, Alastair Johnston, Jason Jones, Marvin Jones, Ashley Kalendek, Joseph Kane, Scott Kattrein, Kevin Kelley, Jacob Kindlon, Lina Kleinhans, Alexander Knox, Lauren Kopp, Dana Kowalski, Elana Krischer, Alexander Lacey, Daniel Lanchantin, Kamal Lanier, Coleman Larlee, Aliza Leavitt, Ian Lennon, Nicole Levine, David Livarchuk, Karly Lukatschat, Matthew Lyons, Patrick Mancilla, Miguel Margallo, Johnathan Marro, Joseph Marro, Ray Marshall, Alexander Martin, Anna Martin, Matthew McCaffrey and Sam McCaffrey.

And Christopher McCarthy, Corey McGuire, Kathleen McNally, Robert McNary, Beau Melita, Meredith Michl, Jeffrey Monaco, Ryan Mulhall, Nicholas Munsell, Matthew Nash, Lucas Nitsche, Katherine O'Donnell, Brittany Palmer, Noah Pannucci, Lillia Panych, Kaila Pascarella, Catherine Pesnel, William Phelan, Jessica Piccinini, Alexandra Poll, Grace Python, Colin Rebord, Jack Reese, Benton Reis, Lindsey Riggins, Douglas Rooney, Daniel Saltiel, William Sargent, Daniel Savage, Emily Schade, William Schrade, John Sheevers, Marisa Shuman, Kristin Skelley, Lindsey Smaka, Madelyn Sovern, Jonathan Stander, Christopher Stewart, Samuel Stouffer and Molly Stulmaker.

And Alyssa Sullivan, Alex Sutherland, Nathan Taber, Cherubina Tafilowski, Daniel Tick, Quinn Tracey, Heather Troy, Justine Trusso, Jannah Umar, Garrett VanAlstyne, Nicholas Varcasia, Chelsea Vasko, Anand Visweswaraiiah, Nicholas Vita, Kyla Walsh, Kaitlin Wax, Andrea Way, Gregory Weiss, Dylan Welch, Bruce

Wemple, Linda Wickham, Rebecca Wolchok, Rebecca Wood, Laura Wray and Alex Zimmicki.

Sixth grade honor roll

Kristi Averill, Amanda Bailey, Andrew Barada, Emily Barnes, Faolain Barrett, Matthew Barron, Gregory Bartow, Liz Becker, Emily Beer, Peter Bergquist, Timothy Blumkin, Rachel Boochever, John Brady, Abigail Bruff, Claire Burns, Julia Cardamone, Alexis Carpinello, Thomas Casline, Joey Cassidy, Thomas Caswell, Benedict Conboy, Halley Coplin, Caroline Cunningham, Samantha Danna, Cassandra Davis, Melanie DeMatteo, Nicholas DeVries, Kerry Deyo, Mary Beth Dineen, Thomas Dolfi, Matthew Dombrowski, Jillian Egan, Ross Feinberg, Brenna Filipello, Aubrey Fishman, Jennifer Frangella, Rachel Garbo, Maria Garguilo, Chloe Gatta and Shari Ginsburg.

And Molly Gordon, Sarah Gosselin, Allison Greenberg, Alexander Guntner, Brittany Hammond, Cara Hannigan, Brian Henchy, Zachary Herman, Tresne Hernandez, Brendan Herrmann, Kyle Hickey, Christina Hoffman, Madeline Hogan, Jenna Hooper, Kelly Hotaling, Brittany Howland, Cody Jacques, Donna Jin, Joshua Johnson, Jordan Jones-Reese, Christine Jordan, Gleason Judd, Nicholas Kaplan, Hannah Keehan, Trisha Kellogg, Kristin Kenney, Laura Lambert, Alex Laurens, Rebecca Lee, Jessica Lengfeller, Corinne LeVine, Emma Loy-Santelli, Brittany Lutz, Brittney Mancinelli, Lauren Manning, Kelly McCall, Molly McCann, Hannah McCarthy, Zachary McCarthy and Gregory McCarty.

And Rachael McCormick, Matthew McGann, Patrick McGrath, Stacey McLeer, Stacey McWhinnie, Hannah Meckler, Cameron Meyers, Erin Miller, Eric Mortensen, Sarah Moylan, Connor Muncil, Joshua Nuss, Rosemarie O'Brien, Robert O'Connor, Megan O'Donnell, Paula O'Donnell, Danielle Osterhout, Daniel Paoletti, Melissa Paty, Kristin Peck, Amanda Pettit, Billie Potenza, Colin Pratt, Samuel Reichler, John Rimmel, Nicole Rice, Daniel Roberts, Evan Rothfuss, Molly Ruslander, Lindsey Ryan, Claire Sacco, Emma Schneider, Elizabeth Sciaolino, Hana Segerstrom, Patrick Sharlow, Debra Sheppard, Samantha Shrager, Kaitlyn Shumelda, Claire Skotnes, Celeste Smith, Stefanie Smith, David Sokoler, Andrew Sullivan, Kaitlin Taub, Rachel Tobin, Kathleen Tucker, Boris Virnik, Craig Wilcox, Christopher Wise, Nina Wolinsky, Sarah Wong and Olga Yankulina.

Seventh grade honor roll

Therese Avitabile, Amanda

Ball, William Barrowman, Thea Baynes, Gary Bedrosian, Daniel Bell, Lela Berger, Hanna Birkhead, Corey Bloodstein, Peter Bonventre, Samuel Boochever, Valerie Bosse, Megan Braaten, Molly Bradley, Kimberly Brosnan, Clare Browne, Brittany Bugbee, Kirstie Caesar, John Cagino and Vanessa Calaban.

And Olivia Cammisa-Frost, Maureen Carey, Michael Carroll, Lu Chen, Bridget Chisholm, Ethan Christian, Michelle Clair, Casey Cleary, Lisa Cliff, Kristine Conroy, Alexander Conti, Kathryn Conway, Caitlin Dalton, Kendall Day, Noah Deblasi, Diana Denio, Brittany Downing, Tyler Dudas, Nicholas Dugan, Sara Eckert, Megan Erickson and Michael Ernst.

And Paul Fang, Sean Ference, Justin Finkle, Amy Forando, Wilson Foss, Joseph Frasca, Julia Frisch, Sarah Gadamski, Katelyn Gannon, Leah Gillham, Lawrence Gloeckler, Emma Goldsmith-Rooney, Scott Greenberg, Rebecca Hager, Melissa Harrington, Colleen Hart, Katherine Hart and Samantha Hasselbach.

And Corolyn Hennessy, Jennifer Henrikson, Caitlin Hill, Erica Hill, Katherine Homer, David Iselin, Margaret Jaffe, Peter Kansas, Danielle Kaplan, Bethany Karpowitz, Gopu Kiron, Leslie Klein, Kevin Kolbay, Ethan Kolodny, Hadar Koren-Roth, Katherine Kurtessis, Elizabeth Landau, Sydney Lane, Shakira Lanier, Thomas Larsen, Melissa Lee, Jessica Leung, Emma Levine and Dylan Lewis.

And Rebecca Lewis, Jennifer Liebschutz, Kate Loughlin, Deirdre Manzi, Michael Marcal, Elizabeth Martin, Michael Mashuta, Erin McCartan, Heather McHugh, Lauren McKeough, Alison Melcher, Glenna Morgan, Molly Moriarty, David Morse, Rebecca Moss, Sarah Myers, Nicholas Nardacci, Dylan Naughton, Adam Nye, Sarah O'Brien, Sean O'Connor, Rebecca O'Keefe, Gregory Palmer, Kira Pannucci, Alexandra Parker, Bryan Pauquette, Analise Peleggi, Nicholas Piplani, David Plummer, Barbara Pohl, Justine Prior, Damian Privitera, Kimberly Raffaele, Ellen Regal, Molly Reider, Adele Ricciardi, Arielle Rosen, Mark Rosenthal, Kristianna Russo, Juliana Sagor and Jeremy Sanders.

And Anna Scaife, Marianne Schwab, Binijuktya Sen, Madison Serras, Katherine Shumway, Ryan Skrabalak, Michael Smith, Erica Smith, Heather Soleau, Kate Sperber, Rebecca Standig, Rebecca Stern, Jeremy Stevens, Chelsea Swete, John Teevan, Michael Tracy, Emily Traylor, Sara Turner, Michael Turo, Dean Valentini, Melina Vamvas, Daniel VanDeusen, Jessica Venezia, Patrick Venter, Andrew Vincent, Ryan Wall, Elise Walsh, Emma Walsh, Stefan Weijola, Lauren Wendth, Jaclyn Wheeler, Joshua Wing, Derek Wolff and Lindsey

Zwiebach.

Seventh grade merit roll

Bradley Alfred, Kaitlin Altone, Alexander Amirault, David Amiri, Robyn Anderson, Francesca Anzola, Rafael Arenos, Anthony Badolato, Tricia Bailey, Brittany Barrett, Noah Bartfield, Brittni Bartholomew, Jarrett Bastow, Juliet Becker, Brian Bentley, Benjamin Bergmann, Pierce Berolzheimer, Thomas Blassman, Laura Boucher, Liam Bowen, Julie Breen, Adam Bruculere, Emily Buenau, Paul Cafiero, Patrick Callaway, Patrick Campbell, Patrick Campion, Bethany-Ann Carcuro, Michael Cassaro, Emir Cecunjanin, Charles Clas, Katherine Collins, Ryan Conley and Daniele Coplin.

And Samantha Corson, Jennifer Crandall, Anna Crucetti, Jeremy Darling and Scott Davis, Matthew Davison, Louis DeLuke, Kathleen DeMichele, Kyle Dente, Kayleah Deragon, Emily DiMuria, Gerritt Dollard, Steven Dooley, Katherine Ducean, Kevin Dumicich, Sarah Dwyer, Rachel Edelman, Paige Farrara, Benjamin Feinberg, Justin Fuino, Charles Furman, Nicholas Galazzo, Kerry Gebhardt, Monica Gerbini, Eli Gill and Joshua Gillham.

And Eric Goldstein, Melissa Gould, Kyle Harder, Amanda Hardy, Allison Hargrave, Claire Hebert, Laurel Heighton, Maxwell Hilliard, Benjamin Himmelfarb, Elizabeth Hunter, Gwendolyn Janssen, Veronica Janssen, Alyssa Johnson, Matthew Johnson, N. Ryan Johnston, Christopher Joyce, Stephanie Karian, Christina Kasparian, Sarah Kidd, George Koch, Charles Krueger, Ezekiel Kubisch, Samantha Kuhn, Theresa Ladouceur, Corley Lamb, Casey Languish, Lesia Livarchuk, Julia Longley, Jeffrey Loomis, Thomas Lyman, Robert Lyons, Cailee Maestro, Bryan Mahan, Isaac Mall, Carlos Mancilla, David Manco, Rachel Manning, Andrew Marler and Joseph McCormick.

And Jonathan McDonald, Benjamin McKay, Michael McManus, Michael McRae, Lindsay Meadows, Daniel Morrell, Benjamin Morris, Katherine Morton, Justin Murphy, Lauren Murray, Seanna Murray, Shane Myers, Ahmad Nazem, Jocelyn Newborn, Kevin Niehaus, Andrew Orayfig, Luke Orsini, Katelyn Ouellette, Chelsey Pittz, John Poletto, Ambre Pomykala, Brian Potter, Ryan Powers, Renee Rahal, Timothy Reilly, Elana Riback, Christopher Riccio, Kenneth Rios, Ryan Rockmore, Chelsea Rondinaro, Tara Rook, Brittany Rosano, David Saintcross, Nathaniel Sandler, Rachel Schachter, Adam Schneider, Katherine Seeber, Matthew Seeber, Kirk Shimkin, Stephanie Slaver and Leah Slingerland.

And Kathryn Sloat, Jason Sokaris, James Spinoso, Simone Staley, Alec Stanners, Jessica Starr, Kevin Stempsey, Adam Striar, Maxwell Strizich, Caroline Strom, Jacqueline Stuart, Elizabeth Stupp, Joseph Thiele, Gabriel Tomasulo, Bennett Turner, Daniel Unright, Jason Urschel, Lauren Vadney, Abigail VanDerzee, Dustin Verga, Jason Wasserzug, Kimberly Watkinson, Haydon Wearing, Erica Wegrzyn,

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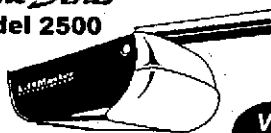
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Eighth grade merit roll

Christopher Abriel, Adam Augusiak-Boro, Sarah Barber, Jonathan Beer, Robert Bellizzi, Christopher Bentley, Steven Berry, Collin Blendell, Andrea Bonacci, Daniel Boughton, Christopher Bowdish, Alyssa Boynton, Brian Bresnahan, Kevin Burke, Christopher Carroll, Nicholas Cassaro, Ian Coffey, Brian Cooper, Crystal Crowder, Lydia Cullinan, Matt Cunningham, Nicholas D'Aversa, Andrew DeMatteo, Nicholas Demetriades, Eric Devore, Eric Dickson, Aaron Dorman, Kyle Dunlavey, Shauna Edwards, Brittney Feedore, Samantha Felitte, Christopher Fiore, Katherine Fischer, Erin Fitzpatrick, Lauren Flaherty, Shana Flood, Joshua Foster and Benjamin Freedland.

And Jennetta Gagnon, Nathaniel Gallup, Andrea Gansky, Alexander Gebhardt, Michael Gellis, Bryce Germain, Deborah Gorman, Steven Gornic, Cory Gross, Michelle Halek, Ethan Hathaway, Marcus Hauf, Michael Hauser, Ashley Hendrickson, Jameson Heptinstall, Brian Hoeg, Martha Holzman, Christopher Homer, Peter Houck and Karen Hughes, Christopher Ieronimo, Amanda Joslyn, David Juster, Marija Kalas, Tiffany Kasarjian, Elizabeth Kern, Linsey Khoury, Adam Kilpatrick, Katherine King, Matthew Latham, Jason Lengfellner, Elisabeth LeRoy, Olga Levchenko, Joshua Litz, Mark Loomis, David Looney, Owen Lynch, Edward Lytle, Timothy Macri and Carly Magin.

And Donald Malott, Monica Manning, Christopher Matuszek, Ashley McDonald, Shannon McMahon, Daniel McNally, Nicole McNary, Emily Meckler, Julie Meyer, Jordan Miller, Ryan Miller, Jeffery Mitaly, Hannah Morgan, Meghan Mosher, Amanda Muncil, Geoffrey Narode, Arthur Neander, Brian O'Donnell, Daniel O'Keefe, Craig Orner, Max Petraglia, Kevin Pittz, Daphne Plass, Lauren Pollow, Rose Potenza, Braedan Purcell, Lauren Quirk, Colleen Rarich, Ryan Renak, Thomas Richards, Kayla Rigney, Sean Romeo, Sean Ryan, Jameson Schindler, Amber Schipano, Matthew Schmit, Kevin Seymour, Margaret Sheehan, Jeffrey Sheridan, William Sigadel, Ian Silverman, David Smith and Tyler Spencer.

And Ross Stanton, David Sterrett, Daniel Stone, Brian Storey, Kevin Supple, Samantha Sussman, Kristie Tateo, Rachael

Thompson, Stephanie Toniolo, Melissa Treadgold, Luke Tress, Jonathan Valenti, Justin VanHoesen, Catiria Vasquez, Justin Weidman, Jessie Weinstein, Nathan Wilkie, Kenneth Wilsey, Gregory Wong, William Yates, Colleen Youngs and Mark Zimmer.

Eighth grade honor roll

Daniel Abrams, Kasey Agneta, Nicole Angermeier, Matthew Baboulis, Ryan Banagan, John Barker, Cameron Betterley, Katherine Biagiotti, Patrick Branigan, Eric Braunstein, Elizabeth Breaznell, Elizabeth Breiner, Michelle Bub, Kevin Burriesci and Ava Byer.

And Emily Caracandas, Elizabeth Casline, Kevin Cassidy, Leigh Collins, Sean Comber, Brynn Crotty, Alec Daley, Moira Danaher, Mary Davis, Joseph DeGennaro, Ann DeLucco, Sue Ding, Kristina Dolan, Caitlin Dombrowski, Emily Drazan, Sarah Durlacher, Maggie Fage, Denise Feirstein, Benjamin Finkle, Joshua Finkle, Erin Fitzpatrick, Kelly Fitzsimmons, Morgan Fluster, Emily Forrest, Lisa Frangella and Tristan Fritz.

And Hannah Fudin, Marina Gaff, Megan Gallagher, Kateri Gecewicz, Nicholas Giordano, Mackenzie Glannon, Jeanette Goldwasser, Hilary Gray, Alyssa Greenberg, Rachael Greenberg, Emily Greenstein, Lindsey Grossman, Mallory Grossman, Christine Hackman, Alesia Hall, Steven Hannigan, Andrew Harder, Brittany Hedderman, Kelcey Heenan, Caroline Heinbuch, Michael Hickling, Katharine Higgins-Beer, Robert Hoffman, Kimberley Holley, Julie Hooper, Schyler Houck, Meghan Jackson, Zarina Jalal, Anya Jaremko-Greenwold, Shee Shee Jin, Erin Kammerer, Alexander Kasparian, Abigail Keefer, James Kennedy, Sean Kennedy, Natasha Kermani, Ryne Kitzrow and Megan Klim.

And Amber Knee, Rebecca Kolakoski, Benjamin Kornstein, Emily Kriss, Shoko Kubotera, Emily Labate, Caroline Lang, Douglas Lang, Florencia Lauria,

Emily Lombardo, Krista Lombardo, Claire Luke, Meredith Lutz, Colleen Lyons, Kristopher Manilenko, Shauna Mansky, Laura Marmulstein, Marcelle Martens, Emily Matthews and Matthew McCarty.

And Andrew McCurdy, Brian McElroy, Brendan McHugh, Eric McLeer, Ryan Menrath, Mackenzie Meyer, Robin Meyers, Caitlin Mooney, Andrea Morehouse, Michael Morrill, Julie Munro, Lauren Murphy, Tomas Neverdauskis, Steven Newton, Robert Nickles, Catherine Nussbaum, John O'Brien-Carelli, Kyle O'Connor, Catherine O'Leary, David Peterson, Neal Plummer, Tricia Primomo, Darroch Putnam, Catherine Quinlan, Tyler Robbins, Lindsay Rood, Alyssa Rosenblum, Jacqueline Rosenthal, Brian Rudolph, Erik Russo, Jeffrey Sagor, Seth Saltiel, Jessica Sanchez, Matthew Shaffer, Casey Sheridan, Natalie Singer, Andrew Smith, Brenton Smith, Scott Sonne, Claire Stiglmeier, James Stram, Danielle Swanson, Emily Szelest, James Trombley, Britta Venter, Catherine Vincent, Nicole Volpi, Katherine Voorhees, William Walker, Katie Wang, Jessica Wax, Krista Wentworth and Christy Wray.

Church to serve venison stew dinner

Onesquethaw Reformed Church at 1806 Tarrytown Road in Feura Bush will serve a venison stew dinner on Sunday, Feb. 23, at 6 p.m.

The cost is a donation to the Sunday School Camp Fowler Scholarship Fund.

For reservations, call 768-2213.

Garden club to meet

The Men's Garden Club of Albany will be holding its monthly dinner meeting on Thursday, Feb. 28, at the Quality Inn on Route 9W in Glenmont.

For reservations, call Henry Fox at 438-7550 by Sunday, Feb. 24.

Family program slated

"Sneezing, Sniffing and Smiles!" Don't be sick for this evening of family activities at the library.

Evening storytimes are planned for kids age 2 through 7 with their parents, and include

Voorheesville Public Library

stories and fingerplays, a short video and an art activity all centered around a theme.

A snack is also on the agenda for Wednesday, Feb. 27, at 7 p.m. Regular storytimes continue Mondays, Tuesdays and Wednesdays at 10:15 a.m. No sign-up is required.

Thanks to all who answered our video survey. We are attempting to respond to many of your suggestions. Beginning in January, we lengthened the loan period of the older videos and are busily trying to fill specific title requests.

Most patrons asked for more new releases, but there were quite a few who wanted to see more foreign, independent and classic films. It seems we need to have more of everything.

We are working hard to make our video collection the best that it can be, and we sincerely appreciate the feedback you have given us.

Videos and/or dvds recently added to the collection include: *Castaway*, *Billy Elliot*, *Any Given Sunday*, *Runaway Train*, *Legally Blonde*, *Pearl Harbor*, *Princess Diaries* and *Moulin Rouge*.

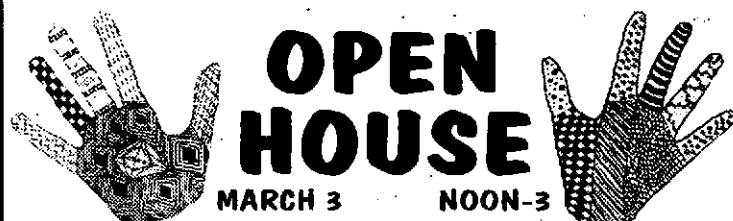
It's not too late to pick up a copy of *The Blackwater Lightship* by Colm Toibin. Sign up at the reference desk for the March 6 book discussion.

Attention, music lovers. Reserve the date of Sunday, March 10, for our annual classical music concert featuring Tritonis — a guitar, flute and cello trio.

Barbara Vink

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

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

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

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Bethlehem Auto Service

AUTO FACTS

by John Quirk

Getting A Jump

When jump-starting a car, putting the jumper cables on both car batteries in a certain sequence minimizes the chance of creating a spark near the gas vents on the dead battery, which could leak potentially explosive hydrogen. The recommended procedure is to attach the positive and negative cables to the dead battery first. Since the battery is dead, it will not generate much current, so it doesn't matter in which sequence the cables are connected. Next, attach the other end of the positive cable to the fresh battery's positive terminal. This leaves one last attachment (the other end of the negative cable), which should be attached to a portion of the engine away from the battery and any potential hydrogen gas.

If you ever need to jump-start your car or truck, take note of the guidelines presented in this week's column. Do you know the age and condition of your battery? Complete brake service maximizes brake performance and safety. When you bring your vehicle to BETHLEHEM AUTO SERVICE, an A.S.E. Certified Technicians will carefully inspect each component including the battery, brakes, exhaust, struts and shocks, and heating system. We are an AC Delco Master Technician Service Center. Call us at 426-8414, or visit us at 62 Hannay Lane in Glenmont off Rt. 9W behind Stone Ends, for reliable auto service. Business hours are Mon.-Fri., 7-6.

HINT: When removing the jumper cables, simply reverse the procedure described above.

Sports

BH-BL swimmers end Spartans pull away from Eagles Bethlehem's streak

By ROB JONAS

It had to happen sometime.

Bethlehem's 29-year reign as the best Section II boys swim team came to an end last Saturday when Burnt Hills-Ballston Lake edged the Eagles for the Class A title at Lynch Middle School in Amsterdam.

Burnt Hills swimmers won nearly every individual event and took two of the three relays to finish with 427 points. Bethlehem wound up second with 410.5 points, while Shenendehowa placed third with 309 points.

"The guys swam extremely well, and it came from their hearts," Bethlehem coach Anthony Ferro said. "I'm extremely proud of them."

The Eagles broke up Burnt Hills' bid for a sweep in the relays by winning the 200-yard freestyle event. The quartet of **Thalis Orietas**, **James Traylor**, **Chris Porco** and **Carter Thomas** finished with a time of 1:28.87 to earn a bid to the state meet.

Orietas qualified for two individual events at states. The senior sprint specialist finished third in the 50 freestyle with a time of 22.25 seconds and placed fourth in the 100 freestyle in a time of 49.47 seconds.

David Richardson and **Ryan Weaver** also qualified for the state meet. Richardson finished second in the 1-meter diving competition with a score of 416.45, while Weaver placed third in the 100 breaststroke with a qualifying time of 1:03.05.

Bethlehem's basketball teams discovered how difficult it is to beat an opponent three times in a season.

The boys team lost to Burnt Hills-Ballston Lake 67-57 last Saturday in the finals of the Suburban Council Tournament, while the girls fell to Guilderland 64-55 in the consolation finals of the league tourney last Friday.

"Burnt Hills played a good game," Bethlehem boys coach **Chuck Abba** said. "They adjusted to our pressure (defense). We had to take the press off."

The Eagles (14-6) led 27-23 at halftime against BH-BL, but the Spartans outscored them 18-10 in the third quarter to grab the lead. Bethlehem stayed within six points of BH-BL for the first five minutes of the fourth quarter before a key sequence decided the game.

Trailing 51-47, **Steve Maltzman** stole the ball from a BH-BL player and got it to **Matt Robbins**. Robbins then passed the ball to **Bob Boughton** for what was going to be an easy layup, but BH-BL's **Steve Makovich** raced in and sent Boughton sprawling onto the court. Makovich was called for the intentional foul, giving Boughton two free throws and Bethlehem possession of the ball again.

Boughton sank both free throws to pull the Eagles within two points. Then on the ensuing possession, Robbins drove in for what appeared to be the tying

layup, but he was called for a charge to negate the basket.

"It was a critical call," Abba said. "The officials do the best they can do. That's all you can say."

The charging call proved to be even more damaging several seconds later when Robbins was whistled for his fifth personal foul and had to leave the game. Without their 6-foot, 7-inch center, the Eagles could not match up with BH-BL's interior players.

"We had solved their 3-2 (zone defense), so they had to get out of it," Abba said. "Actually, I thought playing man was advantageous for us, but then we couldn't go inside" after Robbins fouled out.

Boughton did his best to keep Bethlehem in the game. The senior forward capitalized on a three-point play with 1:07 left to pull the Eagles within 58-55, but the Spartans sank several free throws down the stretch to pull away for good.

