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The Spotlight

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Volume XLV No. 6 Seventy-five cents

March 20, 2002

Eye spy

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BC names Tebbano as high school chief

By RONALD E. CAMPBELL

The Bethlehem School District has named Michael Tebbano principal of the high school.

The school board offered the position to Tebbano on March 13 and he accepted the next day.

"He will be officially appointed by the board at its meeting on (tonight) March 20," said district Superintendent Les Loomis.

Tebbano, 48, has acted as interim assistant principal of the high school this year, sharing administrative respon-



Tebbano

sibilities with Arlene Maranville, acting interim principal.

"Tebbano is one of the best educators I've worked with," said Loomis. "I admire his vision and the way he works with people. He knows what it takes to lead," said Loomis.

"My vision," said Tebbano, "includes maintaining the value of the education program in light of changing assessments and standards, and contribute to the continued growth in the district as a learning community." His role as principal, he feels, "is to create

TEBBANO/page 17

BCMS all ears over show

By KATHERINE MCCARTHY

The classic tale of a boy's love for his treasured stuffed rabbit will come to life at Bethlehem Central Middle School this Thursday, Friday and Saturday, when Staged Creations presents "The Velveteen Rabbit."

The play is based on the book by Margery Williams, which tells the story of a boy so sick that his toys must be burned. The boy's love for his rabbit works some powerful magic, and that's part of the reason that sixth grade teachers Sarah O'Connell and Jennifer Grand chose this particular play.

"I had been thinking about doing this play for a couple of years," O'Connell said. "With everything that has gone on in our

world, I wanted its special message of what it means to be loved, and how to give love, out in the community."

"Its message is that love can heal every wound," said sixth-grader Molly Gordon, who's working on publicity for the play. "It's a great kid-oriented play that 6- to 9-year olds will especially enjoy. It's really fun, there are all these toys everywhere."

O'Connell and Grand started Staged Creations six years ago, to provide a dramatic outlet for kids who weren't likely to be involved with the musical. Since then, student involvement has tripled in size. O'Connell is the stage

BCMS/page 17



Amanda De Marco of Delmar peeks through a microscope at Colonie Center last Saturday. Jim Franco

Voorheesville girls take state crown

By ROB JONAS

Four years ago, Andrea Burch, Katie Inglis and Brittany Baron were among those who watched from the stands at Hudson Valley Community College as Voorheesville won its first state title in girls basketball.

Last Sunday, they helped the Blackbirds win their second state title on that same court.

Burch and Baron combined for 37 points, and Inglis knocked in the go-ahead three-point basket late in the fourth quarter to guide Voorheesville past Sidney (Section IV) 64-61 in the Class C championship game.

"It's crazy because I was in seventh grade when they won," Inglis said. "I was so excited, I couldn't wait to get in their shoes. Now, all those seventh graders are looking up to us."



Coach Jon McClement's smile says it all.

"Ever since I was a freshman, this is what I wanted to do," said Burch, who earned the tournament's most valuable player award after scoring 19 points and pulling down nine rebounds in the title game.

The Blackbirds had to overcome a lot to win the championship. They had the daunting task of beating the top two

ranked Class C teams in the state — South Seneca (Section V) in the semifinals and Sidney in the finals.

The nerves showed in the first few minutes of last Saturday's semifinal game against South Seneca, but Voorheesville overcame its slow start to pull out a 59-51 victory to advance to its second state final in the program's history.

"Our (regular) season prepares us," Voorheesville coach Jon McClement said. "Early in the season, we had some close games where we didn't hit our shots at the end. Now, we're hitting those shots."

If the Blackbirds had any trepidation about playing the unbeaten Sidney Lady Warriors in Sunday's championship game, they didn't show it. Voorheesville jumped out to a 14-2 lead midway through the first quarter and built a 21-8 lead by

CROWN/page 23

Town taps into tougher water bans

By JOSEPH A. PHILLIPS

Among a host of issues on its March 13 meeting agenda, the Bethlehem town board approved water-use restrictions that Public Works Commissioner Bruce Secor called "more restrictive than we've ever had before."



Secor

At Secor's recommendation, the board adopted a resolution imposing a moratorium on permits for the installation of new lawn-irrigation systems or new lawns, setting limited hours for watering

BANS/page 23



Bethlehem police arrest three on DWI charges

By JOSEPH A. PHILLIPS

Three local residents faces charges of driving while intoxicated (DWI) following arrests by Bethlehem police last week — while two others pleaded guilty to similar charges in New Scotland Town Court.

Jason Jerry Drazhal, 21, of 101 Astor Court, Delmar, was stopped by Officer Craig Sleurs shortly after 3 a.m. on Saturday, March 9, for running a red light on New Scotland Road at Cherry Avenue Extension in Slingerlands. After administering field sobriety tests

and a preliminary screening, Sleurs arrested Drazhal for DWI and cited him for the traffic violation. He was due in Town Court March 19.

Matthew Charles Lewis, 30, of 1406 Indian Fields Road, Feura Bush, was arrested the morning of March 10, about 3 a.m. Officer Adam Hornick, parked in the lot of Bethlehem Central High School, observed Lewis' vehicle southbound, operating at excessive speed.

After administering field sobriety tests with the assistance of Officer James Rexford and conducting a preliminary

screening, Hornick arrested Lewis for DWI, also citing him for speeding, failure to keep right and an expired inspection sticker. Lewis was ordered to appear in town court on April 2.

Rexford arrested James Roosevelt Gibson, 32, of 148 Old Ravena Road in Selkirk, shortly after 1 a.m. on the morning of Monday, March 11. He observed Gibson's weaving vehicle, with two juvenile passengers aboard, southbound on Route 9W near Jericho Road, and cited him for failure to keep right and crossing hazard markings.

After conducting field sobriety

tests, he charged Gibson with DWI and two counts of endangering the welfare of a child, and ordered him to appear in town court on April 2.

Meanwhile, two residents appeared in New Scotland Town Court on March 7 to face DWI charges.

Rose Peragine, 34, of 3367 Delaware Turnpike, pleaded guilty to DWI stemming from a Jan. 26 arrest by Albany County sheriff's deputies. She was fined \$500 and a \$125 state-mandated surcharge, sentenced to three years' probation and had her license revoked.

Kathleen M. Csiza, 27, of 10 College View Drive, Voorheesville, arrested on Jan. 27, pleaded guilty to a reduced count of driving while ability impaired (DWAI), and was fined \$300 and a \$35 surcharge. Her license was suspended for 90 days.

Both Csiza and Peragine were ordered to undergo drinking-driver remediation and face a victim impact panel.

Dog deters burglary attempt

A family dog apparently foiled an attempted burglary at a Delmar home last week, according to a Bethlehem police report.

The incident occurred about midnight on Thursday, March 14, at a home on Kenwood Avenue. Awakened by the barking dog, the resident heard noise in the garage adjoining the home, and upon investigation found that a would-be burglar had apparently broken a glass pane of the garage door and opened it — and then attempted to remove a snow-blower inside. The would-be thief fled before the homeowner arrived.

Police searching the neighborhood were unable to locate anything suspicious, and nothing appeared to be missing from the garage. Detectives are investigating.

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Galesi looks to buy warehouse site

By JOSEPH A. PHILLIPS

One of the Capital District's largest industrial landlords is seeking to acquire a vacant 350,000 square foot warehouse near Selkirk and refurbish it into a "world-class distribution center" for an as-yet-unnamed, nationally-known tenant.

Galesi Group of Rotterdam is seeking tax incentives through the town Industrial Development Agency (IDA) to help clinch the deal — and expedited review to accommodate its prospective tenant, which hopes to be operational in Bethlehem by summer.

Galesi owns and leases more than 10 million square feet of industrial real estate in the region, including the Northeast Industrial Park in Gunderland and similar parks in Glenville, Green Island and Rotterdam. They have secured an agreement — contingent in part on agreement with the IDA — to purchase the former James River Paper Co. warehouse at 158 West Yard Road, off Route 32 near Feura Bush, from a Japanese investor group.

Galesi seeks a lease transaction with the IDA, under the name Selkirk Ventures LLC, and will seek a payment-in-lieu-of taxes (PILOT) agreement. The IDA board took up the proposal at a meeting Tuesday morning.

The application estimates the cost of acquiring, renovating and re-equipping the facility at about \$14.3 million.

"We have made a major commitment to the Capital District, and this is the type of large industrial facility we are most interested in," said Buicko. "We're very interested in buying the property and making it available to a tenant."

Buicko declined to name that tenant, but characterized it as a publicly-traded, multi-billion-dollar international company seeking to open a northeastern distribution facility for non-paper computer supplies and accessories as part of a major expansion program.