Boughton and Robbins each scored 17 points for Bethlehem, which defeated Colonie Central 48-38 in last Wednesday's semifinal game at Guilderland High School. **Adam McGuire** led BH-BL with 19 points.

The Eagles have little time to put the loss to BH-BL behind them. They open the Section II, Class A tournament tonight, Wednesday, in Troy against LaSalle.

"LaSalle's really good, but so are we," Abba said of the Cadets, who finished third in the Big 10 behind Schenectady and Troy. "If we play to the best of our ability, then I think we can win the game."

Lady Eagles lose twice

The Bethlehem girls basketball team saw its hopes for a league title fade with back-to-back

losses to Shenendehowa and Guilderland last week.

The Lady Eagles suffered a second-half collapse in a 40-37 loss to Shenendehowa in last Tuesday's semifinal game and then couldn't complete a comeback bid in a 64-55 loss to Guilderland in last Friday's consolation game at Colonie Central High School.

"We just need to step up," Bethlehem coach **Kim Wise** said. "We've got to get back to what we did the last month of the season."

Bethlehem (15-5) had a 35-30 lead after three quarters of its game against Shenendehowa before being outscored 10-2 in the fourth quarter by the Lady Plainsmen. **Sue Kelly** had 14 points, and **Kaitlin Foley** added 10 points for the Lady Eagles.

Against Guilderland, Bethlehem never fully recovered from a 39-29 halftime deficit. The closest the Lady Eagles got was within three points late in the fourth quarter before the Lady Dutch pulled away again.

"We dug ourselves a hole early, so even to be in that position ... we just can't do that and expect to win," Wise said.

Foley posted a season-high 37 points for Bethlehem, but the rest of the Lady Eagles managed just 18 points against Guilderland.

"We didn't have our team scoring," Wise said. "People aren't giving me the balanced scoring we need to help out Foley."

Bethlehem opened its run in the Class A Sectionals yesterday, Tuesday, against Averill Park.

In other Sectional action, the Ravena-Coeymans-Selkirk girls basketball team hosted Hudson Falls in the first round of the Class B tournament last night.

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N. Bethlehem siblings to perform in 'Grease'

By BILL FONDA

In addition to being sister and brother, Beth and David Cape of North Bethlehem are students at Guilderland High School, where Beth is a senior and David is a freshman.

They are also castmates,

appearing together in the Guilderland Players' upcoming presentation of "Grease" March 15 to 18 at the high school. Beth plays Rizzo, one of the female leads, after having been in the ensemble her three previous years in the school musical.

"I'm definitely more excited, and with this cast, we have

amazing people," she said.

David, a newcomer to the Guilderland Players, is a member of the ensemble.

"I'm a random background guy, but that's pretty good for a freshman, from what I'm told," he said.

Given their difference in age and experience, Beth and David are approaching the process leading up to this year's musical differently.

"There are a whole bunch of wacky traditions we have," she said. "At the beginning, I didn't know any of them. Now I'm the one that says, 'When you go to this restaurant, you have to go backwards.'"

The first of those events, according to David, was a boys sleepover Jan. 25. He said he was worried about being a freshman in the cast, but those fears have been alleviated.

"Everyone in the cast treats me like I'm their age, or I'm their equal," he said. "It's a pretty cool thing."

David also has his sister keeping an eye on him. During one rehearsal, he was talking, so Beth walked over and slapped him with her script.

"That's because the producer singled you out in front of the whole cast, and it made me look bad," she said.

However, David got even later in the rehearsal, smacking Beth after he caught her talking.

Beth said she became

interested in acting when she was in elementary school when a lot of her friends performed with the New York State Theatre Institute.

"They were into performing, so I guess I just fell into it too," she said.

How did David get interested? Beth forced him to try out for a production of "Cinderella" when he was a fifth-grader at Westmere Elementary School.

"I was whining and moaning the whole time," he said.

However, David won the role of the king.

"It was the most fun I ever had in my whole life," he said. "I still thank my sister for making me do it."

Auditions began the first week in November, and Beth said she knew she had done well in auditions, so she got her hopes up that she would earn a role.

Since David had only tried out for five shows previously, he said he was nervous until he performed his monologue.

"They were laughing with me,

not at me, I hope," he said.

Since both made the show, they have been rehearsing weekdays from 2:45 to 5:15 p.m. and from 9:30 a.m. to 12:30 p.m. Saturdays, meaning they have been spending a lot of time together. Fortunately for family harmony, the siblings have a close relationship.

"We always seem to get along a lot better than the brother/sister groups we know," David said.

Beth added, "That's why we can spend all day together and go after school for rehearsal together, and then go home and have dinner together."

On March 15 to 17, showtime is at 8 p.m., with a half-hour pre-show beforehand. The show begins at 2 p.m. March 18, with the same pre-show at 1:30 p.m.

Tickets are \$7, which Beth said makes "Grease," and other Guilderland Players offerings, good shows for the money.

"Everyone in it is dedicated to putting on the best show possible every year," she said.

Sodergren

(From Page 1)

Smith, who has coached softball at Bethlehem for several years, was the only one of Sodergren's assistants to apply for the head coaching position.

"We kind of collectively thought about it," Smith said. "I was the only one who put an application in."

Smith said the opportunity to be a head football coach was too exciting to pass up.

"This has been my dream since I was a little kid playing football," Smith said. "This has always been my favorite sport."

Smith has already given up his post with the softball team and will be leaving his job as an assistant coach with the girls basketball team to devote himself to the football program.

"I really believe that football is a year-round sport," Smith said. "And with where my family is, I feel that I need to focus on one sport."

Smith will have his work cut out for him. Twenty-six seniors are graduating from this year's 10-2 football team, which leaves Smith with the task of putting together a squad from the 10 remaining varsity players and a junior varsity team that finished with a 5-4 record.

"I think there's a lot that needs to be done to keep us at that level of competition," Smith said. "So, it's a perfect time for me to come in."

Sodergren was out of town last weekend and could not be reached for comment. A review of Sodergren's career will appear in next week's issue.

Budget

(From Page 1)

are seeking community involvement in the budget process. They have asked members of the public to attend those meetings where an item of interest to them is scheduled and

provide the board with input.

The board's next meeting is on Wednesday, March 6, at 8 p.m. in the district offices on Adams Place in Delmar.

For information, call 439-7098.

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Youth Network

What's cooking

February vacation. You and the kids are home together looking for something to do. Please consider working together on a recipe for the Bethlehem Community Partnership Cookbook: *Praise, Prevention and a Peanut Butter Sandwich*.

The Bethlehem Community Partnership Cookbook will offer suggestions to promote positive behavior, health and personal success. We are especially interested in recipes which are quick, easy, delicious and "kid-friendly."

You may send soups, sides, snacks, desserts, main dish, party favorites, teen tested, kid prepared and quick and easy recipes. Please include your name, phone number, address, family members' names and tell us why the recipe is special for you and your family.

Tell us the name of the recipe, preparation time, how many it serves, ingredients and directions for preparation.

Send by March 1 to: Cookbook, Bethlehem Networks, 318 Delaware Ave., Delmar 12054.

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Obituaries

Martha O'Toole

Martha Camera O'Toole, 73, died Sunday, Feb. 17, at her home.

Born in Albany, she was a graduate of Albany public schools.

Mrs. O'Toole was an assistant buyer for Sears in Colonie before she retired.

She enjoyed traveling and spending time with her family.

She was a communicant of St. Catherine of Siena Church.

Survivors include three daughters, Kathleen Johnson of Glenmont, Nancy MacNiven of White Bear Lake, Minn., and Mary Grimmick of Ballston Lake; two sons, Michael O'Toole of Greenfield Center and Kenneth O'Toole of Fairfield, Conn.; a sister, Marie DeBarbieri of Latham; a brother, Anthony Camera of Catskill; and nine grandchildren.

Services are scheduled at 10 a.m. Thursday, Feb. 21, at St. Catherine of Siena Church, Hurst Avenue, Albany.

Calling hours are from 4 to 8 p.m. Wednesday at the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany.

Burial will be in St. Agnes Cemetery in Menands.

Helen Klein

Helen E. Uttenhove Klein, 92, of the Atria, and formerly of Delmar, died Friday, Feb. 15, at St. Peter's Hospital in Albany.

Born in Sheffield, Ill., she was a cake and window decorator for Huyler's Restaurant in Albany. She retired from the Holiday Inn.

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

She was the widow of Charles H. Klein.

Survivors include a niece, Sally Adams of Charlotte, N.C.; a nephew, John Uttenhove of Atlanta, Ga.; and her dear friends, Joan Gochee of Delmar, Elmer and Eleanor Oliver of Binghamton and Patricia Howland of Niverville.

Services are scheduled for 10:15 a.m. today, Feb. 20, from the Daniel Keenan Funeral Home, 400 Delaware Ave., Albany and at 11 a.m. from the Church of St. Thomas the Apostle.

Burial will be in Our Lady of Angels Cemetery in Colonie.

Marie Smith

Marie I. Smith, 86, of Albany, and formerly of South Bethlehem, died Tuesday, Feb. 12, at Albany County Nursing Home.

Born in South Bethlehem, she was a longtime resident of Albany.

Mrs. Smith was a homemaker.

She was a former member of First Church in Albany.

She was the widow of Alfred E. Smith.

Survivors include a daughter, Donna M. Smith of Delmar; two sons, Raymond N. Warner of Schuylerville and Donald D. Warner of Niskayuna; eight grandchildren; and several great-grandchildren.

Services were from the New Comer-Cannon Funeral Home in Colonie.

Burial was in Graceland Cemetery in Albany.

Contributions may be made to the Mohawk & Hudson River Humane Society, Oakland Avenue, Menands 12204.

Raymond Heffernan

Raymond W. "Mr. Heff" Heffernan, 83, of Selkirk died Sunday, Feb. 10, at Carlisle Regional Medical Center in Carlisle, Pa.

He was an Army veteran of World War II.

Mr. Heffernan ran the Heffernan Brush Co. in North Adams, Mass., for many years. He and his late wife also owned and operated Cedars Rest Home in Selkirk.

He was a member of the Knights of Columbus.

He was husband of the late Leona Heffernan.

Survivors include two daughters, Cristen Demmer of Selkirk and Loren Parrish of Carlisle; and two grandchildren.

Services were from Shiloh Assembly of God Church.

Martha Navilia

Martha Gustav Navilia of Glenville, and formerly of New Scotland and Altamont, died Monday, Feb. 11, at Ellis Hospital in Schenectady.

Mrs. Navilia worked for the state Department of Audit & Control for 23 years before she retired.

She was a past president of the New Scotland Senior Citizens and a former communicant of St. Matthew's Church in Voorheesville.

She was the widow of Frank Navilia.

Survivors include a daughter, Martha Joy Scherer of Rexford; four grandchildren; and two great-grandchildren.

Services were from the Reilly & Son Funeral Home and St. Matthew's Church.

Old Songs offers instrument classes

Old Songs is offering the following instrument classes March 5, 12, 19 and 26 and April 2 and 9, with a makeup date of April 16, at the ROI Smith Center on Route 155 in Guiderland —

- Beginning fiddle — with Mike Otis, 7 to 8:30 p.m. The course will focus on the basics of playing, including bowing and fingering techniques. It will also cover practice tips and the care of the instrument. For information, call 872-0864.

- Beyond beginning fiddle — with Mike Otis, 8:30 to 10 p.m. The course is for those who have attended a beginning fiddle class or who already know the basics. For information, call 872-0864.

- Beginning Irish penny-whistle — with George Ward, 5:30 to 7 p.m. All that is required is a key of D pennywhistle, and some will be available at the first class. For information, call 399-0315 or send e-mail to mulesong@aol.com.

- Slow jam (for all instruments) — with George Ward, 7 to 8:30 p.m. For those who have learned the basics of their instruments and want a group playing experience at comfortable tempos. For information, call 399-0315 or send e-mail to mulesong@aol.com.

- (Barely beyond) beginning clawhammer banjo — with George Ward, 8:30 to 10 p.m. Participants need a five-string banjo that is playable and very little experience. For information, call 399-0315 or send e-mail to mulesong@aol.com.

- Hammered dulcimer — with Linda DeBrito, 7 to 8:30 p.m. Participants will learn some songs and chords and basic ideas for embellishing melodies. Bring a tape recorder and an instrument tuned to A-440. For information, call 393-3984 or send e-mail to ldebrita@hotmail.com.

- Beyond beginning fingerstyle guitar — with Joe Hetko, 8:30 to 10 p.m. The class is for people who already play fingerstyle guitar and want to increase their knowledge and repertoire. For information, call 785-7842 or send e-mail to joehetko@aol.com

- Beginning mountain dulcimer — with Susan Trump, 7 to 8:30 p.m. Students will become familiar with the fretboard by learning several songs. For information, call 357-4018 or send e-mail to susantrump@aol.com.

- Beyond beginning mountain dulcimer — with Susan Trump, 8:30 to 10 p.m. New strumming techniques will be introduced, as participants expand their repertoires. For information, call 357-4018 or send e-mail to susantrump@aol.com.

- Piano accordion — with Peggy Hart, 7 to 8:30 p.m. The class will cover basic techniques, theory and note-reading for both hands. For information, call 756-2180 or send e-mail to kittsma@aol.com.

- Beginning recorder — The course covers the basics of playing an alto recorder, including focused breathing, fingerings, articulation and body awareness. Students should purchase "Hugh Orr's Basic Recorder Technique, Vol. 1" for alto recorder.

For information, call 489-1715 or send e-mail to hagen@nobleharbor.com.

Rates

(From Page 1)

He proposed several rate changes that the board approved. They included pushing up the base rate from \$1.10 per thousand gallons to \$1.30, and a reduction of the consumption ceiling for this base rate, from the previous 3,000 cubic feet per four-month billing cycle to 1,600. That will reduce those eligible for this lowest rate to the very smallest residential customers.

The board also OK'd a hike in the "industrial" water rate — for users of more than 80,000 cubic feet per four-month cycle — from \$1.52 per thousand to \$1.60. Most industrial customers are supplied by the relatively inexpensive output of the Clapper Road water plant.

Secor proposed no change in the current rate of \$2.20 per thousand for customers using between 30,000 and 80,000 cubic feet per billing cycle — mostly larger institutional users like the school district or nursing and assistive-living facilities.

What about customers using between 12,600 and 30,000 cubic feet? "For people who are using an above average amount of water, they will see a substantial increase in their water rate," Secor suggested, proposing suspending the intermediate rate for residential and commercial customers established in December of \$2.20 per thousand for users of up to 8,000 cubic feet, and instead recommended extending the higher-volume rate of \$2.60 per thousand to all of these customers.

Several town board members felt that proposal did not go far enough, in view of an announcement made by the Albany water board just days before the meeting. Citing their own impending water shortage and the cost of securing the Alcove Reservoir in the wake of the Sept. 11 terrorist attacks, they are considering raising the rate for "large users" — including Bethlehem's supplemental purchases above the contracted 600,000 gallons a month — to \$2.92 per thousand gallons. So board members Tom Marcelle and Doris Davis each called for a rate of \$2.92 per thousand for the town's middle-tier customers.

Secor acquiesced, and the increases were approved, with the board members in general agreement that they could be rolled back if Albany does not raise its rates, a topic due for discussion at a public meeting in March.

Outlining the current state of the water emergency declared by the board in January, Secor said recent precipitation and the emergency purchases, which reduce the need to draw from Vly Creek Reservoir, have helped the reservoir recover about a foot of its depth in the past two weeks.

And, he said, "Industry has

come through and saved over a half million gallons a day by additional recycling and reuse," taking pressure off the residential supply as well.

But the reservoir remains at roughly 40 percent of its seasonal average level and could drop further against this standard, triggering a disaster declaration in the coming weeks.

Discussions are continuing with officials from the city of Watervliet about a possible future pipeline pumping water from that city's reservoir in Guiderland to Vly Creek. But such an alternate backup source would be months away, he said, and expensive.

What will we pay for water purchases in the coming months? Will it rain enough to offset those purchases, or will the drought continue? We just don't know right now.

Judith Kehoe

"An estimated \$5-6 million pumping station (and pipeline) is not something that could be done this year," he said. "But in the long run, it's something we need to look at, to make sure we're never in this situation again."

As to the water rate schedule, Kehoe said last Friday that she is preparing a proposal which she hopes to submit to the board on how to proceed with a thorough audit of the water fund and review of the rate structure.

"Our current structure is consistent with previous practices in other municipalities," she said. "The question is, do we have enough revenue coming in to pay our bills?" It is nearly a decade, she said, since a review was last conducted.

She said she is preparing an application to the office of the state comptroller for a State Municipal Advisory Review Team (SMART) review, an audit service offered at no cost to municipalities.

"Our feeling is, because they're statewide and deal with municipalities regularly, they might have experience in the best current practices and data that might help us evaluate our rate structure," she said. If the comptroller's office is unable to commit resources to a SMART analysis, she said, she is likely to recommend either an internal audit or contracting an outside consultant to conduct the analysis.

In the meantime, she said, the interim water rates and the interfund loan authority "means I will not have any difficulty paying our bills on time." But she declined to project where the water fund will stand by next winter.

"At this point, there are enough unknowns to make it a difficult call," she said. "What will we pay for water purchases in the coming months? Will it rain enough to offset those purchases, or will the drought continue? We just don't know right now. My focus has been on solving the cash flow problem and trying to get the fund balance back to an acceptable level."

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.



Jeffrey Diehl and Deborah Bartley

Bartley, Diehl engaged

Deborah Bartley, daughter of Betsey and Richard Bartley of Clarksville, and Jeffrey Diehl, son of Jill and David Diehl of Voorheesville, are engaged to be married.

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

She attends Gordon College in Wenham, Mass.

The future groom is a graduate of Voorheesville High School.

He attends Lancaster Bible College in Lancaster, Pa.

The couple plans a Aug. 10 wedding.



Liz Hendron and Ken Halvorsen

Hendron, Halvorsen to marry

Liz Hendron, daughter of Jane and Jim Hendron of Selkirk, and Ken Halvorsen, son of Audrey and Carl Halvorsen of Glenmont, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and SUNY Potsdam.

She is a biology teacher at

Bishop Maginn High School.

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

He is a mechanical engineer at Plug Power.

The couple plans a Aug. 10 wedding.

Dean's List

Providence College

Katherine Gyory, Kristen Lytle, Erin Riegel, Mark Svare, Shannon Tougher and Danielle Blanch, all of Delmar; Amy Hayes and Sarah Manco, both of Slingerlands; Kristin Musto of Glenmont; and Mary Gecewicz of Selkirk.

Binghamton University

Ryan Fitzpatrick, Alissa Kind, Brian Nussbaum, Amy Parsons, Lisa Signorelli and Benjamin Vancik, all of Delmar; Theresa Gecewicz of Selkirk.

SUNY Oneonta

Alicia Gary and Kelly Yates, both of Delmar; and Daniel Cornell of Glenmont.

Albany College of Pharmacy

Tedi Hill of Delmar.

St. Michael's College

Anne Semenoff of Delmar.

Syracuse University

Becky King of Delmar.

Class of '01

University at Albany

David Michael Abrams of Delmar (master's in science); Brian Alexander Cohen of Delmar (bachelor's in science - cum laude); Rebecca Cohen of Slingerlands (master's in science); Suzanne Elizabeth D'Amelia of Slingerlands (master's in arts); Anne DeClue of Slingerlands (master's in science); Lynn Dorwaldt of Delmar (master's in Library science); Angel Elizabeth Hartle of Delmar (master's in science); Paul Kuhn of Slingerlands (master's in science); Anne Marie Lasky of Delmar (master's in science); Ellen Ann Mosher of Selkirk (master's in science); Lisa Kelley Pass of Glenmont (master's in arts); Barbara Joyce Riedel of Delmar (master's in science); George Smith of Delmar (doctorate in philosophy); Sarah Waite of Slingerlands (master's in science); and Jennifer Lyn Winne of Glenmont (master's in science).

SUNY Oneonta

Gregory Casler of Voorheesville (bachelor's in earth science).



Matthew and Christine Ochsner

Austin, Ochsner wed

Christine Austin, daughter of Pamela Austin of Latham and Donald Austin of Amsterdam, and Matthew Ochsner, son of Bonnie Ochsner of Slingerlands, were married on Sept. 8, 2001.

The Rev. Geoffrey Burke performed the ceremony at Our Lady of the Assumption Church in Latham.

A reception followed at Pinehaven Country Club in Guilderland.

Jennifer Austin, sister of the bride, was maid of honor.

Bridesmaids were Katie Skiff, Danielle Zoerner and Marcia Hazelwood.

Lance Lynch was best man.

Ushers were Donald Lang III, Christopher Maercklein and Eric McCarthy.

The bride is a graduate of Shaker High School and Keene State College in Keene, N.H.

She is an assistant manager at Hoyt's Cinema in Guilderland.

The groom is a graduate of Bethlehem Central High School and SUNY Oswego.

He is an assistant manager at Hoyt's Cinema in Guilderland.

Following a wedding trip to Florida, the couple resides in Clifton Park.

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.

Births

Albany Medical Center

Boy, Alessandro Amore, to Rosella and Robert Amore of Slingerlands, Nov. 9.

Boy, Hayden Pitcher, to Stephanie Bressan-Pitcher and Dean Pitcher of Slingerlands, Nov. 27.

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

February 10 Jillian's, N. Pearl St., March 3 Best Western, Albany, Add. March 17 Wilton Mall Register @ atouchofclasslimos.com Exhibitors call 482-1983

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



Bethlehem Historical Association slates monthly meeting

The Bethlehem Historical Association will hold its monthly meeting Thursday, Feb. 21 at Cedar Hill School House at 1003 River Road (Rte. 144) in Selkirk.

David Klinge from Hartgen Associates will present the topic of the meeting, "Recent Archeological Diggings," beginning at 2 p.m.

For information, call 478-7247.

SPOTLIGHT ON *Family* ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

By DEV TOBIN

It's probably a few more weeks until the crocuses start popping up, and several more weeks after that before gardeners can start planting again, but itchy green thumbs can get some inspiration this weekend at one of upstate's premier indoor flower shows.

New York In Bloom will take over the New York State Museum on Madison Avenue in Albany from Friday to Sunday, from 9:30 a.m. to 5 p.m.

More than 65 floral displays by garden clubs and amateur and professional designers from across the state, all coordinated with museum exhibits, will be placed throughout the museum.

The museum will also host Juan Carlos Hannaford, a renowned rose grower from Colombia, for a video presentation and question-and-answer period on Sunday from 11 a.m. to noon and from 2 to 3 p.m..

And Libbey Oliver, a professional flower arranger and author, will present a session on "Casual Elegance" on Saturday at 10:30 a.m. (Reservations are required for Oliver's talk, which includes a luncheon. The deadline has passed, but there may be some last-minute availability. Call 474-0068 for information).

Demonstrations throughout the weekend will include: organic floral gardening, container planting, versatile centerpieces, wreath-making, fossil garden stones, butterflies and blooms, easy holiday centerpieces, easy flower arranging, interpretive arranging and make your room bloom.

There will also be several workshops for children, which is only fitting, since New York In Bloom is a fund-raiser for the museum's Museum Club and Discovery Squad after-school programs, according to museum spokeswoman Joanne Guilmette.

There will also be special planting workshops for children on Saturday and Sunday from 10 to 11 a.m. And children have been working with staff from Faddegon's Nursery in Latham on a floral recreation of the museum's carousel, which will be on display in the lobby this weekend.

"It's really spectacular," Guilmette said.

Besides the luncheon and a gala dinner, the fund-raising will include a rare, but modest, admission charge at the museum of \$3 for adults and children over the age of 12.

The Museum Club and Discovery Squad are nationally recognized programs that provide hands-on, interactive learning experiences for underserved children from ages 8 to 18 from the city of Albany.

The museum will also host the ninth annual James Campbell Memorial Gem, Mineral and Fossil Show on Saturday and Sunday.

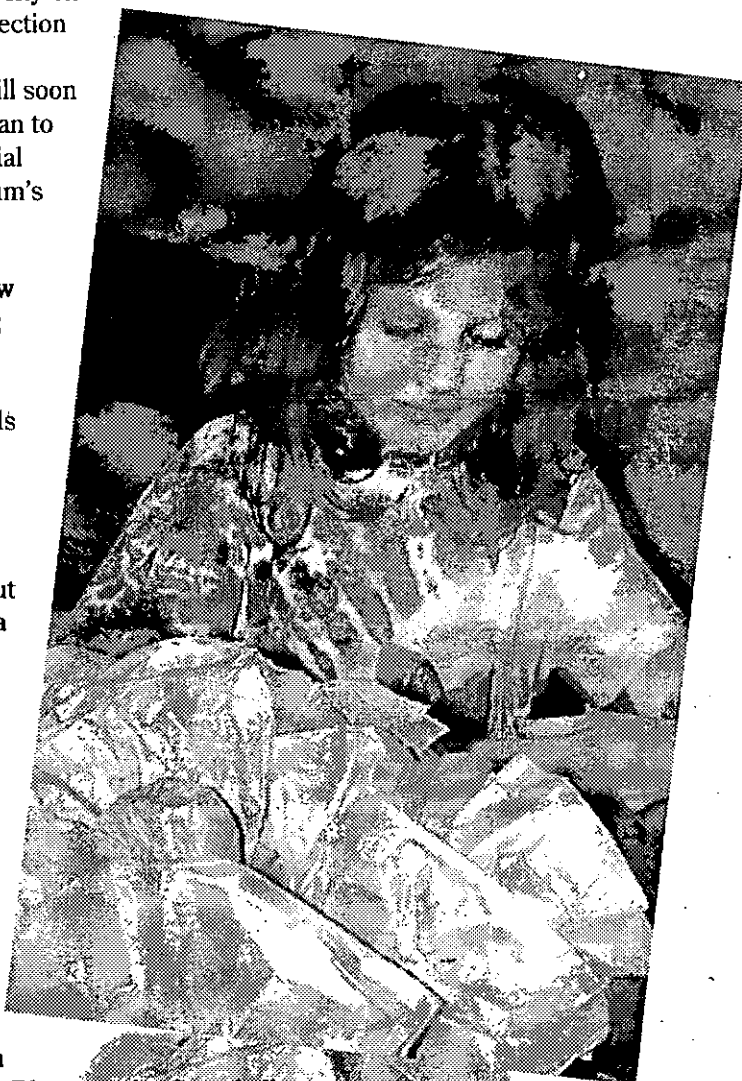
Activities include a lecture and slide presentation by Stephen Chamberlain



SPRING SPRINGS INTO BLOOM AT NYS MUSEUM

of Syracuse University on the Oren Root collection of New York state minerals, which will soon be on long-term loan to the museum; special tours of the museum's gem and mineral displays and the Ancient Life of New York fossil exhibit; identification by museum staff of fossils and minerals brought in by the general public; a mineral dig for children; presentations about map-making; and a vendors showcase featuring gems, jewelry, minerals, fossils, books, videos, lapidary equipment and supplies, stone carvings, bookends and silver and goldsmithing tools.