"We may use it for our own use too," Buicko said. "And there's nothing to preclude our moving someone from one of our other industrial properties. There are too many moving targets yet (to confirm a specific tenant)."

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Buicko confirmed to the IDA that the principal would-be tenant is seeking to move quickly. "Bethlehem is the only New York State site the company has said they would go to," he said.

He projected the facility would create as many as 300 jobs within five years — and said he has secured grant commitments from the state's Empire State Development Corporation and the Albany County Partnership, the county's development arm.

Galesi does not plan any new construction on the 34-acre site, but will renovate the offices and recondition the warehouse. But he said there was a possibility of adding 100,000 square feet of warehouse space on the site in the future.

"Right now, it's pretty dilapidated in terms of the exterior," Buicko said. "It's been a vacant building for a while and not well maintained."

The eight-member investor group in Japan that owns the property — used by American Honda as a vehicle storage and distribution warehouse before James River's tenancy — faces financial difficulties at home, exacerbated by the death of several of the investors.

"Having three of the eight owners deceased, the others are predisposed to sell the property," he said. Several hurdles remain to obtaining clear title to the site.

What chiefly interests Galesi in the property, Buicko said, is its size and location.

"This is an interesting building because it's in an existing industrial area," he said. "It doesn't have any likely impact on a residential area. What also appeals to us is the size. Very large industrial buildings don't come around very often, and when industrial buildings become vacant we tend to become interested in them." He also cited West Yard's proximity to rail transportation, highway access and potential customers in the Selkirk industrial area.

Galesi has tentatively secured a commitment from Fleet Bank to finance the purchase and renovation.

"We are looking to buy the building if we can buy it for the right price," he said.

To that end, Galesi has applied to the IDA for a "straight lease" agreement — which nominally makes the IDA owner of the property, thereby entitling the applicant to breaks on mortgage-recording taxes and sales taxes on new equipment.

They also will seek a 15-year PILOT, with perhaps as much as an 85 percent property-tax exemption in the first year of the agreement. The facility is currently on the tax rolls in the town of Bethlehem and the

Ravena-Coeymans-Selkirk school district, assessed at more than \$6 million, and the proposed PILOT could mean exemption from more than half of their property tax bill over the life of the deal.

That could have potentially serious revenue implications for a school district already on a contingency budget, shouldering debt for a major building program and facing a challenge from CSX over the assessment of the Selkirk Rail Yards and potential challenges from the likes of GE and Owens-Corning. RCS Superintendent Robert Drake and Assistant Superintendent for Business Donald Weiser attended yesterday's IDA meeting.

"Obviously, the big issue is, are we willing to give them a fairly aggressive tax agreement?" IDA chairman Michael Tucker said. "I'd like to wait and hear what they propose."

But Tucker added, "We need to acknowledge that economic development includes not just tax base development but job development also."

The IDA is scheduled to meet again on March 28 but may meet sooner to consider an "inducement" resolution to launch the application process. A successful PILOT agreement could pave the way for future Galesi projects in Bethlehem.

"We've not done business in Bethlehem before, but we don't just do one project in a town," Buicko said. "If we're doing business in the town of Bethlehem, we're going to look at other things."

Residents object to bank sign

By JOSEPH A. PHILLIPS

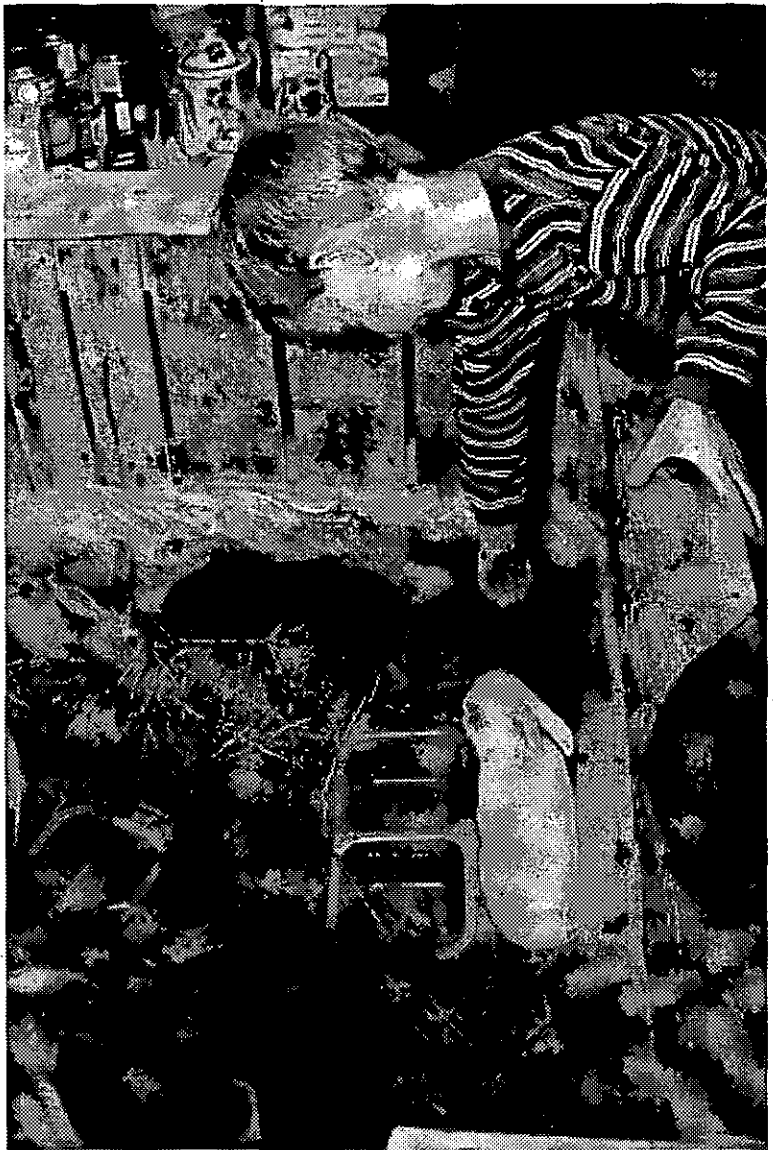
Hudson River Bank & Trust hopes to hang out its shingle at a new branch in Voorheesville in early April — but what that shingle will look like remains at issue before three different village regulatory agencies.

In January, the bank purchased a former Fleet Bank branch office at 13 Maple Road and announced plans to renovate the facility and open it as Hudson River's 53rd branch in Albany County. The bank secured approval of the village Planning Commission for its renovation plans on Jan. 16.

But village ordinances also require additional site-plan review of the facility's signage. Two public hearings are set for tonight, March 20, before the Planning Commission, one concerning the bank's request for two signs to be attached to the building, the other on the proposed installation of a free-standing electronic time-and-temperature sign in front of the bank, similar to those at other local Hudson River branches.

The electronic sign, however, would first require a variance from the village zoning code, which bans such displays. Hudson River has applied to the village zoning board of appeals for a variance, and that body

Hop to it



Alex Chauout pets the rabbits at Indian Ladder Farms last Saturday.
Jim Franco

conducted a public hearing on Wednesday, March 6, on the request.

Mike Matthews of Sign Studio of Troy, the would-be installer, appeared before the zoning board, and said that the bank hoped to have the new signage in place in time for a grand opening tentatively slated for April 8. He agreed to limit the electronic device, if approved, to 6 feet in height and 60 inches wide to comply with code restrictions on the size of stand-alone signs.

But several village residents attending the hearing objected to its continuously-updated flashing display, calling it a distraction to traffic on Route 85A.

"I just think it's wrong for the area, and wrong for us to step away from the guidelines we have right now," said Maple Avenue

neighbor Darren Rivenburg. "It's just not for Voorheesville."

Added Scotch Pine resident Bill Haaf: "Signs like this are appropriate in an urban setting, not in a rural area like Voorheesville. I don't think Hudson River's version of 'the golden arches' is particularly attractive."

The zoning board suspended the hearing, pending an environmental impact determination on the proposal by the village Conservation Advisory Council, in keeping with the policy adopted by the village board of trustees. The CAC was due to meet last week, and the zoning board last night, hoping to conclude its review of the variance request before tonight's Planning Commission hearings.

Pair nabbed on stolen car charge

By JOSEPH A. PHILLIPS

A routine traffic stop on Friday, March 15, led to the arrest of two Albany residents on felony stolen-vehicle charges.

The 1:45 a.m. incident occurred when officer Craig Sleurs observed a vehicle westbound on Delaware Avenue whose driver was not wearing a seatbelt. A vehicle check, run as he followed the car onto Borthwick Avenue and then Nathaniel Boulevard, turned up an active stolen vehicle report filed in Schenectady, and Sleurs halted the vehicle after it pulled into a driveway.

The driver, Norman Gregory Davis, 20, of 768 Old South Pearl St., Albany, and a passenger, Sheila Morency, 20, of 382 Lawrence St., Albany, were each charged with criminal possession of stolen property. Davis was also cited for unauthorized operation of a vehicle and a seat-belt violation.

Davis and Morency were arraigned before town Justice Frank Milano, who ordered them sent to Albany County jail without bail, pending a preliminary hearing scheduled for today, March 20. Both are due in Town Court on April 2.

Elder son surpasses mother in height department

By KATHERINE MCCARTHY

We've been measuring for the better part of this school year, two-months-from-12-years-old Christopher and I, standing toe-to-toe, his hand angling slightly upward as he reaches from the top of his head to the top of mine.

We've called in a higher authority on more than one occasion, and listened to Dad cluck his tongue as he performed the back-to-back measurement. "Not too much longer, but Mom still has the edge," was the assessment for a long time.

Then one morning Chris-

COMMENTARY:

*Mom's
the
Word*



topher stopped on his way to the kitchen doorway to ask me a question. Before he could speak, Chris, senior, sighed. "It's happened," he announced.

"No," I insisted, "I just haven't straightened out for the day yet." I pulled myself from the making peanut butter-and-jelly sand-

wiches and wondering if they'd eat fruit with their lunches pose, trying to muster as much height and dignity as possible in a ratty red robe and boot-like fleece slippers.

"No," Christopher grinned, "I'm taller than you now." Well, that changes everything. "There's still the stairs," I told him, reminding him of what a friend of his Nana's had told us. Her daughters towered over her by middle school, and when her words required authority, she called them over to the staircase, so that she could stand above them for a few minutes.

Fortunately, Christopher's extra height seems to not be so much about authority, for he is — knock wood — in a pleasant pre-adolescent phase of great rationality and occasional acquiescence. His own logic becomes maddening at times, making the temper tantrums of his younger days seem easier to deal with.

Why can he go alone to meet his friends at a nearby school playground, yet he can only go to a friend's house if an adult is home? Why is it important to learn about meteorology if he's not going to grow up to be a weatherman?

It's clear sometimes that he rejects our reasoning, but in the

end is willing to believe that we mean him no harm and studies for the test he'd rather not take or abides by the family rules. His height changes so many things. It demands that I talk to him more as I would an adult. I ask more questions than give directives, which with this child who has always needed some space to get at the right answer, works well.

"Is your homework done?" seems to be a better use of words than, "Go do your homework right now." "Do you need help?" works better than, "Let me see what your schoolwork looks like."

Conversation becomes more interesting, too, as we talk about the state of the world, how we handle adversity, what we think of politicians, school policies, and whether there was or is life on Mars. There are movies that we can watch together, books that we can read together and ever more inside jokes that make us all laugh together.

There are subjects that both my children are experts on, and that they can enlighten me about. These are moments as rewarding as they are humbling, and something I didn't expect to happen until high school.

Chris referred to the boys' room as the Augean Stables, and it was Christopher who laughed and said, "That's good," then explained the mythology of the Greek hero who had to clean out a stable that had been untouched for a year. When 9-year-old Cormac tells me about the colonial settlers of New York state, I am glad to add to my native Vermonter conviction that Ethan Allen single-handedly settled and freed the American colonies. There is a sadness that goes with all this growth. A friend who went away for a six-week training course returned home to find a son taller than her.

"It was a strange feeling when he could lift me up and carry me,

as I used to carry him many moons ago," Susan wrote.

Those moons move too quickly, and I miss the days of reaching down to swing up a delighted toddler and bury my face in his lovely neck for a giant smooch. I get pangs of guilt when I sit and read with first graders at the elementary school. They look so little compared to my big boys, but when mine were this age, I thought they looked huge! It seems like I was always pushing them a little harder and always expecting great things of them. Maybe I should have held them closer and sheltered them from the world just a little longer.

Now, as one son stands just a nose higher than me, I cling to my ability to protect them, even as I continue to send them out into the world alone. I try to respect their privacy, but keep an eye out for where I need to play a bigger role. "No" is still a word I can use, and it may seem weird setting rules for a person taller than me, but I want my children to know that there is a place where they can rely on safety and boundaries.

There are messages that still bear repeating: It's wrong to taunt other children, especially your own brother; you don't have to be friends with everybody, but you don't need to be cruel to or exclude other children; South Park is still a gross show; and yes, it's important to know about Roman architecture. The road we travel as a family seems ever-changing, and having a child taller than me is a major curve.

Cormac, in the meantime, insists with only the ferocity a second child can muster, that he has undergone a growth spurt, and stands close to me, moving his hand at nearly a 90 degree angle from the top of his head to reach my nose. In truth, the top of his head fits just under my chin — a perfect place for it to be when I wrap him in a hug.

Daniel A. Ehring
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Senate Majority Leader Joseph Bruno and Assembly Speaker Sheldon Silver are also scheduled to address attendees at 12:15 p.m.

The morning sessions will focus on a range of issues related to insurance, including the availability and affordability of health insur-

ance and general liability insurance. These issues are considered especially significant this year because the volatility of these costs is creating significant pressures on many small businesses.

The program runs from 9:00am-2:30pm.

Tuesday, March 26, 2002

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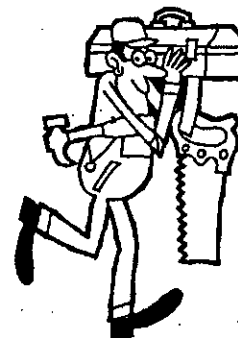
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RCS names honor roll students

Ravena-Coeymans-Selkirk Middle School has released its honor and merit rolls for the second quarter. A student must have an average at or above 84.5 percent to achieve merit roll and an average at or above 91.5 percent to achieve honor roll.

Grade six honor roll

Steven Busch, Romano DeSimone, Geoffrey Deluca, Christopher Dottino, Jared Fortier, Garret Frueh, Jason Gallagher, Rebecca Herrington, Jacob Hyer, Brittany Lomen, Sarah Louis, Julianne Maynus, Juan McQueen, Jenna Melewski, Zachary Nagy, Zoe Ostrander, Christopher Parker, Amelia Persico, Andrew Philpott, Gregory Russ, Jamie Sanderson, Jill Scalzo, Paige Scott, Christopher Snyder, Vicky Tiberia, Erica Wagner, Nori Williams, Kyle Wong and Brianna Yurek.

Grade six merit roll

Lynsey Ackert, Lea Agans, Caitlyn Albano, Gabriella Ballou, Brandon Biers, Thomas Boehm, Charles Bradford, Jamie Breedlove, Richard Connell, Jacob Constantine, Megan Corsi, Jeremy Davis, Cristal Delgado, Emily DePaula, Jennifer Downes, Andrew Fuller, Amber Gibson, Erin Gilmore, Corinn Haker, Cody Hamilton, John Hillmann, Khloe Houlihan, Karl Hunter and Kalika Jenkins.

And Alyssa Losee, Jason Maher, Jarad Margiasso, Patrick McCarthy, Chelsey Miller, Tamara Millious, Jamie Paeglow, Brock Palmatier, Philip Papas, Jessica Payne, Anthony Perez, Elizabeth Polonski, Mindy Rivers, Jennifer Rosen, Ariel Searles, Emilie Searles, Heather Slurff, Kristin Sterling, Tara TenEyck, Tarang Vakharia, Jacob VanEtten, Jourdan Vatalaro, Alyssa Williams, David Winne and Hannah Winzenread.

Grade seven honor roll

Jeffrey Britton, Zachary Collins, Marco DeSimone, Nathan Doane, Stephanie Fansler, Julianna Glassanos, Andrea Griffin-Bordis, Susan Grutza, Abigail Haensteiner, Danielle Harmon, Jacob Latter, Ryan Leavens, Jillian LeFevre, Jennifer Mine, Taylor O'Brien, Brendon Palmer, Jamie Pelletier, Julie Persico, Mandi Rios, Dillon Ruxton, Breanna Spence, Kathleen Tice, Janaki Vakharia, Victoria Vasto, Richard White, Brett Winne and Sarah Yanni.