For information about New York in Bloom or the Campbell gem, mineral and fossil show, call 474-5877.



ARTS and ENTERTAINMENT

Theater

DEATHTRAP

Ira Levin thriller, Curtain Call Theatre, 210 Old Loudon Road, Latham, Wednesday to Saturday through March 23, \$15. Information, 877-7529.

RUTHLESS

off-Broadway hit musical, Schenectady Light Opera Co., 826 State St., weekends March 8 to 17, \$18, \$9 for children under 13. Information, 377-5101.

STAGED READING

of two one-act plays based on Mary Higgins Clark stories, New York State Theater Institute, Schacht Performing Arts Center of Russell Sage College, Troy, Feb. 27 to March 3, \$10, \$5 for students and children. Information, 274-3256.

Music

LADYSMITH BLACK MAMBAZO

Troy Savings Bank Music Hall, State and Second streets, Feb. 22, 8 p.m., \$25. Information, 273-0038.

NANCI GRIFFITH

The Egg at Empire State Plaza, Albany, Feb. 23, 8 p.m., \$28. Information, 473-1845.

THE CHENILLE SISTERS

Troy Savings Bank Music Hall, State and Second streets, Feb. 23, 8 p.m., \$22. Information, 273-0038.

BARRAGE

violin virtuosity, Palace Theatre, Clinton Avenue and North Pearl Street, Albany, Feb. 23, 8 p.m., \$25 and \$35. Information, 465-4663.

LANG LANG

piano prodigy, playing works by Mendelssohn, Schubert, Chopin and Liszt, Memorial Chapel of Union College, Schenectady, Feb. 28, 8 p.m., \$20. Information, 372-3651.

BELA FLECK AND THE FLECKTONES

The Egg at Empire State Plaza, Albany, March 1, 8 p.m., \$28. Information, 473-1845.

ALBANY PRO MUSICA

Handel's "Oratorio of Esther," Troy Savings Bank Music Hall, State and Second streets, March 2, 8 p.m., \$20, \$18 for seniors, \$10 for students. Information, 273-0038.

JESSE WINCHESTER

The Egg at Empire State Plaza, Albany, March 2, 8 p.m., \$22. Information, 473-1845.

ARTEMIS STRING QUARTET

playing works by Mozart, Ligeti and Mendelssohn, Memorial Chapel of Union College, Schenectady, March 3, 3 p.m., \$20. Information, 372-3651.

ANDY COONEY

Irish cabaret with Deirdre Reilly, Conal Gallon and Niall O'Leary, to benefit the Irish American Heritage Museum, Troy Savings Bank Music Hall, State and Second streets, March 6, 8 p.m., \$20. Information, 273-0038.

Visual Arts

NEW YORK STATE MUSEUM

American Sculpture, 1940 to 1960, through Feb. 24; A Slave Ship Speaks: The Wreck of the Henrietta Marie, through March 17; Ancient Life of New York, through March 31; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

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.

ALBANY CENTER GALLERIES

Paintings by Raul Serrano, through April 5, opening reception Feb. 28 from 5:30 to 8 p.m., 161 Washington Ave. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Private Eye, unusual local collections, third floor of terminal building, through March 17, two hours free parking. Information, 242-2241.

Call For Artists

FEESTELIJK

local entertainers and performers for Bethlehem community arts celebration on April 27. Apply at 439-0512.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SIENA CHAMBER ORCHESTRA AND CHOIR

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

CLIFTON PARK COMMUNITY ORCHESTRA

openings in strings, especially cello and bass, and in French horn, rehearsals Tuesdays at 7 p.m., Coburg Village, Rexford. Information, 383-1718.

MALE SINGERS NEEDED

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

PAINTERS WANTED

the Colonie Art League seeks local two-dimensional artists to exhibit at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

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

CAPITAL COMMUNITY VOICES

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

Classes

ACOUSTIC INSTRUMENT CLASSES

fiddle, guitar, banjo, pennywhistle, hammered dulcimer and bodhran, six-week sessions on Tuesday evenings at the ROI Smith Center, Route 155, Guilderland, sponsored by Old Songs. \$75. Information, 765-2815.

DANCE CLASSES

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

ART CLASSES

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

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is missing. 2. Earlap is longer. 3. Hat is different. 4. Breath "puff" is added. 5. Sled runner is different. 6. Scarf pattern is different.

SAFE AREAS

MAGIC MAZE

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

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

Ark
Asylum
Bunker
Citadel
Den
Fort
Foxhole
Haven
Hideaway
Refuge
Retreat
Safe house
Sanctum
Shelter
Stronghold

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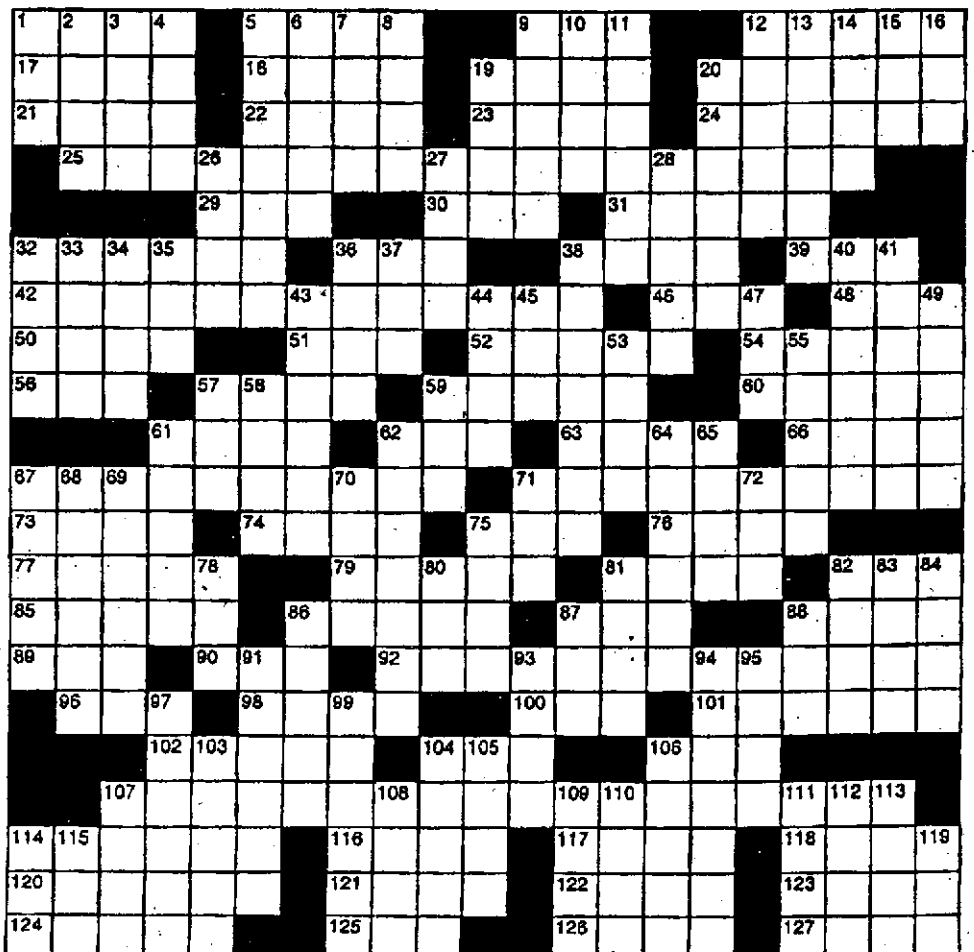
- in -

Spotlight Newspapers

Give us a call at: 439-4949

The Super CROSSWORD

- ACROSS**
- 1 Rover's remark
 - 5 Pleat
 - 9 Plead
 - 12 Wooden pin
 - 17 Baseball's Vizquel
 - 18 Portrait painter John
 - 19 Pakistani language
 - 20 Flaunt
 - 21 Small hawk
 - 22 Descartes or Levesque
 - 23 Trusting sort
 - 24 Loath
 - 25 "I Think I Love You" group
 - 29 Khan opener?
 - 30 Figs.
 - 31 Fosters a felon
 - 32 Avoid an accident
 - 36 Poetic contraction
 - 38 Way off base?
 - 39 Pixie
 - 42 Joy to the World group
 - 46 Swimmer Thorpe
 - 48 Supper scrap
 - 50 Meat cut
 - 51 Fix a fight
 - 52 Mercury, for one
 - 54 Dwight's competition
 - 56 Acorn, eventually
 - 57 Enthusiasts
 - 59 Trite
 - 60 "— Break" ('91 film)
 - 61 Director Kazan
 - 62 Sister
 - 63 Amontillado container
 - 66 Yen
 - 67 "Happy Together" group
 - 71 "Here I Go Again" group
 - 73 Actress Lillian
 - 74 Line of clothing?
 - 75 "The Simpsons" bartender
 - 76 "The Avengers" star
 - 77 Wan
 - 79 "Moll Flanders" author
 - 81 Sour
 - 82 Toody or Mukdoon
 - 85 Musty
 - 86 "Iron Mike"
 - 87 Onassis' nickname
 - 88 Hermes' mom
 - 89 Russell or Wahl
 - 90 WWII area
 - 92 "In-A-Gadda-Da-Vida" group
 - 96 Rocker Claypool
 - 98 They may be split
 - 100 Shoe width
 - 101 Evaluate
 - 102 Sweatshirt size
 - 104 Botanist Gray
 - 106 "Birds — feather —"
 - 107 "For What It's Worth" group
 - 114 Imam's subject
 - 116 Skeleton part
 - 117 Cordelia or Edith
 - 118 Sink or swim?
 - 120 Bundle
 - 121 Valley
 - 122 "— Around" ('64 hit)
 - 123 Notion
 - 124 Cabinet wood
 - 125 Canal zone?
 - 126 Word with biscuit or jerk
 - 127 Suburban obsession
 - DOWN**
 - 1 Hunan pan
 - 2 Skip
 - 3 Inauguration
 - 4 Liberate
 - 5 Scrounged around
 - 6 Beethoven wrote one
 - 7 Navel store?
 - 8 Maller's "The — Park"
 - 9 Bettlers oneself, in a way
 - 10 Falco of "The Sopranos"
 - 11 Loud laugh
 - 12 Cargo crane
 - 13 Threat words
 - 14 Guarded
 - 15 Mag. bigwigs
 - 16 Golfer Trevino
 - 19 Reverse
 - 20 Richardson novel
 - 26 Macadamize
 - 27 Cross Inscription
 - 28 Extremely hot
 - 32 Normandy site
 - 33 "Hold your horses!"
 - 34 Palladino of "ER"
 - 35 Stimp's pal
 - 36 Protection
 - 37 Chang's sib
 - 38 Lawyer's case?
 - 40 '62 Kubrick film
 - 41 Composer Cesar
 - 43 Roccoco
 - 44 Fed
 - 45 Party animal?
 - 47 Doze
 - 49 Church offering
 - 53 Jal —
 - 55 "Nothing —"
 - 57 Winter malady
 - 58 Pretension
 - 59 Kramden's vehicle
 - 61 One of the Barrymores
 - 62 Downfall
 - 64 Channel
 - 65 Actor Dullea
 - 67 Country singer Diana
 - 68 Inn
 - 69 Petroleum component
 - 70 Chatterley
 - 71 "— is mal"
 - 72 Bilko's rank
 - 75 Non-stereo
 - 78 Born
 - 80 In place of
 - 81 Real
 - 82 Java joint
 - 83 Art medium
 - 84 Actress Amanda
 - 86 Friendly Islands
 - 87 Novelist Kobo
 - 88 "— Doubtfire" ('93 film)
 - 91 Bass-baritone Bryn
 - 93 Imminent
 - 94 Lustrous fabric
 - 95 Morales of "La Bamba"
 - 97 Channel
 - 99 Genesis disaster
 - 103 Out to get
 - 104 Ed of "Rosie O'Neil"
 - 105 Extend across
 - 106 Inspected too closely?
 - 107 Tweeter
 - 108 — podrida
 - 109 Spring flower
 - 110 Inoperative
 - 111 Depraved
 - 112 A swan or was her swain
 - 113 Sketched
 - 114 Hydro-abbr. therapy site
 - 115 Porter or Prince
 - 119 Outlaw



The Spotlight CALENDAR

Wed. 2/20
BETHLEHEM
YOUTH EMPLOYMENT SERVICES

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

DELMAR PROGRESS CLUB

Evening Group: presentation by Ann Vandevort on "Dolls and Flowers." Bethlehem Public Library, 451 Delaware Avenue, Delmar, 7 p.m. Information, 439-3916.

BETHLEHEM LIONS CLUB

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

ALZHEIMER'S SUPPORT GROUP

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

SOLID ROCK CHURCH

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

ZONING BOARD OF APPEALS

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

'NONFICTIONADOS'

Book discussion group focusing on nonfiction works; meeting third Wed. of each month through May. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 7:30 p.m. Information, 439-9314.

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

BETHLEHEM ELKS LODGE 2233

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

ORDER OF THE EASTERN STAR

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

TESTIMONY MEETING

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

NEW SCOTLAND
V'VILLE PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7:30 p.m. Information, 765-2692.

FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

BETHLEHEM HISTORICAL ASS'N

Monthly meeting, with speaker David Klinge of archaeologists Hartgen Associates. Cedar Hill Schoolhouse Museum, 1003 River Road (Route 144), Selkirk, 2 p.m. Everyone welcome. Information, 478-7247.

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. Information, 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.

NEW SCOTLAND
NEW SCOTLAND KIWANIS CLUB

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

Fri. 2/22
BETHLEHEM
AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND
PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. 2/23
BETHLEHEM
AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave.,

Thurs. 2/21
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.

Schoharie Colonial Heritage Association Presents:

ANTIQUES IN SCHOHARIE

Appraisal Booth

By Russ Carlsen



Country Kitchen

ADMISSION \$5.00 • (With this ad) \$4.50

Saturday, March 2nd, 10am-5pm

Sunday, March 3rd, 11am-4pm

Schoharie Central School (Exit 23 off I-88)

Phone: 518-295-7505

Fax: 518-295-6001

Email: scha@midtel.net

7:30 p.m. Information, 489-6779.

NEW SCOTLAND
VENISON STEW DINNER

Proceeds to Sunday School Camp Fowler - Scholarship Fund. Onesquethaw Reformed Church, 1806 Tarrytown Road, Fuera Bush, 6 p.m. Reservations, 768-2213.

Sun. 2/24
BETHLEHEM
FLEA MARKET & CRAFT FAIR

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

ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:25 a.m., Poplar Drive and Elsmere Avenue. Information, 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. with children's program. 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. Information, 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. Information, 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.

BETHLEHEM CONGREGATION 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.

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. Information, 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. Information, 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 COMMUNITY 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. Information, 765-2870.

NEW SCOTLAND PRESBYTERIAN CHURCH

worship service, 10:30 a.m., fellowship following worship service; 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 Copeland Hill Road, Feura Bush. Information, 768-2021.

THE DRAGON'S EGG

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

Mon. 2/25
BETHLEHEM
MOTHERS' TIME OUT

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

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR COMM. ORCHESTRA

rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

AA MEETING

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

NEW SCOTLAND
TRACTOR SAFETY PROGRAM

4-H Tractor Safety Certification program for 14-years old and up; videos, lectures, reading, demonstrations, test. First session; continues Mondays through April. \$5 per student. William Ruice Cooperative Extension Center, 24 Martin road, Voorheesville, 7 p.m. Registration, 765-3500.

QUARTET REHEARSAL

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

Tues. 2/26
BETHLEHEM
DELMAR ROTARY

Howard Johnson's, Route 9W, 7:30 a.m. Information, 767-2930.

TREASURE COVE THRIFT SHOP

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

FREE & LOCAL HOME HEALTH AIDE TRAINING PROGRAM

Would you be interested in free training at the RCS High School for a career as a certified home health aide?

Are you a senior citizen looking for a new career or are you 17 years or older looking to explore a career in the health care field?

If you said YES to either of these questions, call Cindy Brady RCS Continuing Education Program, 756-5213 or Angela Leary, RN at 462-7292 ext. 18

This Training Program is funded by A Millenium Grant From The Albany County Department For Aging

Some training restrictions will apply

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

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LEGAL NOTICE

LEGAL NOTICE

BETHLEHEM SOCCER CLUB
The Annual Meeting of the Bethlehem Soccer Club will be held on March 4, 2002 at 7:00 pm at the Bethlehem Town Hall. Members will be asked to vote on the election of several Directors. Any one interested in serving on the Board of Directors should submit their name, address, phone number and a statement of why they are interested in serving on the board, in writing, ASAP, to: Bethlehem Soccer Club c/o Louise McGann 4 Bobwhite Drive Glenmont, New York 12077 (February 20, 2002)

PUBLICATION NOTICE

1. The name of the Limited Liability Company is ARIANA FAMILY CARE LLC (hereinafter referred to as the "Company").
2. The Articles of Organization of the Company were filed with the Secretary of State on January 18, 2002.
3. The County within New York in which the office of the Company is to be located is Albany County.
4. 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 1845 Central Avenue, Albany, New York 12205.
5. The purpose of the business of the Company is to engage in 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.
(February 20, 2002)

BETHLEHEM CENTRAL SCHOOL DISTRICT

Submission of an Asbestos Inspection Report and Management Plan

The Bethlehem Central School District has submitted on May 9, 1989 to the New York State Education Department, the school district management plan. In accordance with the EPA "Asbestos Hazard Emergency Response Act of 1987 (40 CFR Part 63), "the asbestos management plans for the school district buildings are available and kept on file at the Bethlehem Central Maintenance Facility, 65 Elm Avenue, Delmar, NY 12054.

These records, including all recent changes, are available for review Monday through Friday, 8:00 a.m. to 4:00 p.m.

These records, including all recent changes, are available for review Monday through Friday, 8:00 a.m. to 4:00 p.m.

For more information, please contact Lawrence Gill, Health and Safety Coordinator at 518-439-2123.
(February 20, 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,

LEGAL NOTICE

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

(February 20, 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.
(February 20, 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.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of CINGULAR SUPPLY, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 1/23/02. Office location: Albany County. LP formed in Delaware (DE) on 1/14/02. 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: 5565 Glenridge Connector, Atlanta, GA 30342. Name/address of each gen. ptr. available from SSNY. Cert. of LP on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of CLF CAPITAL, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/31/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/23/02. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

SSNY shall mail copy of process to principal office of LLC: c/o Investcorp, 280 Park Ave., 36W, NY, NY 10017. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of Cox HRP, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 1/24/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/1/02. 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: 1400 Lake Hearn Dr., 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.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of Cox MMT, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 1/23/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/1/02. 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: 1400 Lake Hearn Dr., 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.
(February 20, 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.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of FIDO HOLDINGS, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/31/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/30/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to principal office of LLC: c/o Investcorp, 280 Park Ave., 36W, NY, NY 10017. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
(February 20, 2002)

NOTICE OF FORMATION OF G PROPERTIES, LLC

(Pursuant to Section 203 of the Limited Liability Company Law)
NOTICE IS HEREBY GIVEN that the Articles of Organization of G PROPERTIES, LLC (the "Company") were filed with the Secretary of State of the State of New York on January 25, 2002.

The Company is being formed to engage in the ownership, leasing, purchasing, selling, development and mortgaging of property and to engage in any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th floor, Albany, NY 12207.
(February 20, 2002)

LEGAL NOTICE

Notice of formation of Gold Rock Realty, LLC, filed with SSNY on 12/31/2001. Office Loc.: Albany Co.

LEGAL NOTICE

SSNY designated as agt. of the LLC upon whom process may be served. SSNY shall mail copy of any process to: 3 Bonnie Drive, Guilderland, NY 12084. Purpose: any lawful purposes.
(February 20, 2002)

SUMMONS AND ORDER OF PUBLICATION

STATE OF VERMONT, RUTLAND COUNTY, SS
RUTLAND FAMILY COURT
CIVIL ACTION
DOCKET #369-8-96RCMD
Janet M. Hodge (formerly Weber), Plaintiff, Of Clarendon, Rutland County
v.
Keith M. Weber, Defendant, Address Unknown, Formerly of Glenmont, Albany County, NY

To the above named Defendant: You are hereby summoned and required to serve upon Janet M. Hodge, plaintiff, whose address is PO Box 98, North Clarendon, VT 05759, an answer to plaintiff's complaint in the above titled action within 30 days after the date of the first publication of the summons, which is February 13th, 2002. If you fail to do so, judgment by default will be taken against you for the relief demanded in the complaint. Your answer must also be filed with the court. This matter has been set for hearing in Rutland Family Court, Rutland County, Vermont, on march 20, 2002 at 8:30 a.m. Unless the relief demanded in the complaint is for damage covered by a liability insurance policy under which the insurer has the right or obligation to conduct the defense, or unless otherwise provided in Rule 13(a), your answer must state as a counterclaim any related claim which you may have against the plaintiff, or you will thereafter be barred from making such a claim in any other action.

Plaintiff's action is a petition for award of the marital residence brought by Janet M. Hodge, plaintiff, against Keith M. Weber, defendant, in which plaintiff alleges that the defendant's equity in the marital residence has been extinguished by his failure to pay child support from August 9, 1996 until November 23, 2001. A copy of this petition is on file and may be obtained at the office of the clerk of this court, Rutland Family Court, Rutland County, Vermont. It appearing from that affidavit duly filed in the above-entitled action that served cannot be made with due diligence by any of the methods prescribed in V.R.C.P. 4(d) through (f) inclusive, it is hereby ORDERED that service of the above process shall be made upon the defendant, Keith M. Weber, by publication pursuant to V.R.C.P. 4(d)(1) and 4(g). This order shall be published once a week for two consecutive weeks on Wednesday, February 13th, 2002 and Wednesday, February 20th, 2002, in the Delmar Spotlight, a newspaper of general publication in Albany County, NY. Dated at Rutland, Vermont, this 4th day of February, 2002.
Family Court Judge
(February 20, 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 organization.
(February 20, 2002)

LEGAL NOTICE

Notice of formation of INMO XENIA, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 01/28/2002. 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, 221 South Rd., Wurtsboro, NY 12790. Purpose: All Lawful purposes.
(February 20, 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

LEGAL NOTICE

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. Staniels, 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.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of LETCO/Omega, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/11/2002. Office location: Albany County. LLC formed in California (CA) on 2/26/1998. 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. CA address of LLC: 220 Bush St., Ste., 565, San Francisco, CA 94104. Arts. of Org. on file with CA Secy. of State, 1500 11th St., Sacramento, CA 95814. Purpose: the trading of securities on the International Securities Exchange.
(February 20, 2002)

LEGAL NOTICE

Notice of Formation of Madison Theatre Company, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/29/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: To own and operate motion picture theaters.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of MET CAPITAL, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/31/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/23/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to principal office of LLC: c/o Investcorp, 280 Park Ave., 36W, NY, NY 10017. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
(February 20, 2002)

LEGAL NOTICE

Notice of Qualification of MET57 HOLDINGS, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/31/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/30/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to principal office of LLC: c/o Investcorp, 280 Park Ave., 36W, NY, NY 10017. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
(February 20, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for Myers Brothers, LLC were filed with the Secretary of State of New York on January 30, 2002. Office location in Albany County. The Secretary of State has been designated as agent upon which process may be served and copy of process shall be mailed by the Secretary of State to the LLC, 8 Grove Street, Delmar, New York 12054.

LEGAL NOTICE

Purpose: For any lawful purpose.
(February 20, 2002)

ARTICLES OF ORGANIZATION OF NEILSON ROAD LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: Neilson Road LLC.

SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.

THIRD: The latest date on which the limited liability company is to dissolve is December 31, 2051.

FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is:

12 Century Hill Drive
Latham, New York 12110

FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.

SIXTH: The limited liability company is to be managed by 1 or more members.

IN WITNESS WHEREOF, this certificate has been subscribed to this 24th day of January, 2002, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

S/ Jesse Vandergrift, Attorney in Fact

(February 20, 2002)

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.

(February 20, 2002)

ARTICLES OF ORGANIZATION OF R & R AUTO ASSOCIATES LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: R & R AUTO ASSOCIATES LLC.

SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.

THIRD: The latest date on which the limited liability company is to dissolve is December 31, 2050.