Grade seven merit roll

Amanda Appleby, Douglas Asam, Heather Billets, Meagan Boomer, Amanda Brady, Dean Brady, Shannon Brisson, Corey Brooks, Jessica Byerwalters, Lisa Cross, Jessica Delamater, Kristin Deso, Patrick Filkins, Alyssa Finke, Veronica Foley, Jennifer Gannon, Dustin Hughes, Maureen Keller, Allison Leonard, David Lopez, Matthew Lundquist, Ashley McMullen, Philip Meacham, Eric Norris, Rebecca Northrup, Kimberly Poetzsch, Carol Pry, Cheri Rice, Renee Rohl, Lindsey Shields, Richard Slater, Samuel Slingerland, Megan Smith, Samantha Sofologis, Heather Spencer, Amanda Spring, Andrea Starks, Adam Stott, James Sutton, Jeremy

Terrill, Royce Thompson, Larissa Townley, Daria Whalen, Cody Wilson and Joshua Wolfgang.

Grade eight honor roll

Neal Applebee, Brittney Boehm, Catherine Bradshaw, Anna Brooks, Ashley Carboni, Brittany Davis, Brianna Drexler, Matthew Haker, Scott Holbrook, Evan Hotaling, Amanda King, Elizabeth LeFaive, Jaclyn Levie, Loren Libby, Katelyn Matousek, Lindsey Miller, Nicholas Noblett, Anthony Northrup, Jeannine Rider, Gabrielle Rieth, Stacey Roberts, Kayla Robinson, Alicia Ross, Ryan Ruxton, Timothy Sanderson, Samantha Schools, Lauren Scott, Max Smith, Zachary Snide, Ashley A. Snyder, Eric Stott, Johnna Thyrring, Brendan VanDervossen, Cassandra Volkheimer, Dawn Weidman, Gabrielle Wertzbaugher, Colleen Wolfe and Lucas Yurek.

Grade eight merit roll

Jordan Baumes, Jessica Brown, Brandi Carney, Shannon Carpentier, Scott Caswell, Katharine Clayton, Amanda Court, William Craven, Patrick Dare, Brianna Datri, Kayla Defoe, Meagan Dishman, Victoria Duncan, Ammanda Ellis, Jacob Ellis, Ryan Fargione, Kayla Firstiun, Daniel Giordano, Cody Haack, Miles Hamilton, Seana

Hazelton, Jaime Hotaling, Robert Hummel, Jason Ingraham, Christos Jones, Dallas Jones, Nathaniel Keezer, Colin King and Matthew Koonz, Sarah Labunski, Suzanne Lozo, John Mahar, Francisca McFarlane, Bailey Miller, A.J. Morehouse, Nicholas Morrow and Kyle Murphy.

And Megan Newell, Patricia Norton, Thomas O'Hanlon, Kari Philpott, Robert Radley, Benjamin Raimo, Krista Raynor, Stephen Rogers, Randall Ross, Molly Salovitz, William Smith, Ashley N. Snyder, Emily Stanton, Jacquelyn Stark, Jennifer VanEtten, Danielle VanHoesen, Vincent Vasto, Rachael Vatalaro, Meagan Vigilante, Julianna Visconti, Tiffany Westervelt and Amanda Zaloga.

Book program slated at Bethlehem library

Skinwalkers by Tony Hillerman will be discussed at Bethlehem Public Library's "Afternoons With Books" meeting on Monday, April 1, at 1:30 p.m.

Coffee and dessert will be served. Copies of the book are available at the reference desk.

New members are welcome at any time.

Call 439-9314 to register.

Police nab Albany man on felony drug charge

By JOSEPH A. PHILLIPS

Bethlehem police, working with deputies of the Albany County Sheriff's Drug Interdiction Unit, last week arrested an Albany resident and charged him with a felony sale in Glenmont of controlled substances — the second such arrest this year.


David W. Smith, 22, of 211 Johnstown Road, Albany, was arrested on Wednesday, March 13, on a warrant based on evidence gathered by Bethlehem police detectives. He was arraigned before town Justice Frank Milano on three felony counts of sale of marijuana, in

separate incidents on Sept. 29 and Oct. 17 in the vicinity of Route 9W in Glenmont.

Smith was sent to Albany County jail pending a bail hearing, and Milano set a return date of April 2 for Smith to appear in Town Court.

Albany County sheriff's deputies also executed a search warrant at Smith's apartment and seized evidence potentially related to the charges, according to a Bethlehem police report.


Smith's vehicle was also towed away for possible impound in the case in accordance with state laws regarding property seizure in drug cases.



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Matters of Opinion

'Birds take state title

For the second time in five years, the Voorheesville girls basketball team achieved the ultimate goal every public high school squad aspires to — the state championship.

Unlike the 1998 team, which entered the state tournament with an undefeated record and the No. 1 ranking among Class C schools, the 2002

Blackbirds were viewed as underdogs by outsiders who saw their 18-6 record and wondered how they got that far.

But Voorheesville had been well-prepared for the tournament after going through a tough Colonial Council schedule that pitted the Blackbirds against teams from larger schools. Two of the top three teams in their league were Class B schools. Voorheesville finished second.

The nightly battles the Blackbirds endured during the league season served them well in the state tournament. When South Seneca pulled within two points late in the fourth quarter of the semifinal game, Voorheesville made all six of its foul shots in the final 1:03 to pull out a 59-51 win.

Likewise, when Sidney took a two-point lead late in the championship game, Voorheesville made the clutch shots at the end to earn the title.

Congratulations to Sarina Fiero, Kaitlyn Arico, Meghan Smith, Dana Herchenroder, Ashley Schultz, Justine Moreau, Catherine Nicholson, Michelle Nadratowski, Michelle Delacruz, Jaclyn Markert, Katie Inglis, Brittany Baron, Andrea Burch, assistant coach Dennis McCormick and head coach Jon McClement for bringing home the state title.

BC's winning ways

In the realm of academics, students from Bethlehem Central have shone in two recent prestigious competitions.

Students from the elementary and middle schools took home honors in the recent Odyssey of the Mind competition at Mohonasen High School and in the Capital Bowl Regional Competition at GE Power Systems in Schenectady.

The community can be proud of both showings. The Science Bowl team from BC, place third in the region. In the Odyssey of the Mind competition, BC elementary students from Slingerlands, Hamagrael and Clarksville and middle school teams made a strong showing, capturing many first, second, third and fourth place awards.

Both of these competitions are rigorous, requiring many hours of preparation and study apart from the regular curriculum.

Kudos to the kids and their coaches for their excellent work.

Editorials

Citizens can rate police agencies

By JOHN GREBERT

The writer is chief of the Colonie Police Department.

In modern society, police departments are required to perform several interrelated tasks. They must control crime, maintain order and provide a range of emergency and general services 24 hours a day.

With this in mind, it has been said that policing is the most important function of local government. However, the powers of police to arrest citizens and the duty to maintain public order sometimes runs headlong into their high obligation to respect and protect the constitutional rights of individual citizens. Policing, not surprisingly then, can often be found at the center of some of the most profound sources of friction in American life.

Charges of racism, abuse of authority and unnecessary use of force are some of the most serious concerns raised when discussing police performance. These charges are often linked to a widespread distrust of police officials and a negative perception of police officers in general.

Therefore, the necessary role of police and the ensuing controversies that often surround law enforcement agencies would suggest that it would be healthy to truly try to determine how good a job any local police department is doing.

To accurately and fairly rate a police agency, it may be necessary to ignore some information that otherwise would seem to indicate the police are doing their job well.

For example, many people believe that police are solely responsible for reducing crime and that an effective agency will necessarily ensure a low crime rate and, therefore, be responsible for that crime rate. The fact is that social and economic factors have an enormous influence on the nature and levels of crime in a particular community. Per capita income, population size and density, the percentage of young people and transients in your community, the percentage of young people

Point of View

growing up in stable and secure family environments, and even citizen reporting rates are all important factors and taken together control much of any community's crime rate.

Additionally, just the fact that your police agency has a high arrest rate is not necessarily an indicator of good overall performance, especially if the arrest numbers come at the expense of crime prevention efforts.

Finally, responding quickly to all calls for service might be the most frequently cited statistic regarding the effectiveness of a department. But the fact is, rapid response rarely leads to an arrest. Sending a police car immediately to all calls for service is unnecessary and a tremendous drain on resources. A more appropriate response plan contains a prioritized system based on the seriousness of the call and when it occurred.

So what are the factors that can be used to rate a police department? The following are questions that can and should be asked about any police agency. In this case, each question is followed by information that I believe accurately describes the Colonie Police Department.

- Are there clearly written rules, regulations, and policies that govern all aspects of police department operations?

The Colonie police officers' manual outlines the rules of conduct, the duties of each member of the department and all administrative and operational functions. It also contains a mission statement outlining our goals and contains copies of all reporting forms used in the day-to-day operation of the agency.

- Does the department select the best qualified individuals to be police officers and are promotions made on merit based on a thorough selection process?

All police recruits are taken from a civil service list generated by a competitive written exam. The list does give preference to town residents. Highest scoring candidates are considered first and cannot be passed over without adhering to civil service regulations.

Recruits are then subjected to lengthy background checks, psychological testing and drug tests. Finalists must pass a physical fitness test before being appointed as a police officer.

The town of Colonie offers competitive salaries and benefits that are near or at the top of compensation packages offered anywhere in the Capital District. Permanent promotions for any rank other than investigator begin with a civil service test also.

Any candidate scoring in the top three positions on an exam is considered for promotion when a vacancy becomes available. Before any candidate is recommended for promotion, their full service record is examined. Candidates are

required to sit through an interview panel where they must answer a battery of questions posed by ranking officers, an administrator from an outside agency and a Police Benevolent Association representative. The panel makes a recommendation to the chief, who has final authority on what name is passed on to the town board for its consideration.

- What type of training do recruits receive before being assigned to patrol duties?

Each recruit is required to attend a training course approved by the state Municipal Police Training Council. In this area, the course is 24 weeks long and is run by the Regional Law Enforcement Training Center at Hudson Valley Community College.

Topics covered include firearms training, defensive tactics, penal law, criminal procedure law, Family Court and constitutional law, and first responder first aid, as well as a long list of other courses.

Upon successful completion of the academy, recruits are placed in a 12-week field training program where they ride with experienced patrol officers. They receive additional on-the-job training and their development is closely tracked by their training officers and supervisors. New officers are only allowed to patrol on their own after field training officers verify that they have successfully demonstrated competency in a long list of real-life situations. New officers can be terminated for any reason during their first full year on the job.

- What is the level of training that all officers and supervisors receive throughout their careers?

Every sworn officer receives at least one week of training on selected topics with particular emphasis on use of force, firearms and less lethal weapons. Additional specialized training is made available on a regular basis for individual units such as the special services (hostage rescue) team and criminal and traffic investigators. Command staff members, including the chiefs and lieutenants, participate in a wide range of training opportunities made available by state and national chiefs organizations and other professional organizations.

- Does the department investigate complaints made against officers and is discipline applied after misconduct is proven?

The department has a policy in place to investigate all complaints made against the agency or individual members. Deputy Chief Oliver James oversees this process, and he can be reached at 783-2800 during normal business hours.

Complaints that allege misconduct on the part of any officer are turned over to the Internal Affairs Unit which reports directly to the chief of police. This unit is not a full-time function due to the number of complaints that need to be investigated. On average, four to six cases get to the level of Internal Affairs in any given year.

The Spotlight

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Your Opinion Matters

periodically through the unit and are drawn from all ranks below deputy chief. If misconduct by an officer is proven, penalties are imposed that may include a fine, loss of time off, demotion in rank or in the most extreme case termination. Currently, Lt. Joseph Fitzsimmons is in charge of Internal Affairs and he can be reached at 783-2744.

• Do members of the department respect the individual rights of members of the community?

Obviously, this may be one of the most important factors in evaluating any police department. I believe the record of the Colonie Police department speaks for itself. We handle about 70,000 incidents a year, including about 18,000 traffic stops and 3,000 custodial arrests.

Despite the workload, complaints of this nature are few and far between. In our litigious society, where lawsuits often accompany complaints, I don't remember the last time the town was forced to pay in a settlement for a violation of this type.

When less serious complaints are confirmed, training, counseling and discipline are meted out in a reasonable manner. I believe our record in this area is partially due to consistent training and discipline and the example laid down by ranking officers. But I believe the most important deterrent to abuse in the department is the individual integrity and values of our members.

Colonie police officers take pride in their work and consider themselves part of the community. Abusing any citizen's rights would reflect badly on their families as well as themselves. For this reason alone, they don't condone disrespecting any member of the community and, in a sense, police their own.

• Do we use all community resources and cooperate with neighboring agencies?

The philosophy of community policing directs police agencies to practice long-term problem-solving by forming partnerships with all the key resources available in any municipality.

Every member of the department has received training in community policing, and we attempt to use this strategy at every opportunity. From public works to social welfare to mental health, we consider the help of any agency at the local, county, state or federal level.

The Colonie police department relies heavily on other police agencies for assistance because much of our crime is committed by nonresidents.

For this reason, it makes sense for us to take advantage of any opportunity to develop a sound working relationship with any of the departments around us. We have a long history of participating in cooperative and regional law enforcement efforts. Whether it is a committee on highway safety, information sharing, communications or training, members of our department are eager to work with other agencies and, for that reason, I believe that we have earned a reputation for being very easy to work with.

• Do we communicate well

with the media and public?

Hopefully, area media representatives feel that we answer just about any request for information to the point we are legally able to. Department policy spells out who can talk to the media, and individuals have always been identified as contact points for information on department projects or incidents that are of interest to the public.

No individual member of the public or civic organization should feel shut out, either. We host intern programs with area colleges and town high schools. Any group wanting a tour of our facility is accommodated and ride-alongs are made available to a wide array of interested parties including the Albany-Colonie Regional Chamber of Commerce Capital Leadership Program.

By far the best way for anyone to get a close up look at the Department is through our Civilian Police Academy. The academy is conducted once a year. Classes are held one night a week for eight weeks in March and April.

• Is your police department accredited by state or national law enforcement accreditation bodies?

The Colonie police department was originally accredited in 1994 and re-accredited in 1999 by the state Law Enforcement Accreditation Council. This means that the department has undergone a thorough

assessment and demonstrated that it adheres to the highest professional standards. Although accreditation does not guarantee a high level of performance, it provides a structure for effective and efficient operations if the agency administration, its members and its bargaining units make the effort it requires to work.

I hope the above information is useful and informative. Anyone interested in learning more about the Colonie police department should visit our Web site at www.colonie.org/police.

If you wish to comment on this article, my e-mail address is grebertj@colonie.org.

What's next on politically correct hit list?

Editor, The Spotlight:

Regarding the current regrettable flap about Halloween costumes etc., Easter Bunny beware.

And, I suppose I should be giving serious thought to packing up my Santa Claus suit after all these wonderful years. So it goes. (Sigh).

Alan Guard
- Delmar

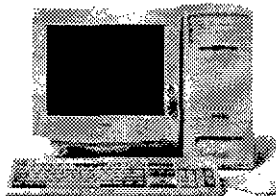
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Matters of Opinion

IDA chair says thanks for chamber recognition

Editor, The Spotlight:

On behalf of the members of the town of Bethlehem Industrial Development Agency, I would like to express our deep appreciation to the Bethlehem Chamber of Commerce for recognizing the IDA at the chamber's 45th anniversary reception for our efforts as the lead negotiator between the town and PSEG Power New York.

The IDA settlement paves the way for construction of the Bethlehem Energy Center, a \$400 million, state-of-the-art, environmental-friendly, 750-megawatt project that will replace the 50-year old Albany Steam Station.

The Niagara Mohawk tax settlement and the PSEG payment in lieu of tax agreement was the result of an unprecedented team effort between the town and school district.

The negotiating team included individuals with a unique blend of experience and expertise. As chairman, I want to thank fellow team members IDA vice chairman Joe Richardson, Supervisor Sheila Fuller, town

Comptroller Judi Kehoe, school Superintendent Les Loomis and Assistant School Superintendent for Business Steve O'Shea for their invaluable contributions and assistance.

We also benefited greatly from the advice and counsel of attorneys Tom Connolly and Michael Whiteman.

We are also grateful to IDA members Frank Venezia, David Petraglia and Dan Plummer for their assistance in providing a much-needed sounding board throughout the negotiation process.

Finally, we appreciate the valuable input we received from the chamber, town residents and business owners.

The IDA settlement represents a community-wide, team effort, and we are very grateful to the chamber for its recognition.

F. Michael Tucker
IDA chairman

**Got a gripe:
Write a letter**

Comment was biased

Editor, The Spotlight:

What is wrong with Southern Indiana anyway?

I always believed that to think in terms of preconceived differences about different people or part of a country is nothing but pure and simple bias.

Now we have a "World of Difference" adviser telling us that a deplorable school incident is more part of Southern Indiana than an enlightened community like Bethlehem.

Perhaps *The Spotlight*, as a feel-good gesture, could send a free copy of its March 6 issue to the citizens of Bloomington, Ind.

Tullio R. Mereu, M.D.
Voorheesville

Letters policy

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

All letters must include the writer's name, address

Don't miss BOU auction

Editor, The Spotlight:

The annual BOU Auction is this Friday, March 22, at 7 p.m. at the Bethlehem Central High School cafeteria.

Every year, BOU is proud to demonstrate to the community how we spend the funds so generously received from those who attend the auction.