FOURTH: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is:

427 New Karner Road
Albany, New York 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 members.

IN WITNESS WHEREOF, this certificate has been subscribed to this 7th day of February, 2002, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

S. Jesse Vandergrift,
Attorney in Fact

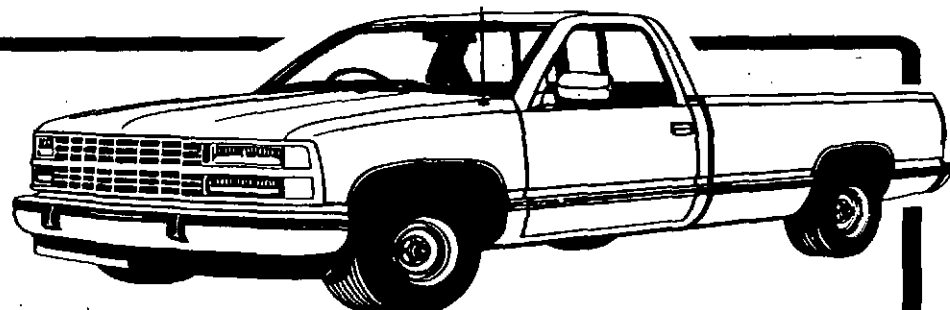
(February 20, 2002)

At Your SERVICE

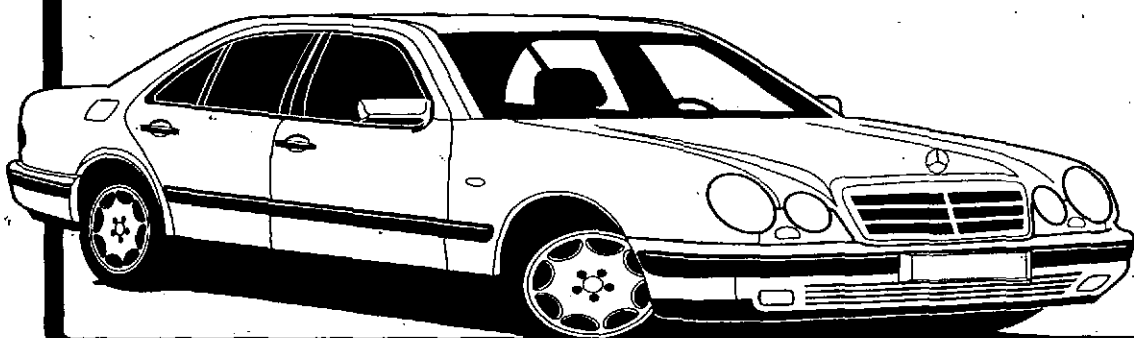
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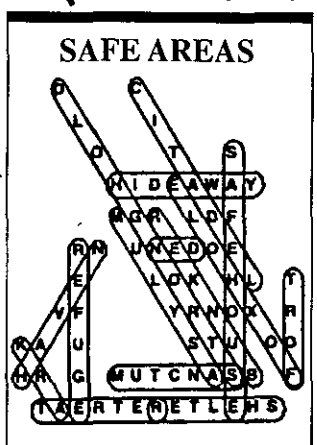
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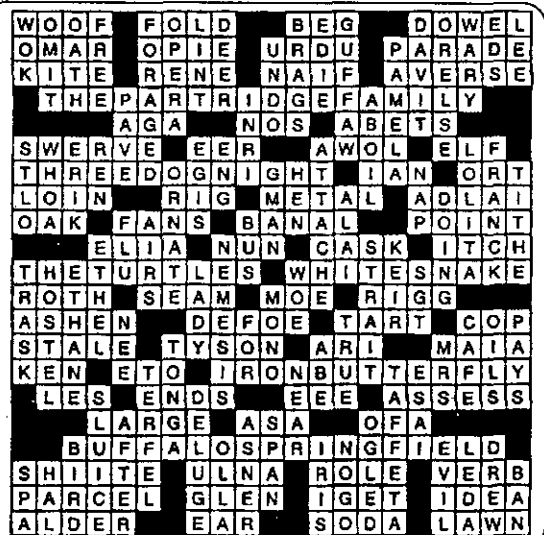
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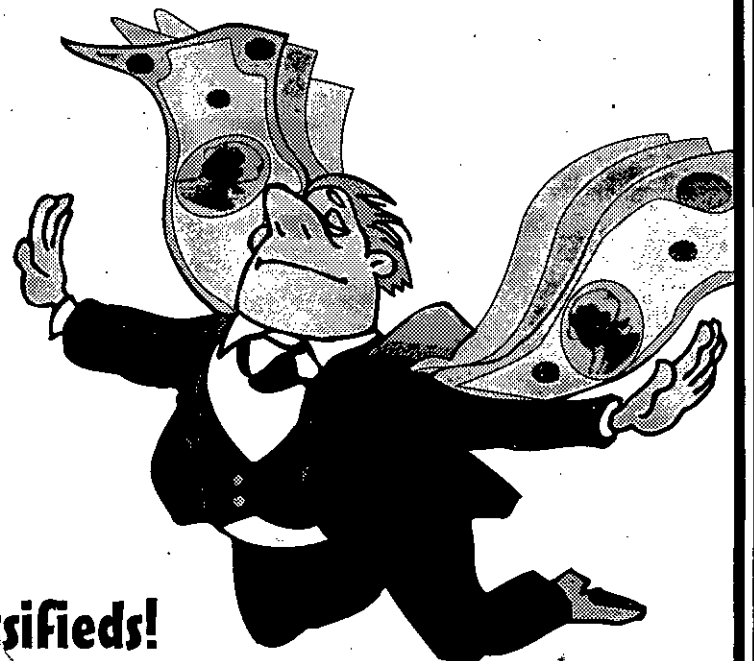
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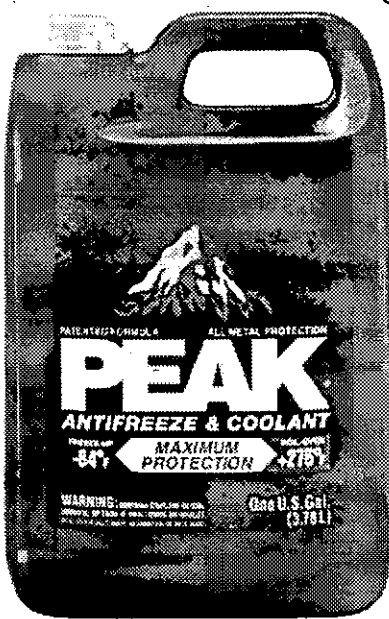
Fresh antifreeze can protect against winter's harmful effects

Today's high performance engines make conducting seasonal preventive maintenance more important than ever. One of the easiest and most important tasks on your Fall Car Care checklist should be to inspect the level and freshness of your vehicle's antifreeze. If you don't remember the last time you checked or changed your antifreeze, you need to do so before Winter's extreme temperatures and harsh road conditions can seriously damage your car's engine.

Today's premium formula antifreeze/coolants contain special additives that help ensure engine longevity and prevent radiator leaks. Over time these additives wear out, lessening their ability to protect vital engine and cooling system metals against rust and corrosion.

"Think of antifreeze as your vehicle's lifeblood, which must be properly maintained to ensure engine longevity," sug-

gests Craig Gullett, brand manager for PEAK® Performance Products. "Cooling system failure is a leading cause of engine related breakdowns, which can cost thousands of dollars and leave you and your family stranded



at the worst possible time." Ensuring that your car's cooling system has the proper concentration and level of antifreeze/coolant will help protect it from boiling-over during hot weather and freezing during the cold winter months ahead.

Inspecting and maintaining your car's cooling system takes just a few minutes, and can be completed with basic service tools and an antifreeze ball tester, which is available at your local auto parts store. Caution: Opening a hot radiator or coolant overflow tank can cause severe burns. Be sure that both the engine and coolant system are cool before you begin any heating/cooling system maintenance or repairs.

Check hoses for leaks, cracks or rotted rubber, and make sure that the radiator hose clamps are tight to prevent leaks at the connections. Hoses that show signs of wear should be replaced.

For the best year-round protection, a 50/50 mixture of antifreeze and water is recommended. Most vehicles use conventional green-colored ethylene glycol-based antifreeze, such as America's favorite, PEAK® Antifreeze & Coolant, which provides maximum freeze-up protection down to -84°F

and boil-over protection to 276°F. Check your owner's manual for antifreeze usage specifications. PEAK's patented universal car and truck formula provides aluminum and all other engine metals with maximum protection against rust and corrosion.

However, many new vehicles today come with extended life antifreeze designed to protect cooling systems for up to 150,000 miles or five years. When replacing extended-life antifreeze be sure to use a proven

brand, such as PEAK Extended Life antifreeze & coolant, which is compatible with DEX-COOL® standards and meets Japanese cars' silicate-free and European cars' phosphate-free requirements.

If you changed your antifreeze recently, but your system level is low, use your antifreeze ball tester to make sure that the antifreeze-to-water ratio is correct. Then, top-off your system with a "ready to use" mixture of antifreeze/water, such as PEAK Ready Use® 50/50

Pre-Diluted Antifreeze.

"By taking just a few minutes, twice a year, to check their antifreeze, vehicle owners can protect themselves from the expense and inconvenience of radiator work, and ensure their comfort and performance season after season," said PEAK's Gullett. Don't wait until it's too late. Check your vehicle's cooling system today to ensure that it's ready for the long winter ahead. Protect your car this winter with fresh antifreeze.

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of REIT MANAGEMENT & RESEARCH LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/5/01. Office location: Albany County. LLC formed in Delaware (DE) on 9/27/01. 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. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Cert. of Form. on file with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19903. Purpose: any lawful activity. (February 20, 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 whom process against may be served. The address which SSNY shall mail any process against the

LEGAL NOTICE

LLC served upon him: Thomas J. Malloy, Risk Protection International, LLC, 500 Ferry Boulevard, Stratford, CT 06615. Purpose: Any lawful purpose. (February 20, 2002)

LEGAL NOTICE

ROMABROTHERS 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 Cobbe 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. (February 20, 2002)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: SDS PROPERTIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/15/02. The latest date of dissolution is 12/31/2077. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 26 Cross Street, Albany, New York 12203. Purpose: For any lawful purpose. (February 20, 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. (February 20, 2002)

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• Rear radio controls
• MSRP \$29,500

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mo.
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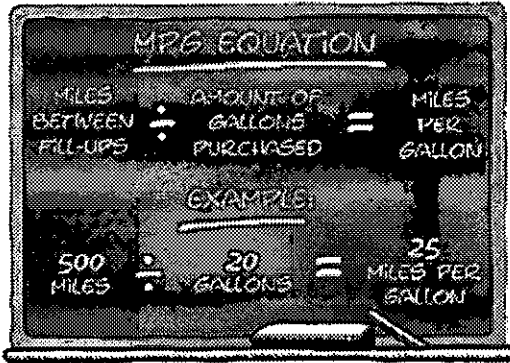
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Learn to figure MPG and save big time

Want to cut your gas bill in half? Drive half as much. If this is not an option, you can improve your fuel economy by working on your driving habits: planning errands, lightening your pressure on the gas pedal. Old habits are hard to break, so Car Care Council offers some new ones: scheduled maintenance and records.

Keep track of how much gas you're using and watch for signs of increased average consumption. Divide the miles you've driven each month by

gallons you've bought and enter this information in a log book. Also record all



maintenance and repairs and when they were done. You can expect to see miles-per-gallon improve with maintenance. In fact, says the Car Care Council, it

eventually can amount to more than \$200 per year. The Council bases its hypothesis on a car that uses 500 gallons of gas a year at \$1.65 per gallon. It works out like this:

1. Underinflated tires hurt fuel economy because they increase rolling resistance. If tires are 8 pounds underinflated fuel economy drops 5%, costing \$3.15 per month in wasted gas.

2. If wheels are 1/4" out of alignment, once again

affecting rolling resistance, add another 2%, \$1.50, to the gas bill. This condition, along with underinflation, accelerates tire wear, an additional hidden expense due to neglect.

3. A cooling system thermostat that's stuck in the open position reduces efficiency by another 7%, boosting the monthly cost by another \$4.80

4. Engine neglect is the big one, says the Council. If engine performance is lagging due to such components as misfiring spark plugs, malfunctioning emission control or an inefficient fuel management system, the cost could be

15% or more. That's about \$7.50 Monthly loss due to maintenance neglect could be as high as \$17.25, adding up to an annual \$207 in fuel waste. Some maintenance factors bear on safety and exhaust emissions, too.

Finally, returning to the feather foot on the gas pedal, mpg goes up when mph is reduced. For every five mph beyond 55 you'll lose about one mpg.

Brought to you as a public service by the Car Care Council. Visit their web site:

www.carcarecouncil.org

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AUTOS WANTED

MERCEDES BENZ WANTED: '80 - '95. Cash for your immediate trade. Call Glen Vadney at 439-0293.

LEGAL NOTICE

NOTICE OF FORMATION OF STEP ONE TECHNOLOGY, LLC

(Pursuant to Section 203 of the 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. (February 20, 2002)

LEGAL NOTICE

LEGAL NOTICE

Notice of formation of Sylvia Woods Food Company, L.L.C., a NYS Ltd. liability co. (LLC). Formation filed with SSNY on 8/21/01. Off. Loc.: Albany Co. SSNY design. as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, Attn.: G. Greenhouse, 3 Marcus Blvd., Ste. 202, Albany, NY 12205. Purpose: any lawful activity. (February 20, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC)

Name: Ted Cillis Jr. Builders, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 1/4/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 7 Rainbow Drive, Latham, NY 12110. Purpose: any lawful activity. (February 20, 2002)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Telerep, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 1/24/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/1/02. 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: 1 Dag Hammarskjold Plaza, NY, NY 10017. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (February 20, 2002)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF TRICITY ASSOCIATES, LLC, a Limited Liability Company filed with the Secretary of State on September 12, 2001. The name of this Limited Liability Company is Tricity Associates. The principal office of the Limited Liability Company is located in Albany County. The purpose of the company is to do all things to the extent permitted under the statutes of the State of New

LEGAL NOTICE

York. The Secretary of State has been 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 Department of State shall mail a copy of any process served against it is: Tricity Associates, LLC, 547 Myrtle Ave., Albany, NY 12208. (February 20, 2002)

LEGAL NOTICE

Notice of Qualification of Wal-Mart 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 activity. (February 20, 2002)

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19,390
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NEW 2002 SONOMA 2WD EXT. CAB

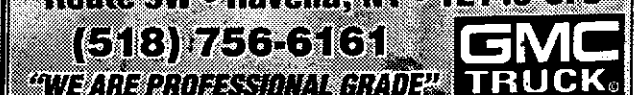
Vortec 2200, Heavy Duty Suspension Package, AM/FM Stereo, 5 Speed Manual Transmission, White in Color. #2T82

Prices have never been lower!
\$16,323 MSRP
-1,333 Dealer Discount
14,990
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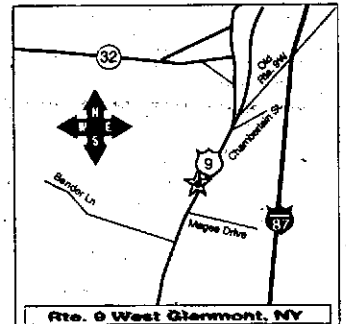
*Tax, title registration fee additional.
**Available to Credit Qualified Customer. See dealer for details.

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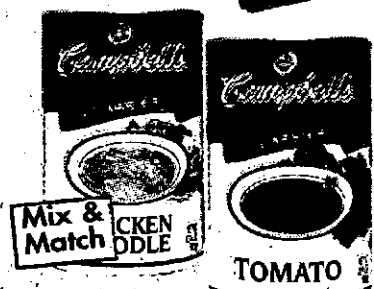
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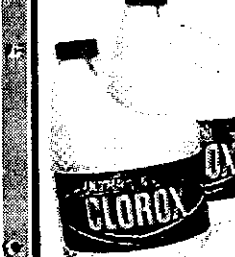
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Lb.

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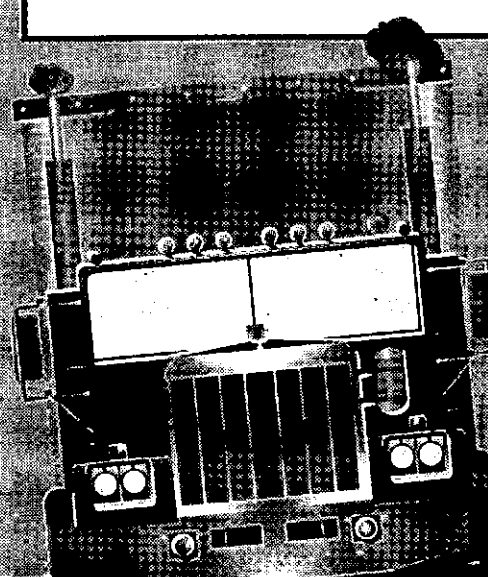
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a progress edition

Photo of Union College campus in Schenectady by Paul DeSarbo of Prestige Photo in Delmar • 478-7213

Mentor's legacy grows at Bethlehem Family Practice

BY ANDREW GREGORY

The influence a mentor has over his or her students can be very powerful. Mentors provide us with wisdom and inspiration that guide us along our lives.

Kristin Cooke, a new nurse practitioner at Bethlehem Family Practice, has personally been affected by the mentoring process.

"I decided to become a nurse practitioner because of my experience with the late Dr.

Roger Drew," Cooke said.

While in Bethlehem Central High School, Cooke worked as a receptionist at Bethlehem Family Practice. She got a first-hand education in kindness by seeing Dr. Drew in action.

"He was very

passionate about helping people. It wasn't hard to see that he cared about the people of the community," Cooke said. "I'm trying to follow in his footsteps."

After graduating from BCHS, Cooke decided to attend Binghamton University, where

she earned her undergraduate degree. Cooke felt it was important to continue her education.

"Besides my own internal motivation, I was determined to go as far as I could due to the inspiration that I got from working with Dr. Drew," she said.

After receiving a master's degree in science from the University of Connecticut, Cooke attended Yale University. Ten years of intense studying earned Cooke a master's in nursing.

Cooke considered her post-graduate move very carefully.

"I wanted to work in a field where I could really help people

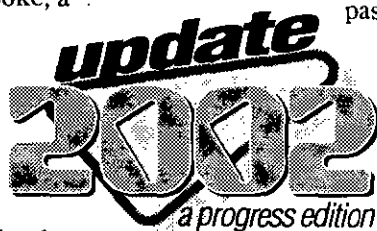
and make a difference," she said.

Licensed in gerontology, Cooke felt that her talents would be best suited in working with the elderly. She decided to return to Delmar, specifically to Bethlehem Family Practice.

"I couldn't think of a better place to practice medicine than in the community where I was raised," Cooke said. "It's a great feeling to know that, like Dr. Drew, I'm giving back to the community."

With three doctors and two nurse practitioners, Bethlehem Family Practice is a perfect place for Cooke's talents. Her philosophy of looking at patients as whole people is a clear reflection of the influence Dr. Drew had on her.

The power of a mentor not only affects his or her students, but it can also have a positive influence on the community. With every patient that Cooke helps, she expands the remarkable legacy of Dr. Roger Drew.



Delmar Health & Fitness keeps the heart pounding

Seven years ago, Mike Mashuta opened Delmar Health & Fitness in a 3,000-square-foot space. Today, he's in an 11,000-square-foot facility that offers something for everyone.

"We are especially proud of the impact we've had on this generation to get physically fit," Mashuta said.

Mashuta, a professional bodybuilding judge, described Delmar Health & Fitness as a club that offers the finest strength and cardiovascular equipment, along with classes held in a separate, 1,000-square-foot room.

"We're well-equipped with plenty of new machines to test strength in the lower back, upper back and abdominals," Mashuta said. "We can do heart and lung fitness testing, as well as lean body mass."

Nine instructors lead classes in aerobics, step, group sculpting, cardio, karate, yoga and Pilates.

Personal training is available to health club members. Aaron Bloch, a certified personal trainer, recently joined the club, and works with members by appointment.

Delmar Health & Fitness is committed to the whole community, as evidenced by recent coverage on WNYT-13 of the gym's work with Slingerlands Elementary School physical

education teacher Robin Young.

Phys-ed teacher Pete Hogan from Elsmere Elementary and his students have also utilized the club, as have Bethlehem Central Middle School students. Challenged students from the high school use the gym twice a week.

Delmar Health & Fitness has provided these services free of charge, and supports other community endeavors as well.

If you feel like spring can't come too soon, Delmar Health & Fitness can offer you space and advice to get ready for the upcoming golf season.

Jeremy Kerr Neny is available for private golf lessons in one of the gym's two indoor nets. Dick Bogdan, who received the National Clubmaker of the Year Award in 2000, will use a computer to evaluate club head speed, ball speed, ball spin and efficiency of hit.

To help keep you in peak form — and feeling it — Delmar Health & Fitness has hired licensed massage therapist George Hettie, who offers chair and conventional massages. These are available to non-members as well.

Contact Mashuta or Sam Essex for information. The facility is located at 28 Hudson Ave. The phone number is 439-1200.

Catheter Ablation

Curing Heart Rhythm Disorders Without Drugs

People of all ages suffer from heart rhythm disorders, or "arrhythmias." Cardiac electrophysiologists are cardiologists with special expertise in diagnosing, treating and often curing heart rhythm problems. Drs. Ian Santoro and James O'Brien are both board-certified by the American Board of Internal Medicine in the specialty of Cardiac Electrophysiology, and they have helped thousands of people with arrhythmias. "Most people have never heard of cardiac electrophysiologists before they meet us," says Dr. Santoro. "We are fully trained in general cardiology, but instead of focusing on coronary artery disease and vascular interventions, we have gone on for additional training in cardiac electrophysiology. This additional training enables us to perform special procedures that help people with arrhythmias, such as electrophysiology studies and catheter ablation, tilt-table studies, and pacemaker and defibrillator implantation."

Cardiac electrophysiologists focus their care specifically on people with heart rhythm and fainting disorders. As Dr. O'Brien explains, electrophysiologists offer more to patients than simple drug treatment: "Many people have rapid heart rates or palpitations that can make them weak, short of breath, or even cause them to faint. In some cases, the rhythm problems can be fatal. One of the first approaches is to give the patient a Holter monitor or event recorder to document the heart rhythm disorder. If the patient doesn't have palpitations during the recording period—as many don't—then the cause of the palpitations may go undiscovered. We go one step further and do an electrophysiology or "EP" study. The EP study is an outpatient procedure that involves threading temporary pacing catheters to the heart through a vein in the groin. These catheters enable us to start and stop arrhythmias. Computer analysis allows us to diagnose the mechanism of the person's palpitations and recommend proper treatment. The whole test takes about one hour, and most people sleep through it. Many of our patients have had palpitations or fainting problems for years, and the EP study is a quick and safe way to make a diagnosis."

Another test performed in conjunction with EP studies is the tilt-table study, a test designed to provoke fainting in persons with neurocardiogenic or vasovagal syncope. "The tilt-table study induces fainting and provides a diagnosis for many people

who repeatedly faint with no obvious cause," says Dr. O'Brien. "There are very effective medicines for people with recurrent fainting problems, but first the diagnosis must be established."

Dr. Santoro stressed the tremendous impact of a procedure known as catheter ablation because it cures many rhythm disturbances and removes the need for lifelong drug therapy. "No longer do many patients with arrhythmias need to take drugs—catheter ablation cures them," explains Dr. Santoro. "Catheter ablation is similar to an EP study except that we apply electrical current with a special catheter to the area inside the heart where the abnormal rhythm starts. We make a small, pea-size lesion there and the arrhythmia is cured. The patient is admitted the morning of the procedure for an overnight hospital stay, and is able to resume normal activities the next day; there are no scars and there are no more drugs. The procedure is safe and tremendously cost-effective for the patient, hospital and insurance companies because the problem is eliminated."

Dr. O'Brien attended St. Michael's College and received his medical degree from the Royal College of Surgeons. He completed his medical residency as Chief Medical Resident at St. Vincent's Hospital and Medical Center in Manhattan. He then completed his cardiology fellowship at Tufts University/Baystate Medical Center in Massachusetts, followed by a cardiac electrophysiology fellowship at Georgetown University Hospital.

Dr. Santoro attended college at Harvard University, medical school at Columbia University College of Physicians and Surgeons, and completed a medical residency and cardiology fellowship at the University of Chicago, and cardiac electrophysiology fellowship at the University of Oklahoma.



Ian Santoro, MD, FACC



James O'Brien, MD, FACC



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Clarification

In last week's Update I, the photo caption for Fraida Varah Real Estate Group omitted the time frame over which the company closed 620 transactions. The time frame was five years.

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Honest Weight Co-op is natural foods HQ

BY JENNIFER ARSENAULT

Shopping at the Honest Weight Food Co-op in Albany is an opportunity to be a part of community that promotes healthy and ecologically sustainable lifestyles.

Honest Weight has been operating in Albany since January 1976. Its current site, at 484 Central Ave., opened in November 1995.

Despite changes in location and a growing member base, Honest Weight's mission has not changed — to provide the Capital District with affordable, high-quality natural foods and products for healthy living and to promote more equitable, participatory and ecologically sustainable ways of living.

"We tend to practice buying that supports local agriculture and business — a good percentage of the produce we sell in the summer is grown in the Capital District," said Kristin Schon, human resources and special projects manager.

Honest Weight sells brand-name grocery products, bulk items like coffee, grains, beans and pasta, prepared foods cooked daily, frozen foods, organic produce, dairy products including more than 100 domestic and imported cheeses, environmentally friendly cleaning products, health and beauty products, magazines, books and cookbooks, natural pet supplies, and vitamins and homeopathic remedies.

Because Honest Weight takes care in selecting its foods, the consumer has less label reading to do, Schon noted.

Though the in-store stock is vegetarian and vegan, the co-op takes meat orders on a weekly basis. Customers have a choice of chicken, lamb, turkey and beef, all raised hormone-free or free-range, cut or ground to order. Some pre-made foods, like turkey pot-pies, can also be ordered.