Last year BOU provided \$12,000 in grants to various Bethlehem organizations in support of our youth. Approximately \$3,400 has been given to programs at the elementary schools, \$6,000 at the middle school and \$900 to initiatives at the high school.

Examples of how these funds

have been spent include supporting several clubs and a mentoring program at the middle school, a leadership club and respect programs at some of our elementary schools and a SADD Fake ID multi-media presentation at the high school.

In addition, BOU has supported community-wide projects like Feestelijk and the Delmar Dolphins program to bring an Olympic swimmer to Bethlehem for a day.

The BOU board is thankful to all in the community who attend the auction, thereby allowing us to help youth in Bethlehem.

Phyllis Hillinger
BOU president

Ellers family is grateful

Editor, The Spotlight:

Our thanks to all who participated in, helped with and attended the Feb. 25 FLY 92/BCMS faculty second Slamfest basketball game to benefit the Russell Ellers Fund. This year, more than \$1,600 was raised for Russell's scholarship fund.

A special thanks to FLY 92, the BCMS faculty, to referees Marty Rowan and Ray Parafinczyk, announcer Frank Leavitt, to those who sold tickets and worked the concession stand.


Thanks also to principal Stephen Lobban and Arlene Maranville, Kristin Burns, Linda Zwicklbauer, coach Chuck Abba, Genya Shimkin and the custodial staff for their cooperation and assistance.

Once again, on Russell's behalf, the community and the school district came out in full force. We thank you for your continued generous support.


Dawne and Lance Ellers
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Your Opinion Matters

Parent thinks ban on parades is good

Editor, The Spotlight:

I am writing in response to the letter from the Clarksville Elementary student in the March 6 paper. Although I understand his disappointment with the decision to dissolve the Halloween parade, I can't say that I agree with him.

I would like to congratulate Superintendent Les Loomis for making this very hard decision. It is never easy to undergo change, and there is always a backlash of people who disagree.

Every Halloween causes my daughter, and others at the elementary level, fear and stress.

It is fun for those who think it is fun, but it is a nightmare for those who don't. It offers no educational value and puts children in a safety risk with the crowds and confusion.

Other events like open houses and music concerts do not compare. First of all, these events directly relate to education. Parents escort their children to

these events and are responsible for their children, instead of placing the burden of responsibility on the teachers.

Secondly, they take place after school hours. They do not take away from the precious time that teachers have with our children.

Families certainly have opportunity in our community to trick or treat, dress in costumes and enjoy all the excitement of the holiday without it in our schools.

I thank Superintendent Loomis for evaluating the parade's appropriateness and support the decision.

Beth Webb

Glenmont Elementary and middle school parent

Board should reconsider

Editor, The Spotlight:

This is a response to the recent announcement by Bethlehem town Supervisor Sheila Fuller and the town board that the Elm Avenue Park pool would not be opening this summer.

Although their reasoning (setting a good example of water conservation for the residents of the town) is commendable, I think a different example could be set, at the same time making many people much happier.

If the town were to fill the pools (which, I believe, are already partially full) with water hauled in from an outside source, they would be practicing what they preach, and at the same time providing a fun place for hundreds of citizens to cool off during the long, hot summer.

Since many pool owners may be unable to use their pools this year, it seems that closing the town pool would be "penny wise and pound foolish."

Think of the teen unemployment that would result; the hoards of kids with no place to go and nothing to do; the desperate parents, unable to take their children for a cool dip at the end of a hot day; the hundreds of children who would miss out on their swimming classes.

Although I do not have a pool or spend much time at any pool, I can emphasize with all of the categories of people mentioned, and I hope our town leaders will reconsider their decision.

Lois S. Caufield
Delmar

Kiwanis to hold Brooks barbecue

The Kiwanis Club of New Scotland will hold its first fundraiser of 2002 with a Brooks Chicken and Ribs Barbecue on Saturday, March 23, from 3 to 7 p.m. in the parking lot of the SuperValu market on Maple Avenue in Voorheesville.

Proceeds will be used to help support the Kiwanis community service projects.

Prices for the event are \$8.50 for an adult chicken dinner, \$6.50 for a half chicken, \$8.50 for a spare ribs dinner and \$7 for ribs only. The chicken and rib dinners include a baked potato, cole slaw, roll and butter.

Progress Club sets meeting tonight

The Delmar Progress Club evening group will meet tonight, March 20, at 7 p.m. in Bethlehem Public Library for jewelry design by Stephen Roehl.

Aerating lawns saves water

Editor, The Spotlight:

I read with great interest "Saving water is everyone's job" in the March 6 issue. One of the most important and best water saving ideas that was not mentioned is to have your lawn aerated.

Aeration is a process which relieves compaction of the soil and allows oxygen and water to enter the root zone.

Tines penetrate the soil and eject cores onto the lawn surface.

Not only does aeration help to eliminate water runoff but the lawn will hold moisture longer, so you can water less often, saving money on water bills.

Aeration doesn't cure everything, but it does alleviate problems in nearly all areas of lawn growth. That's why golf courses do it religiously.

John R. Rees

president Great Estates

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

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Popular teen band to perform

Hey, teens — VPL wants to rock your Thursday night (there's no school on Friday) with a live

Voorheesville Public Library



in-concert performance by Voorheesville's current musical sensation, Shifty, on Thursday, March 28, at 7 p.m.

Shifty's unique sound is a

blend of folk, funk, rock, jazz and even a little reggae, featuring many selections of guitar/vocalist Tony Califano's original music.

Dan Peters on guitar, Tom Cocca on bass and Greg Burns on drums round out the group which has been playing together since early 2000.

Although all four band members are under the age of 18, they made quite an impression on

young and old alike at the hometown talent night at the library last summer.

April will be overflowing with great library programs.

Here's a heads up on upcoming specials for which sign-ups are now being taken.

Quilting with Linda O'Connor, a Saturday poetry open mic, a clay sculpture workshop, college preparation for parents, vacation programs for young people — all of this is happening in April. Call 765-2791 to sign up, visit our Web site at www.voorheesvillelibrary.org or stop in for details.

The library will be closed to the public on Friday, March 22, for a staff development workshop.

There will be no storytimes the week of March 25.

If you are 18 years old or older and a school district resident who would like to serve on the library board of trustees, you can pick up a petition at the library circulation desk and return it to the library with 25 signatures by 5 p.m. on April 22 to appear on the May ballot. Please consider serving your community in this important position.

Barbara Vink

Free classes slated on proper rabbit care

Informal classes on how to take care of your Easter bunny will be offered free of charge at Indian Ladder Farms Saturdays this month at 1 p.m.

Indian Ladder encourages its customers to come to a free class and learn exactly what is involved in caring for a rabbit before making the decision to get one.

Laura Ten Eyck will present the classes.

Indian Ladder Farms is located on Route 156, about 2 miles west of Voorheesville. For information, call 765-2956.

Kiwanis to sponsor Brooks barbecue

The New Scotland Kiwanis Club will sponsor a Brooks chicken barbecue on Saturday, March 23, from 3 to 7 p.m. at SuperValu Foods on Maple Avenue.

The takeout menu will include chicken, ribs, baked potato, coleslaw, a roll and butter. The cost for the chicken dinner is \$8, \$8.50 for rib dinner, \$6.50 for chicken only and \$7 for ribs only.

PTA funfest slated for March 23.

The annual PTA funfest will be held Saturday, March 23, from 10 a.m. to 2 p.m. and will include games, face painting, door prizes and more.

No school March 22

Schools in the district will be closed Friday, March 22, for a superintendent's conference day.

Ambulance volunteers to serve breakfast

Voorheesville Area Ambulance will serve its annual breakfast on Sunday, March 24, from 7 a.m. to noon at the Voorheesville American Legion Post 1493.

The cost of the breakfast is \$5 for adults, \$3.50 for children age 5 through 12. Tickets will be sold at the door.

Village board to meet

The Voorheesville board of trustees' next regular meeting is on Tuesday, March 26, at 8 p.m. at village hall, 29 Voorheesville Ave.

Fire company to serve fish fry dinners

New Salem Volunteer Fire Department will hold its annual fish fry on Friday, March 22, from 4 to 7 p.m. at the firehouse on Route 85A in New Salem.

The dinners include fish, french fries, coleslaw and a beverage. New England clam chowder and dessert will also be available for \$1.50 each. Eat-in dining is offered or takeout can be ordered by calling 765-2244.

The cost of the dinner is \$6.50 for adults, \$6 for seniors and \$4 for children under age 12. The dinners will be held every Friday through March 29.

DARE graduation set for March 27.

The fifth grade DARE program graduation will be held on Wednesday, March 27, at 1:30 p.m. at Voorheesville Elementary School.