Recent changes at Honest Weight include a new on-site bakery that bakes bread every day, and more choices in the deli, which sells vegetarian food to go.

In the future, Honest Weight plans to expand its retail area and increase its parking lot capacity.

The co-op is open to the public, but encourages its customers to become members.

In order to become a member, buying a share is necessary. A share costs \$100, which can be broken up into payment plans. With the purchase of a share comes part-ownership of the co-op, which entitles the member to a minimum 2 percent discount, higher depending on whether the member works at the store.

"As a member-worker, you can do anything from stocking shelves to writing newsletter articles to computer work to washing lettuce," Schon said.

Members who work three hours a month receive a discount of 10 percent on their food purchases, and members who work three hours a week get a 26 percent discount. Other adult household members are required to work one additional hour per week or month each to obtain these discounts.

For information, call 482-2667.

ImageCare provides varied services

BY JENNIFER ARSENAULT

At locations in Delmar, Troy, Saratoga Springs and Latham, ImageCare provides comprehensive medical imaging and radiological services for the Capital District.

Making sure the process of going through this testing is as painless as possible for the patient is a top priority for ImageCare's staff.

What makes ImageCare unique, according to Diane Aronowitz, Medical Imaging operations manager, is "a combination of the fact that we have state-of-the-art equipment, and our staff — we spend a lot of time on continuing education and customer service training to treat our patients with respect and compassion."

Services provided at ImageCare's four locations include: Magnetic

Resonance Imaging (MRI), a diagnostic tool that uses a super-conducting magnet, radio waves and a computer system to generate highly detailed

images of the internal structure of the body, at the Troy and Saratoga locations;

mammography, a low-dose radiation imaging technique used to determine subtle changes in and detect disease in breast tissue, at the Delmar location; ultrasounds, which use high frequency sound

waves transmitted through a probe, to create a computer-enhanced image of abdominal organs,

vascular system, thyroid gland or fetus, at the Delmar, Saratoga and Latham locations; diagnostic radiology, which looks at the gallbladder, upper gastrointestinal tract, small bowel, upper gastrointestinal tract at the Saratoga location; and DEXA, which measures bone density, at the Saratoga location, among other services.

Patients who go to ImageCare, whether at one location or at all four, will have one comprehensive file that can be brought by courier from location to location, thus

ensuring that all test results will stay together, Aronowitz said.

All ImageCare facilities have been updated over the last six years, using suggestions and feedback from customer comment cards.

ImageCare is part of Community Care Physicians, which has brought diagnostic imaging services to the Capital District since 1984.

Community Care's physicians are board-certified by the American Board of Radiology and possess additional sub-specialty training.

Community Care Physicians currently has 20 primary care locations in the Capital District, along with five cardiology offices and imaging facilities.

Community Care Physicians providers specialize in adult medicine, cardiology, family practice, occupational medicine, pediatrics and radiology.

For information about Community Care Physicians, call 782-3700.

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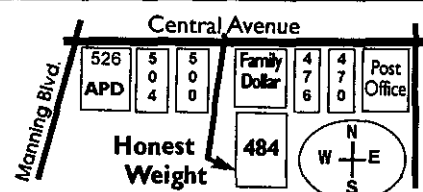
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Good Samaritan offers varied levels of care

BY DUNCAN C. CRARY

Good Samaritan Homes, located at 141 Rockefeller Road in Delmar, offers assisted living for adults.

"We are a home for seniors, but younger people may live here as well," home administrator Kirsten Andersen said.

Good Samaritan is a home within a home environment; residents live in private rooms with private bath facilities.

"We do believe in independence here and strive to help our residents stay as independent as possible while creating a setting that is safe and comfortable," Andersen said.

A licensed practical nurse is on the premises five days a

week, and a team of qualified professionals provides residents with personal and medical assistance. Residents also enjoy an on-site salon.

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"We provide three meals a day plus a nutritious evening snack for our residents," Andersen said. "Our full-time activity director supervises daily entertainment. We have a full-time case manager and provide medication management."

An on-site chaplain is one item which sets Good Samaritan apart from other assisted living homes.

"In addition to performing services, our chaplain hosts current events and Bible trivia games, which seem to be

popular among our residents," Andersen said.

Good Samaritan Homes consists of Good Samaritan Health Care Center, Good Samaritan Lutheran Home and Good Samaritan Senior Apartments, which provide three levels of care on one campus.

"We have a nursing home next door should people require a higher level of care," Andersen said. "Many people find this beneficial because they know they will not have to uproot if they need more attention later."

Residents of Good Samaritan benefit from both peaceful surroundings and close proximity to developed areas.

"We have a wonderful view looking to the South Mall, which is located just three miles away," Andersen said. "We are



Dorothy Somers, left, Geraldine Zimmerli and Jennifer Paulowski (right) enjoy a manicure at the Good Samaritan Lutheran Home.

Duncan Crary

close to downtown Albany and Delmar, and provide transportation for doctor visits and special events."

For information or to schedule a tour, send mail to Good Samaritan Homes, 141 Rockefeller Road, Delmar 12054, or call 439-8899.

Stasior and Stasior provide up-to-date eye care

BY RONALD E. CAMPBELL

Dr. Orkan George Stasior and son George O. Stasior are nationally and internationally recognized for research and surgery in their specialty of ophthalmology.

Yet they are proud of the fact the hallmark of their eye care practice has always been the doctors' availability 24 hours a day, seven days a week, for emergency eye care. The doctors continue this important element of their patient care today.

According to Tara Mabie, office manager, "The practice is headed by Dr. Orkan Stasior, who along with his son George Stasior, are both nationally and internationally acclaimed in eyelid rejuvenation, plus plastic and re-constructive eye surgery."

Mabie explained: "While the doctors specialize in eye plastic surgery including surgery of eyelids, tear ducts, fractures and re-constructive surgery of eyelids and eyebrows, they provide all inclusive eye care. In fact, many

of their patients are treated for conditions like thyroid eye disease and dry eye. They also

wrinkles. They treat patients of all ages from birth to senior citizens.

Dr. Orkan Stasior did the original national research and testing of botox for its safety and efficacy.

Tara Mabie

have the longest track record for using botox for eyelid muscle spasms and facial

Mabie noted. "They counsel patients on cholesterol, the side effects of medications and prevention and retardation measures for the aging eye. Botox is used by both of these physicians for the satisfaction and relief of their patients."

Mabie continued: "The

doctors also counsel patients on the use of antioxidants and anti-aging skin care. They have also conducted clinical research on the continuous use of ultraviolet blocking in clear lenses, contacts and sunglasses."

The staff headed by the two doctors includes three optometrists. As a full-service practice, they also offer a full-service optical shop with a licensed optician with 14 years experience. The shop provides the most stylish as well as protective eyewear available today.

New patients are welcome to the practice, located at 8 wade Road in Latham, convenient to the Northway, Alternate Route 7, and routes 9, 7 and 2.

For information, call 220-1400.

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Good Samaritan Homes ...

Good People, Doing Good things...

Young and old enjoy physical therapy benefits

BY ROB JONAS

Sports Therapy Albany is a bit of a misnomer, since the physical therapy and rehabilitation practice doesn't just treat athletes. It helps anyone with a physical problem that can be treated with therapy.

"Our patients range in age from a few years old to as old as 95," Director of Rehabilitation Thomas Fashouer said. "We see all kinds of patients for treatment here."

The original practice opened in 1988 at 4 Executive Park Drive behind Stuyvesant Plaza. Since purchasing the practice in 1992, Fashouer has expanded it to include a second location on Warren Street in Albany less than two years ago.

"We have three full-time physical therapists, two full-time assistant physical therapists and a couple of part-time assistants," Fashouer said.

Patients are referred to Sports Therapy Albany by their

physicians for treatment of general, orthopedic, sports and work-related conditions, as well as neurological and balance disorders.

"They come to us with a prescription from their doctors," Fashouer said. "What we do is we evaluate what they are trying to recover from and then talk to them about what their goals are. From there, we set up what the

program is going to be and monitor their progress."

The physical therapists use a wide variety of equipment at the two facilities, including Nautilus machines, treadmills, stationary bicycles and isometric equipment for measuring muscle strength.

The practice also offers an aquatic physical therapy program at the Albany Jewish Community Center, which incorporates therapeutic techniques with some basic swimming strokes to rebuild damaged muscles.

"The unique properties of the water are used to support,

resist or assist in increasing flexibility and strength," Fashouer said. "Exercises are more comfortably performed in an aquatic environment because of the unloading of the vertebrae, as well as the other joints, during movement."

Fashouer plans to add new programs in the coming year to help people suffering from neurological disorders such as vertigo and dizziness, as well as

chronic headaches.

"We have the necessary equipment to move ahead" with those programs, Fashouer said.

The reward for their services, Fashouer said, is watching people reach their physical therapy goals.

"We get to do a lot of good things, and one of the nice things about it is we get to see people get better," Fashouer said. "And

it's equally nice to see high school athletes get better as it is to see 60-year-old people get better."

Sports Therapy Albany's hours are Mondays, Wednesdays and Thursdays from 7 a.m. to 8 p.m., Tuesdays and Fridays from 7 a.m. to 6 p.m. and Saturdays from 8 a.m. to noon.

For information, call 489-2449.

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St. Clare's reaches to the young

BY ANDREW GREGORY

St. Clare's Hospital, located at 600 McClellan St. in Schenectady, has developed a fun-filled approach to preparing children and their parents for upcoming surgery.

A recently updated, kids-approved tour focuses on the experiences and technologies youngsters may encounter and the sequence of events generally associated with most surgical procedures.

"Children who take pre-operative tours feel more

confident and less fearful on the day of surgery," pediatric surgeon Dr. Paul Brisson said.

The program begins in the Surgical Center's waiting room, where four to six families are scheduled for tours twice every month. Upon being greeted by the staff, children receive an overview of the impending hour-long tour and receive name tags. All participating children change into scrubs and head coverings, an activity that helps set the tone of comfort for the entire tour.

The children are escorted into one of the Surgical Center's patient rooms, which are equipped with televisions, audio tape players and plenty of space for parents to stay close at hand before and after the operation.

Pre-kindergarten age children can choose from an array of self-propelled cars and tricycles for their trip into the operating room. The anticipation of riding one of these wheeled toys helps to

diminish uneasiness during the tour as well as on the actual day of surgery.

Older children are loaded onto stretchers and wheeled into the operating room. No studio sets or props are used during St. Clare's pre-surgical tours; it's the real thing every step of the way.

The post-operative unit of the recovery room is also part of the tour, followed by sweets and treats for everyone upon their return to the waiting area.

According to Director of Patient Care Services Kathy Willis, parents benefit from the program as well.

"They've had their questions answered, seen their children interact comfortably with the staff and are reassured knowing their children are going to be in safe hands," she said.

To increase awareness of St. Clare's Surgical Center program, an on-line tour was launched in 2001, and can be viewed at www.stclares.org



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Untold facts about chiropractic

BY DR. JENNIFER NOONAN
AND DR. DAVID NOONAN

If there is one phrase we have heard over and over in the many years of our chiropractic practice, it's been, "Wow, I never knew that!"

The general public is,

unfortunately, still quite uninformed and misinformed about chiropractic health care. Let us preface the "truths" of chiropractic by explaining first that it is an art, science and philosophy that is concerned with the nervous system and how the spinal column, which surrounds it, can affect nerve function. In essence, structure (your spine) affects function (the rest of your body) via the nervous system.

Doctors of chiropractic locate vertebral subluxations, or areas in your spine or pelvis where the vertebrae have become misaligned, fixated and are creating abnormal nerve flow to the body. The art is the very specific and gentle adjustment which restores proper motion, proper alignment and allows normalization of nerve flow so the body can function and heal optimally, without the use of drugs or surgery.

Did you know that:

• Chiropractors have eight years of college before taking their board exams. Doctors of chiropractic must complete their bachelor's degree before entering almost four years of year-round chiropractic college which parallels that of medical health care professionals, except chiropractors have more hours in anatomy, physiology, orthopaedics, X-ray



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□ UNTOLD/page 11

Familymeds works to increase prescription safety

BY ANDREW GREGORY

Filling your prescriptions can often be a daunting task. Given important factors such as proper dosage, prescription duration and health concerns, many people feel intimidated by the prescription process.

Familymeds Pharmacy tries to take the stress out of filling your prescription.

There are three Familymeds Pharmacies in the Capital District — 250 Delaware Ave. in Delmar, 711 Troy-Schenectady Road in Latham,

and 2 Chelsea Place in Clifton Park.

Regardless of the location, the aim of Familymeds Pharmacy is to provide the best in prescription service to its customers.

"We have two programs that we're launching in 2002," said spokeswoman Noreen Patterson. "These programs will make the prescription process a lot easier for anyone who needs

medication."

The first initiative is called Reliable Refill.

People are often confused about when they need to refill their prescription and how much

they need to have refilled. With Reliable Refill, Familymeds takes the guesswork out of the process.

"This is a great step for us in terms of customer relations.



We send out detailed reminders to our customers regarding their medications," Patterson said.

Seniors who are living independently will enjoy this program because it will free them from the responsibility of keeping complicated prescription records.

Safe Script is another program which will benefit Familymeds customers. This program profiles each individual's medications.

"This concept will safeguard people from taking reactive medications," Patterson said.

Safe Script is similar to Reliable Refill in the fact that the customer receives a detailed print-out regarding their prescriptions.

"The goal of Safe Script is to increase the awareness of what different medications physically do to our customers," Patterson said.

Patterson also said that Familymeds customers will find it easy to participate in these programs because of the

convenient locations.

"Our offices are located within medical facilities," she said. "Our customers can go right from their doctor's office to a Familymeds Pharmacy without leaving the same building."

So whether you need a

We send out detailed reminders to our customers regarding their medications.

Noreen Patterson

Fitness for Her continues to grow

BY D.J. TAYLOR

As Fitness for Her completes our eighth year of serving women of all ages, shapes and sizes, we have continued to grow and change with the time and demand of our clients.

People have continued to exercise regardless of work, family or busy schedule demands. We continue to see exercise as a part of everyday life, exchanging schedules with spouses, work, and school or family plans.

A lot of our women have chosen to share exercise with their friends, family or daughters as part of their shared quality time, still allowing the individuality of

their own personal workout routines.

Once again, we are experiencing another "baby boom" with our facility having several in pre- and post-pregnancy members. We offer plenty of aerobic and modified weight programs for all stages.

Two of our instructors are expecting this year, so they are specific "role models" for our pregnant clients. For our new moms, they can benefit from the use of our child care area or bring their infants in during our mid-day less-busy hours and carry the child right with them.

Traditional "baby blues" are less prominent when exercise becomes a regular part of the family schedule.

We continue to upgrade our cardio area and weight room, adding some new renovations this January.

Our staff has taken on two top-notch NCAA female trainers, superior in female organized programs and sport-oriented athletes of all levels.

We look forward to yet another great year as our membership, facility and family continue to grow at Fitness for Her.

Fitness for Her is at 333 Delaware Ave. in Delmar. For information, call 478-0237.

D.J. Taylor is owner of Fitness for Her.

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Golf center offers chance to work out like the pros

BY BILL FONDA

The typical recreational golfer will most likely never have a swing like a professional, but now it is possible to receive the same physical training as the pros.

Capital Golf Performance Center, a licensed center for national sports medicine and swing-enhancement program Back to Golf, opened just over a year ago at 365 Feura Bush Road in Glenmont Center Square.

Owner and operator Nick Valenze, a physical therapist certified by the United States Golf Fitness Association, provides the same kind of physical training to improve the golf swing as Professional Golfers Association of America and Ladies Professional Golfers Association professionals receive in their tours' fitness tents.

"It's training to improve your golf game — the right kind

of flexibility, strength and balance," Valenze said.

Valenze also works with golfers who are rehabilitating injuries and golfers who are

many male golfers lack flexibility in the hips, so he provides exercises and stretching programs for them to do at home, as well as soft-tissue work.

"If we find an area is too weak, we may do strength training on that body part," he said.

Equipment at Capital Golf Performance Center includes an indoor hitting bay, specialized golf

Nick Valenze

February and March, when guys are starting to think about getting out and golfing, is the best time to begin a program.

playing in pain.

"There's a lot of golfers with low back injuries," he said. "That's the kind of guy we're looking for."

When a golfer comes in for a session, Valenze tries to determine what physical problems affect his or her swing. For example, he said

training machines, back stretching machine, abdominal strengthening equipment and weights.

John Neet, assistant pro at Normanside Country Club in Delmar, is also available for traditional lessons. He charges \$40 for a half-hour private lesson or \$150 for four lessons

According to Valenze, business was good in the center's first year, and he hopes to double the number of clients to approximately 70 as word gets out about what he offers. He said this time of year is a good time to recruit new clients.

"February and March, when guys are starting to think about getting out and golfing, is

the best time to begin a program," he said.

Capital Golf Performance Center is open weekdays from 9 a.m. to 6 p.m., and Valenze is available for corporate outings and speaking engagements.

Fitness programs start at \$79 and gift certificates are available.

For information, call 427-0584.

OB/GYN practice includes wide variety of services

BY DUNCAN C. CRARY

"We believe that preventive care for women is the most important service we can provide," said Jane Quinlan, administrator for the OB/GYN practice of Wallingford, Stawow, Osterdahl, Brosnan & Kimble, located on the Mercy Care campus at 319 S. Manning Blvd. in Albany.

The practice, which consists of Dr. Arthur Wallingford, Dr. Hania Stawow, Dr. John Brosnan, Dr. Paul Osterdahl, Dr. David Kimble and Dr. Helen Vu, offers a full range of services, including routine obstetrical care, adolescent gynecology, on-site ultrasound, on-site laboratory and in-office surgery, along with childbirth, breast feeding and postpartum classes.

"We have a certified lactation consultant on staff and place an emphasis on preventive care, annual screenings and preconceptual counseling," Quinlan said.

The office is open 8:30 a.m. to 5 p.m. Monday through Thursday and 8:30 a.m. to noon on Friday.

"In the coming months, we will be offering early morning and late afternoon/evening appointments as well," Quinlan said.

According to Quinlan, the practice has been providing family-oriented quality care to women for more than 50 years and remains committed to providing the most current concepts in OB/GYN health care available.

"We are working to create more educational programs and we do have a Web site, www.sixobgyn.medem.com," she said. "We are constantly developing new ways of communicating with patients."

The practice participates with most major health care plans and accepts Visa and Mastercard.

For information, call 489-3296.

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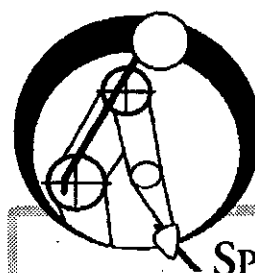
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For the patient, more is better at Delmar Dental

By DONNA J. BELL

When it comes to dental clinics, more is better — more experience, more staff, more services and even more parking. At Delmar Dental, patients receive all that and more.

"Our office embodies everything in dentistry in one building," said Dr. Tom Abele. "From restoratives to preventive care to all the new ideas in cosmetic dentistry, which is the way that dentistry is going."

Not only can Delmar Dental

deal with aches, pains, root canals and extractions, its staff can also make you look better than ever before with dental implants, bonding and more.

"Family dentistry has become more sophisticated with more advanced techniques," Abele said.

With 33 years in the business, Abele knows what he is talking about.

"I'm now on my third generation, I've seen the parents, their kids and now grandkids," Abele said. "A family dentist is the ideal situation, you need someone to be there that you can trust."

One big advantage that Delmar Dental boasts in an in-house laboratory.

"The dental laboratory is very important," Abele said. "If you need work done you don't have to send it out to another lab, you can get it done that day. When you need the exact match on tooth color, the technician comes down and does it right then and there."

New this year to the office is a Spiral CT Scanner used for gathering images of the teeth.

"You get a much clearer image in three dimensions for better clarity and accuracy," Abele said, adding that while technology is great, it still boils

down to the doctor who must be skilled and have the experience and ability.

"You can have all the high-tech stuff, but it is the diagnosis that counts," Abele said. "You don't get better care because of equipment."

It's all the

little things that add up to a great office — from lots of shared parking with the church next door and a great staff, some who have worked in the office for 25 years, to special consideration of "anxious" patients to a very receptive answering service that gets a doctor in touch with you quickly. Even the location is important.

"I love the Delmar community," Abele said. "It's a great place to bring your kids up in, the schools are great, we're very happy here."

For information, call Delmar Dental at 439-4228. The office is at 344 Delaware Ave.

Practice aims to improve vision, looks

By RONALD E. CAMPBELL

Last April, Dr. Suresh G. Kamath opened Cosmetic Laser Surgery of Albany in the Bethlehem Professional Building, 1345 New Scotland Road, Slingerlands.

The name belies the scope of this ophthalmology practice.

Kamath said, "My specialty is plastic surgery on the eyelids and laser surgery on the facial areas around the middle of the face."

He also offers a full range of ophthalmology treatment, including treating glaucoma and diabetic eye disease, routine eye care, vision testing and prescribing prescription lenses when required.

Kamath said an important part of his patient care "is my providing emergency eye care, 24 hours a day, seven days a week. This full time coverage is possible by having other local ophthalmologists providing backup in the event I am occupied with a medical emergency when other eye emergencies may occur in the same time frame."

Plastic surgery on the eyelids can be either medically required or a desired cosmetic improvement of a person's appearance.

"The drooping of the upper or lower eyelid can be a significant medical problem," Kamath said. "The aging process reduces the amount of collagen and elastin in the skin causing the skin to lose elasticity or resiliency and sag. Aging also causes muscles in the lids to stretch and contributes to the sagging."

"The sagging causes the lids to be in the wrong position and results in a blockage of vision," he added. "It also can cause the lid to rub against the eye to cause excessive irritation."

The surgery "removes the excess skin and tightens the muscle, not only restoring proper vision but also giving the patient a more youthful appearance," Kamath explained.

Sagging of the lower eyelid is from the same causes as the upper eyelid.

"One of the functions of the eyelids is to protect the eye and

sagging of the lower lid often leaves that part of the eye unprotected," Kamath said.

"Plastic surgery restores the lower lid to the correct position to provide its normal protection plus removes unsightly bags and pouches often present from the aging process."

"Laser surgery on the area around the middle of the face is used to treat problems like unsightly veins or aggressive hair growth in the area," Kamath said.

Kamath was a member of a large, active practice in Troy, the Webb Eye Center on Burdett Avenue, for some years before opening his own practice.

New patients are welcome. For information, call 439-1383.

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Baptist Health celebrates 25th

BY KATHERINE-MCCARTHY

When Baptist Health Nursing and Rehabilitation Center celebrates its 25th anniversary this year, it will be doing so with a group of people who've been around nearly as long as the center has. "We have a great deal of longevity here," said Betty Phillips, director of public relations and marketing for Baptist Health. Phillips has worked there for 22 years, and she said that's not an uncommon thing among the administration.

"Most, if not all, of the managers have been here a long time," Phillips said. "The director of nursing has been here since we opened, and the minister has been here for 18 years."

Although the 262-bed facility located at 297 N. Ballston Ave. (Route 50) in Scotia is run by the Baptist Health System, Phillips said it is a non-denominational health care facility.

"We are religious-oriented, but that's important at these folks' age," Phillips said.

Baptist Health Nursing and Rehabilitation Center actually serves three purposes, nursing home care, rehabilitation, and family practice. The nursing home provides several levels of care, using the standard patient review instrument to determine whether patients should be admitted and what level of care

they require. As mandated by state law, every bed is a "skilled bed," which means that Baptist Health can provide care to patients who cannot care for themselves.

"We also have people here who are ambulatory, who can get around in a wheelchair or a walker," Phillips said.

There are many in-house activities available to residents and regular bus trips take people on the sort of outings — like fishing, to

baseball games, or to the mall — that they've enjoyed all their lives. Baptist Health also has an in-house physician and its own Certified Nurse Assistant program.

Baptist Health's strong rehabilitation program is designed for people of all ages.

"This is a new concept, and people often feel they need to go to a rehabilitation center," Phillips said. "People can come here, do rehabilitation like occupational therapy or physical therapy then go home again."

A six-year-old wing has allowed Baptist Health to expand more into the rehabilitation area.

"We've got an excellent reputation for rehabilitation," Phillips said.

Baptist Health has also opened a family medical center at 7 Culligan Drive in Scotia, in back of the nursing home.

"We offer primary and walk-in care there," Phillips said. "We can do X-rays and lab work, and handle minor medical emergencies. It's affiliated with the nursing and rehabilitation center, but it's a medical practice the whole family can use."

Heart to heart



At Capital Cardiology Associates, the staff and doctors always take the time to consult with patients. Here, Louis Papandrea, MD, FACC, consults with patients at the Corporate Woods office.

Pelvic pain: You don't have to suffer anymore

"Women can tolerate an incredible amount of pain for years and never realize how much they were suffering until after the pain is gone," according to Albany obstetrician-gynecologist Dr. Ed Jacobs, who has been helping women manage and overcome pelvic pain for more than 23 years.

"It never ceases to amaze me how tough women are when it comes to pain," said Jacobs who, after delivering thousands of babies and caring for even more women at all stages of life,

has made the cause and treatment of pelvic pain a top priority in his practice.

"It is not only our responsibility as physicians to relieve pain and suffering, but, as specialists in women's health care, we must also try to determine the cause of our patient's pain," he said. "Our

goal is not only to restore a woman's physical and sexual well-being, but, also, to preserve her fertility when it is in jeopardy."

Jacobs, along with his partners Dr. Sean Lee and Dr. Cheryl Burack and their two nurse practitioners, Kristine Newman and Annemarie

Gaitani, see many women with pelvic pain at their 62 Hackett Blvd. office.