Scout father-daughter dinner dance

The eighth annual Voorheesville Girl Scouts Father Daughter Dinner Dance will be held on Saturday, March 23 from 7 to 11 p.m. at the Italian American Community Center.

Kudos to V'ville 'Odyssey' group

Voorheesville Elementary School's sixth-grade girls team took first place at the "Odyssey of the Mind" tournament held on Saturday, March 9.

Coached by Ann Biese, the teams first place finish earned them a spot to compete at the State Tournament on Saturday, March 23, at the University of Binghamton.

The team members include: Catherine—McTague; Tara Feeney, Hillary Edmunds, Hannah Gibson, Katrina Nakao and Lauren Biese.

Odyssey of the Mind is a worldwide program that has creative problem solving competitions that gives students kindergarten through college an arena to display creative solutions to unique problems.

Firemen to hold Vegas Night

Voorheesville Fire Department will hold a Vegas Night, Saturday, March 23, from 8 p.m. to midnight at the Voorheesville Firehouse on Altamont Road.

There will be a Great Green-back Giveaway I drawing, and tickets will be available that night.

Selkirk Fire Co. No. 1 to dish up spaghetti

Selkirk Fire Co. No 1 will host a spaghetti and meatball dinner with Italian bread, salad and dessert on Saturday, April 20, from 4:30 to 7 p.m. at the firehouse on 126 Maple Ave.

The cost is \$6 for adults and \$3 for children.

Take-out orders will be available, but patrons must supply a container.

In Glenmont, The Spotlight is sold at Cumberland Farms, CVS, Glenmont Beverage, Brookwood Mobil, Exit 23 Mobil, Grand Union, Stewart's and Van Allen Farms.

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Program to portray democracy in action

"If we subscribe to the notion that democracy is not what we have but what we do, a single polling station can serve as a microcosm of international diplomacy and a classroom for Democracy 101."

This is one of Bonnie Beard's many cogent observations on the democratic process, as played



out at polling stations around the world. Beard has recently completed her seventh mission as elections supervisor in post-conflict Bosnia and Kosovo; she knows whereof she speaks.

At the library next Monday, March 25, at 7 p.m., Beard will present a slide lecture, "Training Ground for Democracy," that offers a window on this fascinating process.

Beard says that supervising elections is a humbling reminder

BC kids shine in Odyssey

There were approximately 80 teams participating in the Region 7 Odyssey of the Mind competition at Mohonsen High School this month, and 12 were from Bethlehem schools.

Bethlehem students placed in the following categories:

- Problem No. 1: The Chameleon

- Div. I (Elementary)
- Slingerlands Ele. - 4th Place
- Div. II (Middle School)

- Bethlehem Central Middle School - 1st Place

- Problem No. 3: Classics — Center Stage

- Div. I
- Slingerlands, Team A - 3rd Place

- Slingerlands, Team B - 9th Place

- Div. II
- Bethlehem Central Middle School - 4th Place

- Problem No. 4: It's a Snap!

- Div. I
- Hamagrael — 4th Place
- Div. II

- Bethlehem Central Middle School — 3rd Place

- Problem No. 5: The Ostrich Factor

- Div. I
- Slingerlands, Team A — 1st Place

- Glenmont — 2nd Place

- Hamagrael — 3rd Place

- Clarksville — 4th Place

- Slingerlands, Team B — 13th Place

Teams placing first in their division will go on to compete at the state competition in Binghamton on March 23.

In addition, the Slingerlands Team A - Ostrich Factor was recognized with the Renata Fusca Award for outstanding creativity, the only such award given this year in Region 7, including middle school and high school divisions.

of the diversity of human experience, and of a culture's relationship to its history and perceived future. Some differences, such as language, style and traditions, are obvious; some, like superstitions, assumptions and humor, are subtle.

These differences are problematic when they come up against the everyday realities of a polling station on foreign soil: interpretation of regulations, decision-making, conflict management, prioritizing, and crowd control.

"At best, an international supervisor can model a respect for rule of law, flexibility and tolerance," Beard says. "At worst, we can exhibit self-righteousness, impatience and dictatorial rule."

While the results of an election determine the shape of government as a whole, the polling station is "a training ground for the individual participation required to make a democracy really work."

Beard is president of the board of the League of Women Voters and its director of international relations. Don't miss this opportunity to get an inside look at practical democracy.

Call 439-9314 to register.

Nonfictionados

Tonight's topic for our nonfiction book discussion group is *The Tipping Point: how little things can make a big difference*, by Malcolm Gladwell. The group meets at 7:30 p.m. and is open to new members. On April 13, *Fast Food Nation*, by Eric Schlosser will be discussed. Call 439-9314 to register. Group members can pick up a copy of the book at the reference desk.

Louise Grieco

Science champs



The Science Bowl Team from Bethlehem Central High School placed third in the recent College Bowl Regional Competition at GE Power Systems in Schenectady. BCHS team members, first row from left, are Jozef Kopchick, Zachary Levine and Mike Schwab, and back row, coach Paul O'Reilly, Dennis Miaw and Justine Bell.

Seven BCHS students named merit finalists

All seven Bethlehem Central High School students who were named semifinalists in the 2002 National Merit Scholarship Competition have advanced to finalist standing.

About 15,000 finalists were selected nationwide. About 8,000 finalists will be chosen to receive Merit Scholarships.

The BCHS finalists include: Peter Bird, Nichole Bronson, Miranda Davis, Andrew Eckel, Celinda Gebhardt, Jozef Kopchick and Michael Schwab.

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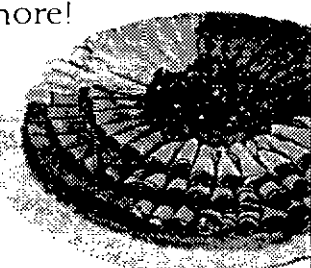
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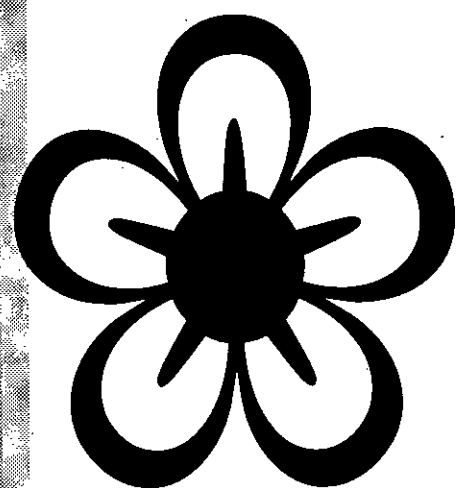


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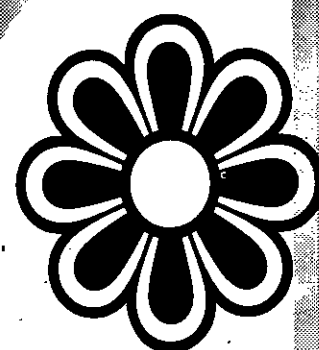
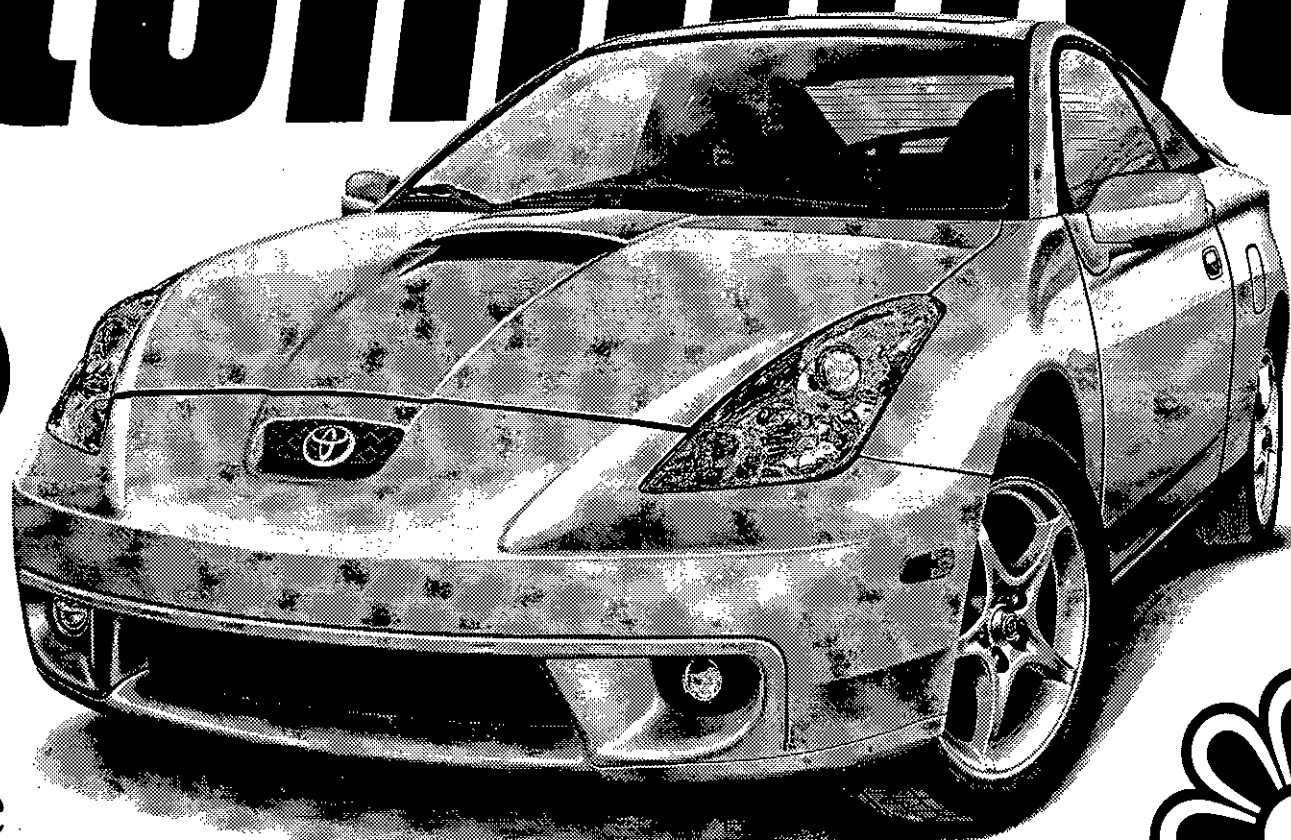
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Delmar man takes reins of Catholic council