"We're in the 21st century," Jacobs said. "There is no excuse for any woman to suffer from the menstrual cramps that come with the ebb and flow of

□ PAIN/page 23

Sunnyview wins high national ranking

When the Eastern New York Orthopaedic Hospital/School admitted its first patients in 1928, the world was a different place.

Herbert Hoover was the

nation's president. Women had only been able to vote for a few years. Telephones were rare, and automobiles were the property of the very wealthy. Instantaneous communication

was the subject of science fiction.

The hospital, which then catered to disabled children and their health and education needs, had 10 beds.

From that humble beginning, Sunnyview Rehabilitation Hospital at 1270 Belmont Ave. in Schenectady has evolved into a 104-bed comprehensive rehabilitation facility for people of all ages. *US News & World Report* selected Sunnyview as one of the nation's top hospitals in the country for rheumatology in 2000 and 2001.

The hospital's inpatient and outpatient services play an integral role in helping people who have had an accident, illness or surgery recover the skills of daily living by using a wide variety of cutting-edge therapies and treatments.

What sets Sunnyview apart, however, is its people, both those giving and receiving therapy.

At Sunnyview, rehabilitation is a two-way street. Patients can expect therapists who will see their potential and challenge them to reach what may seem like unattainable goals. For their part, Sunnyview's therapists expect to care for patients who are willing to participate as a partner in what can be a vigorous approach to successful treatment.

Sunnyview also encourages family involvement in the rehabilitation process.

□ RANKING/page 23



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Capital Region Cardiology provides personal care

BY DONNA J. BELL

In these days of HMOs and factory-like medical care and treatment, you could visit your health care provider many times before you see the same physician twice. That's not the case at Capital Region Cardiology Associates where Drs. Igal Zuravicky, Michael Bernstein and Brian Herman have worked hard to provide personal service to each of their patients.

"We are a three cardiologist practice," Zuravicky said. "We're working to buck the mega group

trend because mass produced medicine is not what we want to do."

Zuravicky said that the days of admitting a person to a hospital for routine tests is long gone and that most of the diagnostic work, as well as long-term care and prevention, is now completed on an out-patient basis.

The Capital Region Cardiology Associates provides all the necessary long-term diagnostic testing, and they help guide patients in prevention and

keep track of the progress and progression of their condition. The doctors pride themselves on the personal service they give to each of their patients.

Because they are local, they are able to maintain hospital visits with their patients where care is provided by someone they

know and trust, which is why the group decided to concentrate their work in the Albany area. The doctors wanted to be able to provide a continuity of service.

The group is affiliated with

St Peter's, Albany Medical Center and Albany Memorial hospitals. The doctors formed the practice in 1990 and have been working together since.

"It's very simple, when we go to the hospital setting (to see a patient) we know exactly what transpired and the patient's history. It is quite traumatic for the patient to be admitted for an illness. We provide a measure of continuity," Zuravicky said. "Our long-term communication along the way with a person is very consistent."

Zuravicky said that if an admitted patient has to see many doctors, some he has never met

before, the patient and family can become confused because one doctor may say one thing and the second another.

Zuravicky feels that in the hospital setting it is very important to make the patient feel confident about their care with a doctor they can trust.

"Everything is rendered easier, cleaner and more precise," Zuravicky said. "I love what I do."

Capital Region Cardiology Associates main office is at 854 Madison Ave. in Albany, with offices in Greenville and Latham. To make appointments with any of the office, call 438-6236.

update
2002
a progress edition

Seton's stop-smoking program works

Seton Health's new smoking cessation program — The Butt Stops Here — has been a tremendous success. More than 400 smokers have signed up since the program began in September, according to Sue Malinowski, the program's director.

"The response has been fantastic," Malinowski said. "And people have been so grateful that there's a program like this available to them."

One of the most popular features of the six-week

program is the group setting.

"Sitting down with others going through the same thing was very helpful," said Ellis Garcia, a graduate of the program who has been smoke-free since October. "We shared ideas for dealing with cravings and gave each other support when things got tough."

Graduate Roxanne Mashayekhi agreed, "It was helpful getting together with like-minded people, all working toward the same goal."

The cessation counselors

get high marks from graduates as well.

"They gave me a lot to think about, not only the health effects of smoking, but just how nasty it is," Garcia said. "I realized it's not cool."

For Mashayekhi, having a counselor who used to smoke was a plus.

"Peggy (a cessation counselor) knew what we were thinking and what we were going through, and she helped us prepare for the difficult times," said Mashayekhi, a smoker for almost 20 years who has been smoke-free since last summer.

"It feels so normal not to smoke," she said.

The Butt Stops Here is offered on a continuous basis throughout Albany, Schenectady, Rensselaer and southern Saratoga counties. The cost is \$20. Classes meet one hour a week for six weeks.

For information and a schedule of upcoming programs throughout the Capital District, call 268-6165.

Untold

from page 6

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- Chiropractic is effective without the use of drugs. Since most drugs only temporarily block pain or artificially change a specific bodily function, they are only covering symptoms rather than fixing the cause. Chiropractors have saved millions from the unnecessary use of drugs and surgery for numerous health conditions.

- The very old and the very young benefit from chiropractic care. Chiropractic is now helping millions of arthritis sufferers and more and more parents are having their children checked regularly to ensure proper structure and nerve integrity during growth.

- Chiropractic is the single most effective form of treatment for back pain. According to worldwide independent studies, chiropractic has been deemed "superior to" medical and other therapeutic methods of treating back pain.

Your nervous system controls and coordinates every function in your body and needs to run effectively if you are to

have an optimal level of health.

Chiropractic, by directly affecting nerve function at the level of the spine, affects your whole body. The natural methods of chiropractic should always be tried first, before the use of drugs and surgery.

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Atria centers take food very seriously

BY ANDREW GREGORY

What do you do when someone you care for is no longer able to care for themselves? The difficulties of taking care of a loved one could be too much for you to handle. Perhaps you aren't physically able to be there for them as much as you'd like to be. The question then arises: Should you put them in an assisted living center? This decision can be a stressful one for many people.

Atria Retirement & Assisted Living provides top-notch care for its residents at two Capital District locations. Everyone, from seniors who wish to live independently to those with memory impairment, has a place at Atria.

"We pride ourselves on our ability to cater to all of our residents," said Tonni Pricci, marketing director.

Speaking of catering, one thing that separates Atria from other assisted living centers is the food service staff.

At its Crossgates facility, located at 140 Washington Ave. Ext. in Albany, Atria believes in mixing up food and education.

"One of the most exciting things we do is our cooking classes," said Mark Phillips, food service director for Atria at Crossgates.

Phillips said he sits down with a small group of residents

and demonstrates how to prepare various dishes.

"It's such a joy for me to be helping these people through something I love to do," Phillips said. "I probably get as much of out the cooking classes as they do."

Along with his classes, Phillips creates a comfortable

atmosphere through his classy homestyle dining room.

"We play classical music in the

background while we serve our 82 residents in two shift meals," said Phillips, adding that the residents enjoy the relaxed environment. "We know we've done our job when we see smiling faces."

Smiling faces can also be seen at Atria's location at 345 Northern Blvd. in Albany.

"Our aim is to keep our residents healthy and well-fed," said Richard Gorgen, food service director there. With scratch cooking and healthy comfort foods available to all residents, it's difficult to imagine any frowning faces at an Atria center.

"We have a wide variety of health concerns that we have to work with," Gorgen said. "But that doesn't limit our creative abilities when it comes to food service options."

Residents have the option of participating in religious based meals such as the

Passover Seder and Easter feast. People living at Atria also have access to an herb and vegetable garden. These programs have been designed to motivate the residents of Atria into a more active lifestyle.

Atria has brought in one of America's culinary masters for menu development in 2002. Chef Henry Haller, who once was a chef at the White House, is working with Atria on developing a wide array of healthy dishes.

"He does amazing work with American regional cuisine. It's an honor to have him work with our staff," Gorgen said.

While Atria residents are already benefiting from Haller's work, the public may get the chance to meet Haller in June. Pricci said she is excited about this event

Baking buddies



Making muffins at Fountain View are, from left Lillian Goldfarb, Lovella Wright, Lori Kapiloff, activities director, and Ed Andres. Fountain View is located in Guilderland and offers assisted living services for members of its community.

Nursefinders provides medical personnel staff

BY KRISTEN PENFIELD

Nursefinders is one of the largest medical staffing and specialty home health care companies nationwide, including six offices from Albany to Buffalo. Nursefinders has at the ready, nurses, home health aides, respiratory therapists, clerical support and more.

Any where you can think of that requires medical personnel whether it be a hospital, nursing home, clinic, pain treatment center, school, manufacturing environment, insurance companies and individuals funded by federal, state and local governments.

Joann Glover, branch director for Rochester, Syracuse and Buffalo said, "As a staffing partner, we hire only the most

highly qualified professionals. Our success rate with our partners is approximately 50 percent filled positions." Glover added, "To recruit our candidates, we advertise via radio, television, print, open house and word-of-mouth. We will staff temporary or permanent placements to satisfy the needs of our partners as well as job seekers who want to work when they want, where they want."

As proof that Nursefinders is truly a leader in the industry, it has had four of its six regions earn accreditation with commendation from the Joint Commission on Accreditation for Health Care Organizations. Glover said, "We go above and beyond for our partners and our employees."

□ STAFF/page 13

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Handler Steven Gill works with Buster at Mohawk & Hudson River Humane Society, located on Oakland Avenue in Menands. For information, call 434-8128. Joe Higgins

Kings Way fosters independence

One of the most challenging decisions you may ever make will be when is the right time to leave your home.

We attach so many feelings, thoughts, and beliefs to living on our own that it becomes an almost overwhelming decision to consider making that move. The common belief is that - if I move to a retirement community people will think I am no longer capable.

However, the opposite is actually true. Making a move to a senior community goes a long way to ensure that an individual is able to maintain his/her independence with the proper balance of services and amenities. Community living provides a variety of services that remove the burden of responsibility.

Since most retirement communities now offer similar services to their residents, we need to look beyond the services and focus on other aspects. What makes each facility different is

ownership, management philosophies, financial packages (buy-in, entrance fees, security deposit), the ambiance of the facility and the additional levels of service available.

KingsWay Community is unique in many ways. The 25 acre campus offers three different housing options to seniors. Each building offers a different rental rate and various service options.

The Court Apartments offer medium sized one-bedroom apartments without additional services such as housekeeping and meals built into the rent. Parkland Garden Apartments offer spacious studio, one and two bedroom apartments in a congregate setting with an array of services included in the monthly rent.

The Village is the newest apartment building on the KingsWay campus. Luxurious one and two bedroom apartments are offered with 1, 2, or 3 meals per

day, weekly housekeeping/linen service, on-going maintenance, 24 hour staffing and scheduled activities and transportation. Actually, every resident living at KingsWay is provided with scheduled transportation to medical appointments and community activities. And there is a full service bank located in the lobby of KingsWay Village.

Finally, one of KingsWay's greatest assets is the on-campus transfer and preferred placement program. Should a resident go the hospital, a social worker from our nursing center will act as a liaison between family and hospital staff.

At KingsWay Community, private ownership and family operation means that residents will continue to be treated with respect. Once someone makes the move to the KingsWay campus, they become part of the community; they find a new home.

Nelson House offers housing and services for seniors

BY RONALD E. CAMPBELL

Nelson House has provided quality senior housing since 1968. The facility, owned by the Episcopal Diocese of Albany, is managed by Margaret Pelletier under the direction of a board of directors.

"The board sets policy and its committees are very active in the management of the facility" Pelletier said.

"Residency at Nelson House is not dependent on the applicant's

religious affiliation and is available to seniors not needing skilled nursing care," Pelletier explained. "Applicants, without mental impairment, but needing some assisted living, are eligible for residency but must provide those services themselves."

Applicants must be at least 55 years of age and fill out an application, a short medical questionnaire and have an interview with the Nelson House social worker to be considered for residency.

For new arrivals, who are mostly in their 70s and 80s, Nelson House "is perfect for those who want to eliminate the need to cope with crowded supermarkets and mall parking lots," according to Pelletier.

Located at 5 Samaritan Place off Hackett Boulevard in Albany, Nelson House is a two-story facility equipped with elevators, with 80 apartments in two sizes.

A modest entry fee plus the monthly rent provides three meals

a day in the dining room. Each apartment is cleaned once a week with a change of bedding and fresh linens being included in the rental.

Two large community living rooms are available for socializing and an auditorium with stage is available for entertainment. A well-stocked library is available seven days a week. Large-print books are also available.

A manager is available 24 hours a day, seven days a week, to assist with the needs of the

residents, including bringing in emergency medical services. There are no medical services on the premises.

Nelson House is designed so that reasonably healthy seniors can continue to live independently. While the facility has a dining room serving three meals a day to residents, residents can prepare something in their own quarters in a microwave when desired.

For a brochure or to schedule a personal tour, call 436-4018.

Staff

from page 12

In 2001, Nursefinders employed over 50,000 nurses. Their current database exceeds 80,000 nurses.

Glover explained that the process to become a Nursefinders employee is to

complete an application and an exam. Once the candidate has passed the exam, Nursefinders will research at once, to find a position that fits the candidates needs.

For more information, please contact Nursefinders toll free at 1-800-445-0459. Or visit them at Nursefinders.com and apply on-line!

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League of Women Voters works to improve process

BY DUNCAN C. CRARY

Women voters of the Empire State take special pride in their right to vote, for it was in New York that early suffragettes held the first Women's Rights Convention in Seneca Falls in 1848.

American women finally secured the right to vote in 1920, and for nearly as long as women have exercised that vote, the League of Women Voters (LWV) has served voters as a nonpartisan citizen activist organization operating on the local, state and national levels.

"As soon as women could vote, there was a need to educate female voters," LWV Albany County president Melanie Trimble said. "The LWV promotes educational and government advocacy through study and action. We educate the public on the issues and encourage them, in a nonpartisan way, to vote. We also conduct long-term studies to determine our community's needs and wants, then advocate for those positions."

The LWV/AC has approximately 300 members, but Trimble hopes to increase membership in the future.

Membership is open to men and women of voting age; however younger people may become nonvoting student members.

Currently, the league is conducting a study on criminal justice and examining the practice of racial profiling and the death penalty.

"We are a grass-roots organization, so local issues motivate us," Trimble said. "But our agenda sometimes reflects national or state level movements as well."

The league recently helped establish the elected Albany City school board and is a member of the Fair Campaign Practices for the Capital Region.

"Our fair campaign pledge, which we ask candidates to sign, is gaining more attention in the media," Trimble said. "Candidates who sign the pledge promise not to use negative or misleading campaign tactics. We have a panel that evaluates infractions then goes to the press."

The LWV/AC also registers voters and defends voting rights.

"Every year, we make voter's guides and host debates among candidates," Trimble

said. "We also inspect polling places to ensure that everything is fair and upright."

One of the current issues the LWV/AC is tackling is reapportionment, as the county Legislature is redrawing districts this year.

"The report on reapportionment is not due

until 2003, but we are already working to address the issue in Albany County," Trimble said. "We would really like to see a member of the League of Women Voters working with an independent board in the county Legislature to correct apportionment in our county."

The League of Women

Voters of Albany County will hold an informational meeting and new member breakfast on Saturday, Feb. 23, from 9 to 11 a.m. at Bruegger's Bagels in Delaware Plaza in Elmsmere.

For information, call 439-8475 or e-mail lwvac@crisny.org.

update
2002
a progress edition

CSSC plans to mark senior month

BY CINDY MILOS

With spring right around the corner, the Colonie Senior Service Centers (CSSC) is preparing to celebrate senior month in May.

The organization has held special senior activities during May in the past, but this year Executive Director Edward Neary said CSSC will do more.

"We really want to build around events and activities to celebrate the town's seniors in May," Neary said. "To do this, we are going to focus on two themes, building a senior community and achievement is ageless."

A committee of volunteers from each of the town's seven senior clubs, CSSC, Colonie Senior Resources Department and Mary Burke from the Youth Bureau will be working together to come up with

activities that will help celebrate the two topics.

"We are going to try to connect the things that seniors, both those who live in the Beltrone Living Center and those who live in the town, do into our activities that we plan," Neary said. "This will probably include an art program, where works that seniors have done will be put on display, musical activities, the Timeless Tappers

dance group and an arts and crafts show."

In addition to the programs that will be scheduled, Neary said that they also want to take time in May to celebrate the theme that achievement is ageless. Neary said he was asked to nominate seniors who have remained active in their community and send the

□ SENIOR/page 23

Next Step helps women recover

BY PHILIP SCHWARTZ

When it began over 25 years ago, the collective consciousness of our society didn't perceive the need for women-only treatment centers for those with chemical dependencies.

In fact, in 1975 when The Next Step was founded, it was one of the first of its kind, said Audrey Kibrick, executive director of the Albany-based residential treatment center, which is devoted solely to chemically dependent women.

"We were the first facility in New York state that treated women only," she said. "And when we started, there were only three in the nation. We have been busy all this time

treating women and helping them make a better life."

The Next Step's mid-town Albany location at 276 Sherman St. houses 14 women when at full capacity and uses an alcohol and drug treatment program based on self-help and the 12-step philosophy of personal responsibility. Women generally take 12 months to go through treatment, Kibrick said.

Although the center's directors give first preference to Albany County cases, the nonprofit takes referrals from social service departments from other counties.

For some cases, The Next Step can be an alternative to incarceration, Kibrick said. And

□ RECOVER/page 23

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Wednesday, February 27th African Americans in Albany County:
Past, Present and Future
Paula Rollins, speaker
7:30 p.m. Doane Stuart School
Route 9W, Albany

Sunday, March 10th "Raisin in the Sun" fundraiser for TRAC

Also: Great Decisions Foreign Policy Discussions and Criminal Justice Study Groups. For more information and membership forms, please contact Loretta Simon at 478-0051

Embassy Suites Hotel appeals to every type of traveler

BY TAMI SCHOENECK

Embassy Suites Hotel holds appeal for every type of traveler, from the corporate executive to vacationing families.

Many local families have been known to plan a weekend stay at the hotel just for the amenities it has for its guests.

A complimentary full, cooked-to-order breakfast as well as two-hour manager's reception each evening is included with all overnight accommodations.

Most business people don't think of staying in the same hotel with their family as they would to conduct their business events. Embassy Suites Hotel does not think of a separation in guests as this.

Every suite is complete with choice of two double beds or one king size beds plus a pull-out sofa, wet bar, microwave, refrigerator, coffee maker, full-size ironing board, hair dryer and two telephones with voice mail and modem capabilities. Also included in each room are two televisions with remote control, On Command movies and Sony Playstation.

Each of these suites overlook the hotel's five-story garden atrium decorated in an Adirondack theme with walking paths, streams and waterfalls.

Embassy Suites guests can enjoy the full-size indoor pool, whirlpool, sauna, with fitness center and game room.

The establishment has more than 5,000 square-feet of elegantly appointed meeting and event space which accomodates up to 200 people.

The in-house Stillwater Café

Engineering firm expands with new Albany office

In 2001, Barton & Loguidice Consulting Engineers opened an office in Albany, celebrated the firm's 40th anniversary, increased its sales, and hired an additional 31 employees.

With such a successful year behind it, the firm is looking to 2002 to continue this trend.

S. Thomas Aiston, P.E., said he is proud of the firm's growth and attributes its success to the ability to develop and maintain strong client relationships.

"Our philosophy is to work with clients to understand their needs and develop relationships with them, so we get the next job. And that's why most of our work, probably 98 percent, is based on repeat clients," Aiston said.

Since its founding as a primarily civil engineering and surveying firm in 1961, B&L has expanded its services to include mechanical, civil, architectural, electrical, structural, transportation, environmental engineering and landscape architecture.

Engineers work in several major disciplines, such as water, wastewater, transportation, environmental and facilities, but many projects are cross-disciplinary.

Having such a diverse base of employees allows B&L to take on jobs that may require several different types of engineering.

For example, transportation engineers coordinate with sanitary engineers to relocate water and sewage lines on a bridge replacement project and environmental engineers may be brought in to assess and remediate contamination issues at a project site.

This diversity of engineering has increased B&L's competitiveness and value to clients because the firm can handle several aspects of a single job.

"Having in-house engineers in many fields means that B&L can have much more control over a project, its cost and time schedule," Aiston said.

Though a large part of B&L's work is with municipalities and government, the firm also has significant experience working for private manufacturing and industrial clients.

With a client base extending across New York state and New England, B&L has a wide range of project experience.

Clients include Anhueser-Busch, Carrier Corp., Crucible Specialty Metals, state Thruway Authority, the state Department of Transportation, and numerous municipalities, including the city of Saratoga Springs, the city of Schenectady, Montgomery County and the town of Queensbury.

In an effort to better serve eastern New York State, B&L opened an Albany office at 2 Corporate Plaza in January 2001.

Richard Straut, P.E., a vice-president and manager of the Albany office, said, "Our steady growth during the past decade has allowed us to make this important move in support of the clients whom we are proud to serve."

In one year, the office has added another 10 full-time employees to its professional staff, necessitating the expansion of its original office space.

currently is open each day, serving a delectable lunch, dinner, and beverages.

Embassy Suites Hotel in East Syracuse is managed by Hilton Hotel Corp. and owned by FelCor Lodging Trust. Embassy Suites Hotels are now part of Hilton HHonors, the only hotel rewards program to offer both points and miles for the same stay. To join, visit www.hiltonhhonors.com.

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State Fair grows bigger and better every year

BY DWAYNE HOUGHTON

They say it's not hard to spot a person in love, but how about a group of people? How about a county? Maybe a whole state?

It's true, New Yorkers love the State Fair and with steadily increasing attendance, it's not difficult to see why. But why do they keep coming back to their old flame in Central New York every August? Why do attendance records continue to be broken when one considers that the Fair has been in the same location since 1841?

Peter Cappuccilli, State Fair director, said he knows. The educational exhibits animals and food, the business displays and the entertainment all add up to one underlying theme.

"It all comes back to having fun. Year after year, the fair never loses its ability to provide absolute fun for all ages," Cappuccilli said.

It's not hard to understand Cappuccilli's enthusiasm — he considers himself to be the luckiest man in New York to have such a job.

"The fair has a great crew behind it — a total team effort with no one job more important than any other," he said. "The

team all gets equal billing doing the work and the team all gets equal bows when the work is done."

What some people may not consider is that the State Fair team starts in Albany, with Gov. George Pataki.

"Gov. Pataki has given us the opportunity to make available unlimited possibilities and opportunities at the

Fairgrounds; we owe him a lot," Cappuccilli said. "With that support, it gets people talking in Albany; representatives of regions that otherwise didn't have as much exposure to all the possibilities the fair has to offer. That's where the growth potential is, people are talking 'the fair' and talk is the best advertising."

In Albany as well as Central New York, the talk grows, reaching all points, eventually covering the whole state of New York. This shows up in attendance records.

But does this say everything about people's attraction to the annual event? The attendance records alone? Consider the revenue growth that is reflected in these records: a five-year increase in total revenues from \$8.5 million

to \$13 million, \$1.4 million in sponsorships and another \$2 million in grandstand gate receipts. Corporate sponsorship has grown from \$165,000 in 1995 to \$1.3 million in 2001; with every dollar being put right back into the fair for maintenance, entertainment and education.

But those are just statistics. Ask the average fair-goer why they come back every year and that's where one will find out what coming to the fair truly is about. In the midst of all the diverse cultural offerings, the arts and crafts, the midway, great food and interactive vendor displays, fair-goers come to expect annually, there's also an integration of new and unique technological business offerings, new company introductions and promotions, and always the latest international stars of entertainment.

Additionally, with all the things that the visitors come to expect at the fair, it's the little things they may not notice immediately. Cappuccilli and his team see to it that the customer service is the top priority.

"If a visitor is well taken care of, has clean and convenient restrooms, is well informed of daily happenings and attractions, he'll be back, and that's what it's all about," Cappuccilli said.

To see to the needs of the visitors, suggestions and feedback is all evaluated carefully. The most recent improvements include the addition of more benches, not only in Cole Muffler Court, but throughout the fairgrounds, an

antique cars, the food?

Nope. Since 1841, it's always been the same — the agriculture and livestock. The fair's original buildings, carefully maintained and preserved over the years, display some of New York's

most unique, yet familiar, animals. From award-winning rabbits and poultry and geese, to the crowd-pleasing horses and blue-

ribbon bovines, there is always something that delight the visitors who pass by the stalls and pens annually.

Cappuccilli said his greatest reward come from seeing to the accommodation of special needs groups, senior citizens and, of course, children.

"To see the looks on the faces of the children when they see animals they don't normally see outside of a book, or a special child taking part in an interactive display, or even something as simple as a senior citizen resting at a bench in the shade, enjoying a Bob Maxwell Walk-Away Sundae — that's the most rewarding thing for me," Cappuccilli said.

So why do New Yorkers love the fair? Because it's the best combination of comfortable surroundings, great food and attractions along with something new every year.

It all comes back to having fun.

Peter Cappuccilli

increased number of restrooms and focused effort on keeping all of the grounds as clean as possible.

The fair team strives to treat every visitor with the very best in personal service. There's continuous public address announcements to provide the latest information on events, maps in all locations that not only tell you where you are but what's going on and when at that location.

As for media coverage, during the run of the fair, there are approximately 24 daily live TV and radio reports from the Fairgrounds that are broadcast all over New York.

So what is the biggest draw of the fair? What is it that people come to see the most? The butter or sand sculpture? Delicious, ice cold milk or an Elephant Ear fried dough? The rides, the sideshow vendors,

Dr. Frank's winery is top Finger Lakes spot

There are more than 1 million readers of *Travel & Leisure Magazine*, and now they each have a reason to visit the Finger Lakes, including a travel plan dubbed one of the top 10 close-to-home itineraries that will transport you to another world.

The top 10 trips were included in the magazine's January 2002 choices for 100 Great Escapes, which explores the latest resorts, hotels, fashions, foods and drinks.

Along with a wine tasting tour of the Finger Lakes, the list includes trips to California's Pacific Coast Highway, the mountains of British Columbia, a Central American cruise, a visit to South Carolina's low country and West Texas cowboy country.

The first stop on the Finger Lakes trip's itinerary is Dr. Konstantin Frank's Vinifera Wine Cellars, located on a slope overlooking Keuka Lake's western shore. Being named the first stop itinerary was a surprise and honor, according to Fred Frank, president of the winery.

"Everybody in the area is just so proud," he said. "Even to have a mention anywhere in the top 100 would be really something, but the top 10 is a real achievement. It makes you realize what a beautiful area we live in."

In addition to promoting the emerging world-class wineries surrounding the Finger Lakes, the itinerary notes some of the other features of the region, including its relaxed rural flavor and quiet small towns.

In her description of a visit, titled "Great Lakes," Alice Feiring writes, "Long the butt of ocnophile jokes, the Finger Lakes region of New York is lately producing sophisticated rieslings and pinot noirs."

Along with Dr. Frank's Vinifera Wine Cellars, visitors are encouraged to scope out the sleepy antique stores in unspoiled Hammondsport and visit area wineries and resorts on Seneca and Cayuga Lakes.

The complete list of 10 Great Escape and the Top 10 Trips can be found on the *Travel & Leisure* Web site at www.travelandleisure.com.

Dr. Konstantin Frank's Vinifera Wine Cellars was recently named "Winery of the Year" in the New York Wine Foundation's New York Wine & Food Classic.

The winery is open for tastings Monday through Saturday from 9 a.m. to 5 p.m. and Sunday from noon to 5 p.m.

For information, visit the winery's Web site at www.drfrankwines.com or call 1-800-320-0735.

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Wines from Dr. Konstantin Frank's Vinifera Wine Cellars and Chateau Frank are available in fine restaurants and wine shops or visit the tasting room in Hammondsport, NY on beautiful Keuka Lake.

e-mail FrankWines@aol.com 800-320-0735 www.DrFrankWines.com

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Bethlehem chamber celebrates 45th anniversary

The Bethlehem Chamber of Commerce celebrates 45 years of service to the community this year. New and innovative programs continue to radiate from this group of citizens, businesspeople, professionals and local officials on the cutting edge when it comes to community promotion.

The chamber rolled out a new forum on its Web site this year for everyone to use. To post job openings or news about community events; search for commercial property to buy or lease; learn about volunteer opportunities for the arts festival Feestelijk Bethlehem; post local business news or look for situation wanted ads; register your constructive comments and suggestions — it's all at bethlehemchamber.com.

Also new this year, an effort to drive more business back to

town, is the chamber gift certificate program, called CertifiChecks, featuring local merchants. CertifiChecks are good at more than 75 locations — restaurants, beauty and barber shops, grocery stores, jewelers, pet shops, gas stations, bowling, ice skating and fitness centers. Sold in denominations from \$5 to \$25, CertifiChecks are just like cash. They make great gifts for people who are hard to buy for, or as a special thank-you for a favor.

Chamber President Marty DeLaney said: "People have been asking for CertifiChecks for a long time. Since it is so easy to get a gift certificate for any store at Crossgates, we

wanted to something similar, something that's good for Bethlehem's businesses."

Another project the organization's been involved in for the past couple of years is Delmar's Four Corners revitalization project. Working with a core group of merchants and neighbors, chamber officials were awarded a grant from the Governor's Office for Small Cities to create a vision for the historic area, incorporating pedestrian safety, better parking and appearance enhancement.

"It is a great working partnership," DeLaney said. "And the fruits of this benefit the whole town, not just the Delaware Ave area. We look forward to working with similar groups in other parts of town, if there is a need."

To raise awareness of the need to support local businesses, chamber volunteers are taking their show on the road. A new video production "A Community in Balance," is available to community groups. The video features business people Greg Turner and Christine McCarroll, parent Helene Meckler with her daughter and senior volunteer Bob Johnson.

"There is tremendous interest in the video, we've been showing it to groups like PTAs and clubs, and we're available to answer questions any time," DeLaney said. "And we are currently working on a CD business card that will be used globally to promote Bethlehem as a great place to bring a new business."

Next week, the chamber's member directory will be published in a special *Spotlight* supplement dedicated to the many activities of the business community.

Chamber board chairman Keith Bennett said: "We are grateful to *The Spotlight* for offering this opportunity to us; now we can reach thousands in the community with our member directory. And next

month at our 45th anniversary gala, we will proudly honor people from our community who have shown the community spirit that Bethlehem is known for."

The dinner gala will showcase the Citizen and Business Person of the Year as well as Community Spirit Award Winners who go above and beyond.

Since 1957, chamber membership has grown from a dozen business people to more than 650 today, and their programs have become more and more visible every year. Over those 45 years, hundreds of talented men and women have donated time and expertise to serve as volunteers on the board of directors, and program and economic development committees.

The chamber continues to support local business and economic development in the Bethlehem area as the only way to continue the great quality of life we have all come to expect — great schools, a wide array of town services, professional police, highway and public works departments, beautiful parks and recreational facilities, with affordable taxes.

Latham chamber looks to improve technology

BY CINDY MILOS

In the 16 years since the Latham Area Chamber of Commerce began, the organization has grown from 27 members to about 650, most of them in the town of Colonie.

Chamber members enjoy a variety of benefits, including six different medical and dental plans, educational seminars, advertising opportunities. Other benefits include free services such as a conference room, black and white copier and free local faxes, a telecommunications benefit package, vision care discount, wireless communication service and workplace insurance service for employees.

In addition to the benefits, the Latham Area Chamber of Commerce also offers its members several committees that they can join to get involved for the betterment of the chamber and the community.

Some of these committees include the community enhancement committee, GREAT committee, member benefits committee, membership committee and women in business council

committee.

"I believe very strongly in the power of networking and how it can truly grow and sustain a business," chamber board chairman Alan Baker said. "Even as my business (Creative Marketing Concepts) grew and I joined other

organizations, I kept my primary focus on the Latham chamber. I have not only made some very good business contacts, but some very good friends through my association with this chamber. You will, without a doubt, get more out of it

than you put in."

Along with the benefits and committees that the chamber provides for its members, it is continually working to improve the service that they offer.

"Right now, we're upgrading our computer system to better serve our members," Executive Director Nancy Kruegler said. "We recently hired a part-time person to help ease the load of managing 600-plus members."

The Latham Chamber of Commerce is located at 849 New Loudon Road in Latham.

For information, call 785-6995 or log on to www.lathamchamber.org.

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G'land chamber to mark 30 years

A-C chamber to focus on service to members

BY ANDREW GREGORY

The Guilderland Chamber of Commerce is celebrating its 30th anniversary this year.

Membership consists of more than 550 businesses and organizations which have 8,100-plus employees. The chamber truly lives up to its motto of "Large Enough to Serve, Small Enough to Care."

Jane Schramm, executive director of the Guilderland chamber, is proud that the chamber staff works hard to meet the needs of its members.

The chamber, in concert with its 18-member board of directors, acts as the principal advocate for town commerce and industry.

"Our staff works hard to meet the needs of the chamber members and be an advocate for positive business change," Schramm said.

In this capacity, the chamber has planned some exciting initiatives for 2002. The SO/HO program (or Small Office/Home Office) is a forum designed specifically for the small business person. The group offers support and networking as well as educational opportunities. The chamber and Guilderland Public Library hold this free program at noon on the first Tuesday of each month at the library. The Small Business Development Center at the University at Albany will offer

Southern Saratoga chamber celebrates 35th anniversary

BY HEATHER E. MACDONALD

The Southern Saratoga Chamber of Commerce reached a milestone 35th year in business this year. Plans to celebrate include new programs, new leadership and continued growth — all with a focus on fun.

"Our philosophy is business is hard enough. You need an organization that can bring programs and services to you with a little excitement," President and Chief Operating Officer Peter Aust said. "You have to have fun in business to be successful. We try to bring very cutting edge programs to our members."

In keeping with that philosophy, the chamber plans to introduce several new programs this year designed to spark interest and inform business owners.

For example, people who need to know more about issues like time management, leadership training and management techniques will be interested in participating in next month's seminar series on personal and professional development topics. In April, the chamber plans to recognize office support staff with a new "Office Appreciation Luncheon."

And in October, the new "Teacher Welcome" program

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advice on a wide range of topics.

The chamber is now working with the Space Alliance Technology Outreach Program, to provide support to groups and companies, who need professional technical assistance from NASA-related engineers. Individuals can find out if they qualify for this free assistance by calling the chamber at 456-6611 or by visiting www.spacetechnologies.com.

The chamber is excited about working with the town of Guilderland this year on the town's bicentennial in 2003.

"It is such a pleasure to be able to play a role in the celebration of the history of our community," Schramm said. "It will be a wonderful opportunity for the town, its citizens and the business community to come together and experience what makes Guilderland such a special place to live and work."

Last fall, the chamber initiated a new program called the Gateway to Guilderland program. The chamber adopted the highway area off Western Avenue located at the entrance ramps on and off of the Northway from Guilderland. With the help of community volunteers and the state

BY CINDY MILOS

Despite a slight drop in membership in 2001, the Albany-Colonie Regional Chamber of Commerce is still by far the largest in the area, with nearly 2,700 member businesses and organizations and individuals, representing more than 85,000 employees.

"Last year, our numbers were slightly down because of the economy and also in part because of Sept. 11," chamber President Lyn Taylor said. "This year, our membership number is going up."

The chamber, a private nonprofit organization, creates a valuable pool of resources from which member businesses can draw ideas and energy to improve their bottom line.

Benefits of becoming a chamber member include the opportunity to use group buying power to purchase medical and dental insurance, long-term care insurance, long-distance and cellular phone services, energy products and services, payroll processing and Internet access.

Another benefit of being a member is attending chamber events and activities at which members can network to help grow their businesses. One example is the annual fall business trade show, which gives businesses an opportunity to display their products. There are also monthly business breakfasts and an annual golf tournament.

"In addition to the events and activities that we have, we host programs that encourage economic development in Albany County," Taylor said.

In order to be eligible to become a member, a business must be a legally formed corporation. To apply for membership, call Bill Roller, director of membership sales, at 431-1400.

More than 1,000 chamber members will gather for the group's 102nd annual dinner on Thursday, March 14, at the Empire State Plaza Convention Center. Tickets are \$125; for reservations, call 453-5236.

The chamber's offices are at 107 Washington Ave. in Albany and 1 Computer Drive South in Colonie.

"One of our goals for this year is to achieve national recognition," Taylor said. "Our members always come first, and we really want to stress that this year."

To learn more about the chamber, visit its Web site at www.ac-chamber.org.

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Southern Saratoga County Chamber

New Friar Tuck location gives patrons breathing room

BY KATHLEEN MOORE

Have you ever walked into a bookstore and wished you could pick up a cup of coffee with your latest paperback?

If so, the Friar Tuck Bookshop in Delaware Plaza in Delmar is for you. The store is moving to a new location in the plaza, three spaces down from their current shop.

"It's much wider," said manager Kimberly Scofield of

the new location. "It's not long and narrow. It's more open."

With the new building, which is being refurbished, will come a new format for the store. Like many of the other stores in the chain, it will become a "newsroom," complete with more magazines, a cigar machine, lottery machines, soda and small snacks.

"It won't be like a coffee room," Scofield said,

emphasizing that there will be no reading area with chairs or couches. "People won't be hanging around."

But she expects the new format to bring more people in for one-stop shopping.

"We have had requests for more magazines, and everyone's always looking for a place to get a good cigar," she said. "We're hoping for more (people), lots and lots more."

The store will not expand its magazine selection into new categories, but will get more magazines covering the categories already sold in Friar Tuck, Scofield said. Currently

the store sells many car, women, children and puzzle magazines, along with news magazines and other favorites.

"It's just more of everything we're carrying. I know from personal experience, if you want one cooking magazine, you want five of them," Scofield said.

The new store will still carry the same number of books.

"We're not planning on cutting down," Scofield said. "We'll still have a very good selection."

The move means Friar

Tuck will be closed for at least one or two days in early April to allow for the move from the old store to the new one. The new store is about 20 yards to the right of the current entrance, and will have the same large sign above it that the old location has now.

Once the move is finished, Scofield said she may change the store's hours.

"We're considering opening an hour earlier on weekdays," she said. "When people think newsroom they think early — get their first cup of coffee, their first newspaper."

Friar Tuck currently opens at 9 a.m. on weekdays and Saturdays and 10 a.m. on Sundays. For information, call 439-3742.

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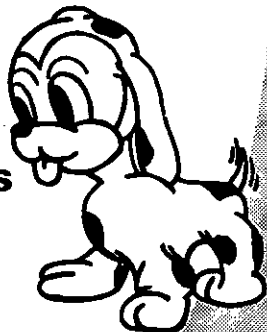
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Best Fire helps customers relax

BY PHILIP SCHWARTZ

Humankind has gravitated to fire since man first rubbed two sticks together. We use it to warm ourselves, to cook with, or as a place to gather, sing songs and tell stories.

In today's world, fire can provide the perfect ending to a long day, and facilitate a calm, restful mood. That's what Wayne Stritsman, owner of Best Fire Hearth & Patio at 1760 Central Ave. in Colonie, wants to offer people.

"I like to think of our customers sitting at home around their fires," said Stritsman, who has run his full-service stove and fireplace business with his wife Eunice for 25 years. "These homeowners come home to an enjoyable product. Sitting around a fire is very relaxing."

Stritsman's ruminations seem to spontaneously generate a new slogan. "Best Fire — products you want to come home to," he said.

Best Fire, with its 14,000-square-foot Colonie facility and 5,000-square-foot showroom, sells specialty hearth products like fireplaces and stoves. Stritsman has stoves designed to be fueled by wood, gas or pellets. Best Fire also has fireplaces for gas or wood, in

addition to electric fireplaces and inserts that burn gas, wood or pellets. They also carry a full line of hearth accessories like glass doors, tools and screens.

"We have everything you'd want for an enjoyable evening in your home around the fire,"

Stritsman said.

Stritsman started his business in his home in the late 1970s. Today, Best Fire employs 22 people.

Stritsman said a significant

□ FIRE/page 23

Pet center



Brian Lainhart and Minam Fiato show off their dogs, Emma and Hope, at One Creek Pet Supplies, at 2064 New Scotland Road in Slingerlands. For information, call 478-7244.
Joe Higgins

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Crisafulli Bros. strives to please

BY BILL FONDA

As long as there is Northeast weather in the Northeast, there will always be a need for heating, ventilation and air conditioning services, and Crisafulli Bros., located on Livingston Avenue in Albany, is one company that can handle whatever needs arise.

"If you have a home or business that has a heating need, we can take care of it," said Bill Parlapiano, sales manager for the Crisafulli Bros. comfort systems division.

Crisafulli Bros. works on both warm-air or boiler systems, as well as indoor air quality and plumbing. It also offers emergency services.

"We'll have a service technician go out," Parlapiano said. "Four hours is our goal at the most."

Parlapiano said last year was a good one overall, and, given the current economic climate, he said he expects an average year in 2002, with an increase in service work and a slight decrease in sales.

"It's obviously early in the year," he said. "It's tough to judge by the first month."

People interested in purchasing heating and cooling equipment from Crisafulli Bros. this year will most likely hear about the state-of-the-art variable-speed, two-stage units. Parlapiano said the new technology adjusts the amount of energy used based on the weather conditions, comparing the energy savings created to the additional mileage a car gets when running at a

consistent 55 mph to one that constantly stops and starts.

"You're running for a longer period of time, but you're running at a nice steady level," he said.

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Crisafulli said 97.2 percent of their clients surveyed last year said they were satisfied with their heating and cooling service.

"The national average was 94.1 percent," Parlapiano said. "One hundred percent of customers surveyed recommended us to a friend. We ranked No. 1 in 10 categories out of 24."

The high level of satisfaction may be due to the three traits which Parlapiano said the company has been built around, the first of which is reliability. Crisafulli Bros. employs approximately 70 employees and has 25 service vehicles available.

"We're there when you need us," he said.

The second trait is professionalism, as Parlapiano said the technicians regularly attend training.

"We're always making sure they have the latest and greatest training," he said.

The third trait Parlapiano cited is experience, as most of the employees have worked for the company for many years.

"You're not getting some kid fresh out of school," he said.

Crisafulli Bros. office hours are 7 a.m. to 5 p.m. weekdays, but technicians are on call 24 hours a day, seven days a week.

For information, call 449-1782.

House Medic is handy helper

BY DEV TOBIN

For many people, not all of them women, the prospect of even a minor handyman job around the house is the occasion for some major procrastination.

You need the right materials and tools, and, usually, more know-how than you can quickly glean from a Reader's Digest how-to book or a chat with a home-improvement store guy.

And, in these increasingly busy times, you need the time.

If you're one of those for whom no small handyman job is too small, Bob and Jane Dawson of House Medic Handyman Service in Latham can help.

"I believe it's important to

customize each job to meet people's individual needs and situations," Bob Dawson said.

The Dawsons, who have owned the Home Medic franchise for four years, said that their philosophy is to provide clients with quality home repairs performed in a prompt, professional manner.

"We fill the niche that the larger contractors won't fill, said Jane Dawson.

House Medic can do all kinds of basic repairs, like installing light fixtures, storm door, shelving, garage door openers, gutters, window treatments, exhaust fans, vanities, overhead fans, garbage disposals, tub grab-bars, etc.

House Medic staff can also repair tile, faucets and dry wall,

and hang pictures on walls.

House Medic can also help people stay in their home by making the home more wheelchair-friendly — installing ramps, widening doors and lowering counters.

Whatever the project, House Medic is committed to customer satisfaction and its work is fully insured and guaranteed, Bob Dawson said.

"Our clients are the foundation of our business, and we act accordingly," Dawson said. "We treat each job as if we were repairing our own home."

House Medic services are available Albany, Rensselaer, Schenectady and Saratoga counties. For information on House Medic services or to set up a free estimate, call 783-9531.

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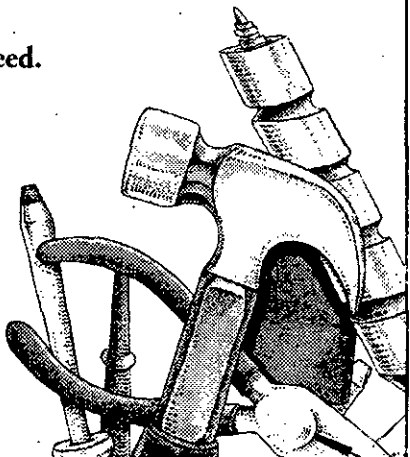


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Sunmark Financial Services offers investments

BY RONALD E. CAMPBELL

Sunmark Financial Services is a full-service discount broker and a wholly owned subsidiary of Sunmark Federal Credit Union, headquartered in Schenectady. The financial services unit is located in the Sunmark branch at 251 Saratoga Road in Scotia.

The financial services unit will buy or sell any security a

client wants and also can provide annuities when they are appropriate for the customer.

"Our offerings include over 110 mutual funds," said John Yonos, manager of the financial

services unit.

The company offers substantial discounts on commissions through its affiliation with Linsco Private

Ledger, a leading national brokerage wholesaler.

"We specialize in financial planning and investment planning," Yonos said.

He and his associate Michael Zito have the required licenses to trade any security listed on the major stock exchanges. Yonos also has an additional license that authorizes him to supervise a brokerage operation. Both are also licensed by New York state to handle annuity sales.

Yonos feels there are several facts about his operation that significantly differentiate it from others in the Capital District.

"Our financial services staff are compensated by salary only

and receive absolutely no commissions for securities trades or mutual fund sales," Yonos said.

"Another factor is we are not saddled with proprietary funds which creates pressure to sell the company product, instead of one that might be better-suited to meet an individual customer's needs or goals," Yonos said. "Finally we do no prospecting, like cold calls, telemarketing or direct mail, to solicit new clients. We deal only with referrals from the Sunmark customer base made from our branch system."

By eliminating commissions, prospecting and proprietary security products, Sunmark Financial Services staff are able to concentrate on

recommendations that are best-suited for each individual client.

"Diversification is important," Yonos explained. "Consequently, we will suggest different asset classes among several mutual fund families. This approach is designed to provide a good return with reduced risk."

Yonos said he welcomes young customers who want to start investing as little as \$25 a week. By working with young people, Sunmark hopes to build a lifelong relationship of steady asset accumulation for their members.

The Sunmark Financial Services unit is open from 8:30 a.m. to 5 p.m., Monday to Friday. For information, call 384-1502.

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*Securities are offered through on-staff registered representatives of LINSOCO/PRIVATE LEDGER. Member SIPC. Sunmark Financial Services, LLC is a registered investment advisory firm and a wholly-owned subsidiary of Sunmark Federal Credit Union. Investments are not guaranteed by the credit union or insured by the NCUA and involve risk including the possible loss of principal amount invested.

Meyers provides personal service

BY JOSEPH A. PHILLIPS

"No two people are alike, so why should their funerals be?" asked Stephen Meyers of Meyers Funeral Home in Delmar.

It may seem an impertinent question. But in the funeral business — an industry increasingly dominated by national chains, governmental regulation and increasing consumer awareness — an emphasis on individual attention is directly to the point.

Meyers is a partner with his father, Ben, in the funeral home at 741 Delaware Ave., a long-time community fixture and one of an increasingly rare breed in its industry: family-run, hometown in focus — and definitely not one-size-fits all.

"A funeral home should be more of a resource center for everything from financing funerals to bereavement

guidance," he said. "It's helping people through one of the most difficult times in their lives. We try to assist in preparing for the end of life and the grieving process by making it as easy as possible, being there at a difficult time and helping you through it."

Time was, funeral planning was a nearly taboo subject, only confronted at an emotionally trying time. But an increasing consumer-protective orientation on the part of regulators, industry watchdogs and the public has brought funeral planning out from behind the veil.

"A lot more people later on in years are pre-planning for their funeral needs," Meyers said. "Things have changed a lot in this business in that it's becoming more consumer-friendly."

But that makes in no less tricky a subject. With the cost

of even a minimal, straight-from-the-hospital "direct burial" funeral starting at around \$1,900, regulations now severely limit so-called "burial insurance" plans and require greater itemization of funeral services up-front by funeral directors.

Funeral directors like Meyers have therefore broadened their services and striven to break that taboo.

On hand at Meyers are consumer guides, pre-planning materials, even information and consultation on how to choose a nursing home while ensuring that one's final wishes are met.

"We can help set up funeral trust accounts, arrange Medicaid and nursing home approvals, offer guidelines for executors and help with Social Security filings," Meyers said.

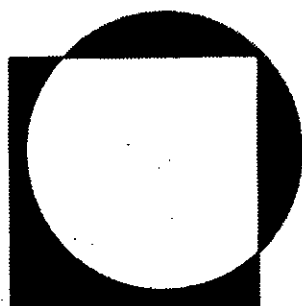
Meyers also operates a Cremation Funeral Service. And for those overtaken by circumstances before proper pre-planning can be accomplished, a handy checklist of "85 things that may need to be done by the survivor" is on hand at Meyers, to help people cope with what seems like an overwhelming task, both emotionally and logistically.

So don't be shy in talking about one of the biggest expenses — and hardest to face — in one's lifetime.

"Before you even consider making funeral arrangements, call around," Meyers suggested to gauge the comparative merits and costs of competing funeral operators. When choosing a service provider, let your wishes be clearly known — and expect caring and compassionate service.

"If the emotional and financial cost of a funeral is a concern to you, always consider your locally-owned, family-operated funeral home," he said.

"We're personal, not a big conglomerate from Houston, Texas, or Topeka, Kan.," he noted. "We're your neighbors, and we want to be there for you at this difficult time."



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- 2.) A Consumer's Guide in Arranging a Funeral
- 3.) Before Prepaying a Funeral Know Your Rights
- 4.) 85 Things That Need to Be Done by the Survivor
- 5.) Comforting a Friend or Loved One at the Funeral Home
(This will answer that question "What do I say to the family?")
- 6.) Helping Children Understand Death
- 7.) Getting through the First Weeks & Months After the Funeral
- 8.) Grief Tips
(Put together by Ben & Stephen Meyers)
- 9.) A List of Support Groups in the area
- 10.) A guideline for Executors*
(Won 1st place at Preferred Funeral Directors International 2000)

*This material should be available at all funeral homes! (But it is not).
This material and other material are free to be used at any funeral home.
These offerings or guides are available, please feel free to call 439-5560*



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Delmar's family owned funeral home, where you get to meet with the owner, (Ben & Stephen Meyers) that offers personal service, free advice, flexibility, and much more.

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Web Site: meyersfuneralhome.com
741 Delaware Ave., Delmar
(Near Cherry Ave & Delaware Ave, across from the high school at the stop light)

439-5560



Stephen Meyers

G'land

from page 19

Department of Transportation, the GCC cleaned up the area, removed trash and planted trees and seasonal flowers. This spring, around Arbor Day in April, the chamber is planning another cleanup day.

On the weekend of March 23 and 24, the chamber will host its ninth annual Regional Family Expo at Crossgates Mall. This year PAX Television, B95.5 radio and *Capital District Parent Pages* will promote the event and have booths at the Expo.

Also new this year, the chamber will provide free professional entertainment all weekend including a magician, a children's circus and puppet shows.

Sunday has been designated specifically as "Dance Demo Day" and will feature a variety of dance presentations by the Farrell School of Irish Dance, Tynan's Dance Ensemble, Dance Force from the Channel 6 and FLY 92 Show CR6 and Eleanor's School of Dance.

On Tuesday, April 9, the chamber and the Guilderland YMCA will host the fourth annual High School Job Expo from 8:30 a.m. to 2:30 p.m. at Guilderland High School.

Saratoga

from page 19

will be introduced. Aust explained that all new teachers in the region will be invited to this conference/trade show, where they can find out about the local business services that are available to them.

"There are 300 to 400 new teachers hired each year, and no opportunity like this exists," he said, explaining that anyone new to the area needs to know where he or she can find a real estate agent or a hair salon. "We're constantly looking to improve programs and services for our members."

Aust came to the Southern Saratoga chamber in September from the Adirondack Regional Chamber of Commerce, where he had been vice president. He said he made the move because of the exciting challenges of working in an area that is experiencing significant growth.

"It has really sparked a need for business advocacy on behalf of the businesses in the area," he said. "I want to take the chamber to the next level."

Senior

from page 14

nomination to the Albany County Office of the Aging.

Helen Wallace Fitzgerald and Dr. Robert and Marion Lamar were his choice for nominations, because of their commitment to their fellow seniors.

"All three of them have been extremely involved and active," Neary said. "We think that May would be a great time to not only celebrate them, but also other seniors who do so

Businesses with employment needs and internship/volunteer opportunities available are strongly encouraged to participate. Each year, more than 3,000 students from Guilderland High School, Schalmont, Berne-Knox-Westerlo and other local districts participate in the event.

Tuesday, May 14, is slated for the Albany County Senior Job Fair. This event was created to connect senior adults (which includes anyone 55 years of age and older) with various employment opportunities in the Capital District. This one-day event is sponsored by the chamber, Albany County Department of the Aging and the *Capital District Senior Source*, a new monthly publication for seniors.

The chamber also recently published its 2002 Guilderland Business and Community Directory, packed with info about the town of Guilderland, the Capital District, and chamber members and their businesses.

This free publication can be picked up at the chamber office, town hall or at Guilderland Public Library.

For information, call 456-6611 or log on to www.guilderlandchamber.com.

Aust explained that the chamber acts as a resource to help businesses achieve their potential, and offers programs and services to small- and medium-sized businesses that they might not find elsewhere. For example, members have access to low-cost health and dental insurance and programs on marketing, insurance and employment issues.

The chamber also hosts monthly mixers and other networking opportunities, as well as an annual gala. This year's black-tie gala, on March 15, will feature a "Phantom of the Opera" theme.

The Southern Saratoga chamber opened in 1967 as the Clifton Park/Halfmoon Chamber of Commerce. Shortly after opening, the name was changed, and since then, the chamber has grown significantly, to about 800 members today.

Membership continues to increase as more businesses and residents move into the region, Aust noted.

much as well."

Founded 21 years ago, the CSSC is located in the Beltrone Living Center at 6 Winners Circle. The nonprofit organization provides cultural, recreational, entertainment and social activities for seniors, along with transportation and guidance and assistance with health and nutrition needs.

For information, call the main office at 459-2857. For the transportation service, call 459-6064.

Fire

from page 20

portion of the operation is the work he does with home building contractors.

"We're the vendor of choice of the quality home contractors in the Capital District," he said.

Best Fire is also a full-service dealer that provides everything from advice and service to installation. Stritsman takes pride in his work and stands behind his work and his products.

"It's a technical product, and it needs to be designed and installed correctly," he said. "Our differentiation is that we start with advice and complete (the cycle) with installation. And we take responsibility for all we do. And that sets us apart."

While having a fireplace in your home can be attractive and add a peaceful aura, Stritsman explained that it's not all about aesthetics.

"This is where beauty and functionality come together," he said. "People are sensitive to rising energy costs, and they're looking toward alternatives. Many people live in larger homes with central heat. I'm not looking to replace that."

Pain

from page 10

from the menstrual cramps that come with the ebb and flow of monthly hormones."

Both over-the-counter and prescription drugs are effective in treating menstrual cramps. When they fail, Jacobs said it is time to determine if there is an abnormal or pathologic reason for the pain.

"Our challenge is to find out what is going on and treat effectively and efficiently," he said.

Pelvic pain can be traced to a variety of origins — gynecologic, gastrointestinal, urinary and musculoskeletal, as well as fibromyalgia, depression, malignancy, hernia or disc disease. In order to get to the root of the problem, women should provide a complete medical history to their gynecologist and pay close attention to her body.

"Keeping a diary for several cycles, documenting when the pain happens relative to her menstrual cycle, whether the pain is dull, sharp or cramp-like, where it is and how far it

Recover

from page 14

in others, women are referred there after other treatment methodology fails.

"They are often very ill and often have mental health issues, which can be because of the drugs," she said. "We deal with a lot of women who have had a lot of trauma."

Yet, the Next Step mission is to not only to treat the disease of chemical dependency but also to focus on more indirect triggers that could cause someone to relapse once out of the program.

"We want to look at all

Stritsman said installing a fireplace or stove can provide energy savings. His products have a high heating efficiency which either equals or surpasses central heating systems. An efficient fireplace can work in harmony with a central heating system. Adding a fireplace or stove can allow a homeowner the ability to zone heat and keep a living area warm, while reducing heat in other rooms. Plus, all these products can function during power outages.

Building on Best Fire's 25-year success, Stritsman added outdoor products last year.

"We've moved the good times outside," he said.

The new products include barbecue grills and accessories, retractable awnings, outdoor furniture and accessories and outdoor fireplaces.

Stritsman is applying the same dedication to service; responsibility; and accountability to his outdoor line that has made his indoor business a success.

Best Fire is located 1.5 miles west of Colonie Center. For information, call 869-9600 or log on to www.bestfire.com.

spreads will help her doctor determine the cause of the pain," Jacobs said. "With this information, a woman's doctor becomes a detective trying to solve the mystery of what organ or tissue is most likely causing the pain."

Common causes of pelvic pain are inflammation or infection of the bladder and/or urethra; gastrointestinal disorders like irritable bowel syndrome; musculoskeletal problems, often related to bad posture; endometriosis; and fibroid tumors.

"There's just no reason for most women to live with chronic pelvic pain," Jacobs said. "Advances in medicine and surgery have given us incredible tools to diagnose and treat. Of course, early diagnosis and treatment can, in most cases, result in the best possible outcome."

For information about pelvic pain, check out the following websites: pelvicpain.org, acog.org, endometriosis1.com, endozone.org and obgyn.net.

aspects of people's lives to help them make better choices," Kibrick said.

This could mean inviting a woman's family to the facility to educate them about drug habits and the addict's psyche. It could mean giving educational seminars on HIV and AIDS prevention.

But it also means helping women get training for a better life. After going through the intensive residential program, some women will move out of the Sherman Street facility to another year in supportive living or supported housing programs.

Ranking

from page 10

Together, patients, family members and therapists alike complete a demanding schedule of rehabilitation individually designed to maximize the patient's independence.

And Sunnyview provides the chance to go home: 94 percent of its patients are discharged to their homes or other community settings following an inpatient stay.

Other community members benefit from Sunnyview's numerous outpatient programs in speech and hearing, cardiac rehabilitation, sports injuries, driver training, vascular disease, pulmonary disease, osteoporosis, community education and Lifestyle Wellness Center (available to members of the community via a membership system).

Additionally, Sunnyview is now offering integrative therapies such as massage therapy and yoga on a fee-for-service basis.

Recognizing that no two patients, regardless of diagnosis, are the same, Sunnyview staff works as a team to evaluate and treat each patient on an individual basis. This approach often results in a bond between therapists, patients, medical and psychological professionals, as well as family members, a bond that frequently plays a role in the patient's overall success at regaining an independent lifestyle.

Each Sunnyview program is unique, taking the approach that the patient is the central focus of any therapeutic regimen.

Sunnyview provides in- and outpatient services in the following areas: cardiac (heart) rehabilitation; post-stroke, including constraint-induced therapy; orthopedic/joint replacement; amputee rehabilitation; pulmonary (lung and breathing problems); peripheral vascular disease; traumatic brain injuries; muscular disorders (including fibromyalgia and Guillain-Barré syndrome); supported employment service; massage therapy and other integrative therapies; and Lifestyle Wellness Center and therapy pool.

For information, call 382-4500 or log on to www.sunnyview.org.

"The supported housing program is so she can get a little bit of help before she starts making a better income," Kibrick said, "and the supportive living is so she can work toward a career."

The Next Step has downtown apartments and provides rental subsidies. And vocational training completes the loop, helping women gain the resources they need to stay clean.

The Next Step accepts donations of clothing, small household items and money. For information, call Kibrick at 465-5249.

Helping hands



Jennifer Appleby and Pat Gregory teach kindergarteners at a School's Out class at Hamagrael Elementary School in Delmar. For information on the before- and after-school program, call 439-9300. Joe Higgins

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St. Gregory's longevity something to celebrate

In 1962, a group of parents came together to form a Catholic boys' school whose primary emphasis would be academics.

This year, Saint Gregory's School on Old Niskayuna Road in Loudonville celebrates 40 years of success, measured mostly by the accomplishments of the school's 568 graduates.

The school's mission statement includes a solid commitment on the part of the trustees, faculty and parents to a rigorous, dynamic education that will prepare boys for demanding secondary school programs.

Fifty-two percent of the students in fifth through eighth grades have obtained recognition in the Johns Hopkins Talent Search program.

In addition to academic excellence, the school works to inspire a sense of leadership through extra-curricular activities. The Knight's Society lets students and teachers form better relationships as they work together on non-academic projects.

Over the years, the Knight's Society has supported Toys for Tots, and last year, contributed more 5,000 pounds of food to local food banks.

A newly completed gymnasium, opened in 1999, helps the boys compete interscholastically in soccer, basketball and track and field.

The physical education program includes cross-country skiing, lacrosse and European handball.

For pre-schoolers, St.

Gregory's offers co-educational classes. The nursery program for 3-year-olds is two, three or five half-days per week. The five half-day pre-kindergarten class for 4-year-olds can be extended into two, three or five full days. Kindergarten is full-day and also co-educational.

St. Gregory's will host an open house for prospective students and their families on Wednesday, March 13, from 9 to 11 a.m. Members of the Knight's Society will give tours.

The school also plans a 40th anniversary gala dinner and auction on Saturday, May 4.

For information, call 785-6621.

update
2002
a progress edition

Chiropractic studies in a beautiful setting

Located on a 286-acre campus in Seneca Falls, Seneca County, New York Chiropractic College (NYCC) offers a competitive academic program in a beautiful setting.

Chiropractic care, the largest form of alternative healthcare in the United States, is based on the philosophy of healing without prescribing drugs or using surgery.

According the Chiropractic College's literature, "The profession is concerned with the diagnosis, prevention, and treatment of disorders of the neuromusculoskeletal system, and the effects of these disorders on the nervous system and health in general."

The practice is geared toward the treatment of "causes, not symptoms."

The school was established in the early 1900s, but moved to the former Eisenhower College campus in 1991. NYCC attracts students from throughout the Northeast and Canada. One of the premier chiropractic colleges in the United States, NYCC has students from as far away as Florida and Ohio and has 720 full-time students. With those numbers, the program offers a 13:1 student-faculty ratio.

Students at NYCC complete a course program over a three-and-a-third year period, which runs on trimesters. During the first two years of the program, students complete various

courses in the basic sciences and chiropractic technique. Their final year is spent completing a clinical experience at one of three satellite locations in DePew, Erie County, Syracuse or Long Island.

To be accepted into the program, students must have completed a minimum of 90 undergraduate hours and maintained a minimum GPA of 2.5. Eighty-five percent of the students enrolled at the college have obtained a bachelor's degree or higher. As students at NYCC, they will participate in a rigorous academic program and tally upwards of 26 credit hours per term.

The location, facilities, and faculty at NYCC set it apart from other chiropractic colleges in the country. With the recent addition of a \$3 million academic building and a research facility with technological capabilities for distance learning, students at NYCC are offered the most technologically advanced academic amenities. Plus, the shores of Cayuga Lake are lined with the college's residence halls, athletic and research facilities. And there's even a golf course on campus. Each year, NYCC graduates students who are prepared for careers in research, education or private practice.

For information about the college, visit its official Web site at www.nycc.edu.

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2360 Route 89 • Seneca Falls, NY 13148 • 1-800-234-6922 • www.nycc.edu

Chancellor's report: SUNY is growing stronger

The State University of New York (SUNY) is making significant progress in its move to the forefront of American higher education, according to SUNY Chancellor Robert King's annual report to the board of trustees in mid-December.

Indicators of progress include the record number of students attending SUNY colleges during the current academic year; the quality of faculty and administrators the system is attracting; and the increasing recognition of SUNY institutions, programs, and faculty.

King's report also emphasized the importance of outside funding to help fuel SUNY's quest for national prominence. Outside funding for activities such as research

was up by \$40 million over the past year to a total of approximately \$590 million, and capital campaigns currently under way at 24 campuses are expected to generate \$1 billion, with almost half in hand.

"The record number of students choosing the State

University speaks not only to our growing reputation for quality education based on our

exceptional faculty, administrators, and staff, but also to the success of our efforts to spread the word about the university's excellence," King said. "And, as our reputation grows, so does our ability to raise outside funds."

In 2001, total enrollment grew for the fifth consecutive academic year to 383,153

students in fall 2001, up 2.3 percent since fall 2000. Full-time undergraduate enrollment is the highest in the university's history — 235,548 — up 4.4 percent from last fall. Mean high school averages for entering freshman are expected to surpass 90 percent at doctoral campuses, rise to 87 percent at the comprehensive colleges and rise to 81 percent at the technology colleges.

Last year, King announced the university's overall goal was to generate \$5 billion in sponsored activity, including research, over five years. He reported that funding for sponsored activity, including research, climbed to \$593.9 million in 2001, up from \$554.6 million in 1999-2000 and up

from \$501.3 million in 1998-1999. SUNY's Office of Philanthropy and Alumni Affairs, created in 2001, will work with campuses to strengthen alumni programming and support the acquisition of more gifts.

SUNY faculty and administrators hired during 2001 include Navy vice admirals John Ryan and John Craine, future and interim president of SUNY Maritime College, respectively; Herbert P. Bix, winner of the 2001 Pulitzer Prize for general non-fiction, who joined Binghamton University faculty as a full professor in both sociology and history; and other talented university professionals from across the country in fund-

raising, government/federal relations, legal affairs, enrollment management, institutional research, and marketing and communications.

The State University of New York is the nation's largest public comprehensive system of higher education, a unified statewide system of 64 campuses committed to serving New York with pride and academic excellence. It includes 30 community colleges, residential technology colleges, five partnership colleges, 13 arts and sciences colleges, four research universities and two academic health centers. The State University enrolls 382,000 students and employs more than 75,000 faculty, administration and staff.



The Music Studio plans tuneful 25th birthday

The Music Studio, at 1237 Central Ave. in Colonie, is turning 25 this year, and director Noel Liberty said the celebration plan is simple.

"Music, followed by more music," she said. "And then if there's time, we'll squeeze in a bit more music."

Since Liberty established The Music Studio in the old Roessleville School in Colonie, it has provided thousands of students with group and private piano instruction.

Liberty said that a good number of those students stay in touch with their former teachers long after they complete their lessons, and now bring their own children to The Music Studio.

"This is a reverse image of the many parents with no musical background who opt to enroll in adult classes at the school after having watched their children's instruction," Liberty said.

"There is a long tradition of family participation at The Music Studio," she said, "that I know helps contribute to the school's longevity, and more importantly, increases our students' enjoyment. So when I say there will be lots of music, I mean there will be lots of music for the entire family."

As in past birthday concerts, performers will include current and former students matched with professional musicians, some of whom are likely to be former students.

"Music performed by your own students makes the celebration much more special," Liberty said. "It celebrates what our 25 years have been about by involving the people who played the largest roles — our students, their families and our teachers."

In planning for the celebration, Liberty has been

struck by a common theme in all three of those groups.

"We've been so fortunate," she said. "Our students, even the youngest ones, really give their all. Then their families, not just their parents and siblings, but often aunts, uncles and grandparents also do incredible things to support them."

Liberty is equally enthusiastic about the teachers.

"Because of the different types of piano instruction we offer and the performance standards we require, our teachers have to be extremely flexible," Liberty said.

"Again, the school is very fortunate," she added. "All of my colleagues are capable of extraordinary things. The fact that most of them have been teaching at the school for 10 years or more speaks volumes about their dedication and talent."

Liberty is keeping mum about the actual birthday concert itself, other than to say that it's scheduled for early autumn.

"Birthdays are as much about taking stock of the past as they are a springboard to the future," she said. "In our past birthday concerts, our students have shared the stage with professional musicians from the Albany Symphony Orchestra and the St. Cecilia Chamber Orchestra, among other organizations. The music was astonishing and the motivation even more so. I'm using those experiences as our starting point for this birthday concert, but we're interested in doing something very special. Something surprising and fun."

Liberty will give a hint about what's to come.

"Did I mention there will be music, lots of it?" she said. "There really will be."

For information, call The Music Studio at 459-7799.



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State University of New York at Fredonia

CBA provides young men with a solid education

BY RONALD E. CAMPBELL

Founded in 1859 by the De La Salle Christian Brothers, Christian Brothers Academy takes great pride in the fact that 100 percent of its graduates since 1980 have been accepted to college.

CBA — which offers young men in grades six through 12 a

Catholic education at its campus at 12 Airline Drive in Colonie — appears to be on track to maintain that record this year, with 82 percent of the seniors having already applied to colleges and 43 percent of that group already accepted as of Feb. 1.

Principal David McGuire, in his second year at CBA after

having retired as principal of Albany High School, said the largest number of students come from Albany, with Clifton Park the next highest since the school moved to Colonie from Albany four years ago.

According to McGuire, the reason for CBA's popularity in Clifton Park is that the Shenendehowa Central School

District has become so large that parents look at educational alternatives that provide more of a nurturing atmosphere, like CBA.

"The atmosphere here is so positive and so focused on God, education and our country that it is a wonderful experience for a young man to find himself and become accepted," he said.

While most of the students come from the Capital District, they also come from Columbia, Fulton, Greene, Montgomery, Saratoga, Schoharie and Warren counties, as well as from Vermont.

"It represents a big commitment and sacrifice for parents to get the students here each day," McGuire said.

CBA students must achieve high academic standards. It takes 26 units to graduate, compared to the state Regents requirement of 20.5. CBA students had an average score of 1,021 on last year's Scholastic Aptitude Test, well above state and national averages. Sixty percent of the current student body made last spring's honor roll.

The 65 graduates of class of 2001 earned more than \$2.4 million dollars in scholarships, and over the last eight years, graduates have amassed \$16 million in college

scholarship money.

Extracurricular activities include the school's marching band, which will make its eighth annual appearance in New York City's St. Patrick's Day parade March 17.

In addition to paying annual tuition fees of \$7,000 for high school and \$6,500 for middle school, students must pass an entrance exam and acquire military-style uniforms for everyday dress at the school and its functions.

A scholarship pool of \$200,000 is made available to students who need financial aid every year, McGuire noted.

Many students do not have to rely on private transportation to get to the campus, since most local

school districts provide bus service and Capital District Transportation Authority runs two buses to and from Albany daily at a round-trip cost of \$1.

CBA will sponsor an open house for prospective students and their families on Sunday, March 24, from 1 to 3 p.m.

And the entrance exam for prospective students will be held on Saturday, April 6, beginning at 8:30 a.m. There is a \$10 fee for the test.

For information, call 452-9809.

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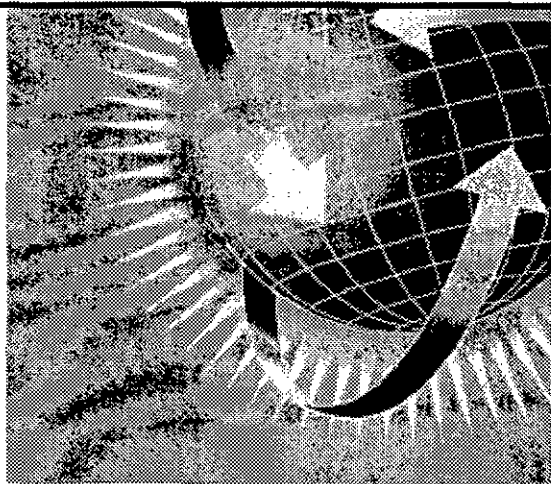
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Albany Academy for Girls stresses college prep

BY KATHERINE MCCARTHY

We've all heard the stories of superb high school seniors applying to tons of colleges, and not getting in.

While some of that may be exaggeration, Kristy Leach, director of college counseling at Albany Academy for Girls, said that the college application and acceptance process is a whole different ball game than it once was.

"Demographically, there are more high school seniors than there used to be," Leach said. "The majority of those seniors are going to four-year colleges; many more than would have even 20 years ago."

In addition, all those students apply to more colleges than previous generations did.

"People get scared that they won't get in, so they apply to 10 colleges, and get into four or five," Leach said. "Sometimes, too, it can be a mark of achievement. We've all been at parties where parents rattle off the list of schools that accepted their children."

Leach pointed out that people who apply to a great number of schools are usually applying to "higher-end schools."

"The top schools can be selective," Leach said. "You have to be smart, get good grades, and have good SAT scores, but those schools can also round out their student body, so they look beyond academics."

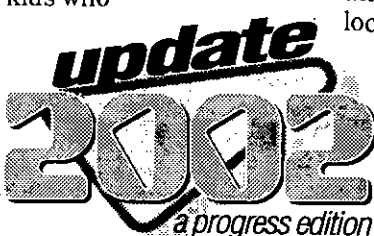
Generally, Leach said, colleges like the "baby

boomlet," since it gives them more choice.

There is another factor for them, though, as kids who are accepted at a number of colleges then have to choose among them.

"Ten years ago, colleges knew that one out of five of the students they accepted would come to their school," Leach said. "As more students apply to more schools, it means that something more like one in every 10 students they accept will come to their school."

Colleges have reformulated their number of acceptances,



Leach said, or increased the number of students they accept early decision, which means that more students lock into their college choices earlier in their senior year of high school.

Albany Academy for Girls positions its 120 upper school students well by developing a strong program that begins in ninth-grade.

"We tell students that this year will be part of their high school transcript," Leach said. "We also encourage girls to get involved in extra-curricular

activities. In their sophomore year, they take the PSATs, and start looking at the rest of their high school classes, and thinking about what honors or advanced placement classes they'll take."

Halfway through students' junior year, Leach and student advisers begin meeting with students and their parents, to draw up a list of potential colleges. Students also complete a mock college application.

In their senior year, students focus on filling out their actual college applications, and figuring out which schools are the best for them.

"My recommendation is

that students apply to six or seven colleges," Leach said. "There should be one or two that are reaches for the student, one or two that are 'safety' schools, and one or two right in the middle."

Leach said that most graduates of Albany Academy for Girls get into schools of their choice.

"Our small size gives the students a real advantage," Leach said. "Students can be involved in what they want to be involved in. Also, the people who write letters of recommendation for our students really know them. In my letters, and the teachers, we're really talking about the student."

New leader moves Cazenovia College forward

A new vision and mission statement resulting from a college-wide strategic planning effort; a seven-point increase in standardized test scores over last year's freshman class.

A new first-year seminar program consisting of 20 classes that collectively were the highest-rated courses on campus this fall; an internship and expo program recognized as a model for other colleges and universities.

Cazenovia College President Mark John Tierno counts these among the many accomplishments of this small, independent, four-year residential college for men and women.

When Tierno assumed the helm of the 177-year old college last year, he did so with

confidence and fresh eyes, focusing on a new direction for the historic institution.

"Cazenovia College is poised to take its rightful place in history, to be recognized among the leading small undergraduate colleges in the United States," he said. "The accomplishments of this past calendar year demonstrate that we're well on our way toward that goal."

"Faculty and staff members in every department of the college — including nationally recognized professors, program directors, grounds supervisors and administrative assistants — are making progress on virtually every level," Tierno said.

Founded in 1824, Cazenovia College was a two-year women's

college in the 1960s and 70s, Cazenovia College shifted gears in the 1980s, offering its first baccalaureate degree programs.

"Central to our evolution is to lead the college more to a four-year status," Tierno said. "This year, 92 percent of our new students entered baccalaureate degree programs."

One new initiative launched this year, the Academic Achievement Awards program, is designed to recognize entering students who have exhibited superior academic and leadership qualities in secondary school.

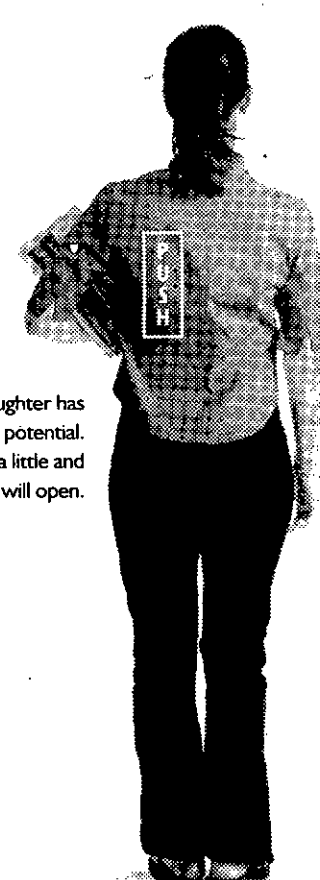
"This initiative supports our plan to attract the best and brightest students to our programs," Tierno said. "This initiative combined with other

strategic efforts resulted in a seven-point increase in standardized test scores among this fall's freshman class."

Cazenovia College's academic milestones in 2001 also include a new bachelor's degree program in early childhood teacher education and national accreditation of its laboratory nursery school.

In 2001, Cazenovia continued to make technological enhancements to academic programs, improved its laboratory nursery school and theater facilities, completed its residence hall renovations and broke ground for its new fitness center.

Planning continues this year for a new art and design center which will open in the fall of 2003.




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