By JOSEPH A. PHILLIPS

After 13 years as legislative counsel to the New York State Catholic Conference, a Delmar resident has been named the conference's executive director — no small undertaking.

Rick Barnes was named by the state's bishops to take on the new post Jan. 28, and last week, oversaw for the first time in his new position the bishop's annual lobbying day in Albany.

Not that Barnes is any stranger to legislative lobbying; as the conference's legislative and administrative counsel for more than a decade, he has overseen the coordination of advocacy before state government on behalf of the church's extensive agenda — in essence, serving as the church's chief lobbyist in Albany.

"The conference is basically the principal public policy arm of the church in the state, representing the church in a number of social issues," he said. "We are the largest non-public provider of health and human services in the state, and a large component of our responsibilities is for the advocacy of programs in that area."

"The Catholic Church is also the largest provider of non-public education, so we advocate on a number of educational issues as well. And there are many public policy issues which can broadly be defined as life issues on which we take a position." From criminal justice to pro-life advocacy to medicare to policy regarding not-for-profit organizations, the conference is the lobbying arm on behalf of the state's 7 million-plus Catholics.

"It's a fairly substantial breadth of issues, which makes us fairly unique in Albany," said Barnes, 40. "We don't cater to the interests of any particular political party, and we don't follow any political philosophy. We follow the mission and ministry functions of the church, and that also gives us a great deal of credibility." And virtually alone among major interest groups with a lobbying presence in Albany, he said, the conference contributes not a dime to political campaigns or party coffers.

"Mr. Barnes possesses a firm grasp of the public policy issues that are of concern to the bishops and faithful of New York State," said Cardinal Edward Egan, Archbishop of New York and president of the conference, in a statement announcing Barnes' appointment. "He has as well a deep appreciation for the Gospel teaching that serves as the foundation for our positions... in support of our children, the elderly and those who are most in need."

To serve as the conference's chief secular leader is the culmination of a lifelong journey for the Rochester native. After completing an undergraduate degree at Valparaiso University in Indiana, Barnes returned to upstate New York to pursue a law degree at Albany Law School, and remained in the area to enter private law practice.

He has resided in Delmar for most of the last decade with his wife Sheila and their two small



Rick Barnes

preschool children, and they attend Delmar's St. Thomas Church.

"I was in private practice for a couple years," Barnes recalled. "But I felt that was not where I was going to get meaning out of my career. I wanted something more." So when the counsel's post with the conference opened up in February 1989, he signed on.

"We try to educate legislators and government officials, and pursue justice for those we feel

don't have a voice in government — the poor and needy and vulnerable," he said. "We have tried to keep the focus of government on those in need. What we find is that government officials have a growing tendency to pay attention to those who have access. What this means is that those who do not, those not represented by an advocacy group or unable to make campaign contributions, often do not have a voice in Albany. We insure that they do."

During his tenure, the conference has fought to extend managed care benefits to medicaid recipients and to block mandatory abortion care at Catholic hospitals; it has also taken a stand on drug law reform, the death penalty, and educational standards.

"Whatever accomplishments I can point to, I really have to share with the rest of the conference staff," he said. "We have a solid, hardworking staff, both program staff and administrative."

Barnes was named acting executive director upon the departure last September of his predecessor, John M. Kerry, who returned to his native Maine to head that state's arm of Catholic

Charities.

In his appointment to the permanent post, Barnes will retain his responsibilities as counsel and combine them with the administrative functions of the executive director.

"I'm pleased that the bishops and Cardinal Egan and Bishop (Howard) Hubbard of the Albany Diocese have demonstrated confidence in my abilities," he said. "But I think it is a complement to the staff as a whole. I'm really just one member of the team."

His goal in his new assignment, he said, is to expand the conference's advocacy role beyond Albany and into local communities. "What I'm going to be focusing on is development of grass-roots advocacy," he said. "The Catholic Church, through its parochial and ancillary services, has a formidable base already in New York State and its local communities. To focus that is going to be a principal objective of mine."

Book study group to meet at town hall

Books in the Morning, led by Helen Adler, will meet at Bethlehem town hall on Friday March 22, at 10:15 a.m.

The group will discuss *One Hundred Years of Solitude* by Gabriel Garcia-Marquez.

On Friday, April 12, the group will consider Milan Kundera's *The Unbearable Lightness of Being*.

The lecture/discussions are free and open to the public.

Lions Club to serve pancake breakfast

The Bethlehem Lions Club will dish up its 41st Pancake and Sausage Breakfast on Sunday, March 24, from 8 a.m. to 1 p.m. at the Nathaniel Adams Blanchard American Legion Post on Poplar Drive in Elmsere.

The cost is \$5 for adults, \$4.50 for senior citizens and \$3.50 for children under age 12. Kids under 5 eat for free.

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by Lee Bormann
President/C.E.O.

A Balanced Approach

With numerous studies indicating that balance declines with age, leading to debilitating falls, research has focused on ways to improve balance among the elderly. About a third of adults age 65 and older fall each year. U.S. hospitals admit 300,000 patients with broken hips annually, often the result of falls. One fact to emerge is that loss of balance is not a natural part of aging. It is caused by conditions ranging from inner-ear problems to medication use to poor posture. Because the biggest cause of this loss may be weak leg muscles, the elderly are encouraged to incorporate leg-strengthening exercises into their fitness routines. Walking, swimming, biking, and working out with weights can all help strengthen leg muscles.

It's hard to keep exercising, especially when it takes more effort than it used to. However, exercise offers numerous benefits, from increased good health to happier spirits. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we're here to help our residents make decisions that maximize the pleasures that can be had from their lives. To set up an appointment, give us a call at 439-8116 for more information.

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BCHS names second quarter honor roll students

Bethlehem Central High School has announced the honor and merit roll students for the second quarter. The students include:

Grade nine honor roll

William Agnew, Corey Alston, Jacqueline Avitabile, Conor Barada, Lisa Barnes, Bethany Barrowman, Matthew Bell, Katherine Beyer, Sara Blanch, Jordyn Blumkin, Christopher Bonafide, Matthew Broman, Timothy Brosnan, Catherine Cagino, Chao Cao, Chelsea Carman, Olivia Carpinello, Allison Cathers, Emily Coles and Cecelia Corrigan.

And Christopher Cunneen, Julie Deitz, Laura Drislane, Allison Farer, Samantha Feinberg, Sarah Fudin, Tessa Gadowski, Maureen Gannon, Danielle Garfinkel, Chantel Gibson, Erik Glaser, Matthew Goldstein, Emily Gollop, Sara Greenfield, Julia Hall, Claire Hickey, Adam Hill, Allison Hoffman, Elizabeth Hoffman, Kelly Hughes, Timothy Karpowitz, Beth Katzer, Danielle Khalife and Margaret Kowalik.

And Laura Krzykowski, Matthew Laiosa, Rachel Laufer, Jeanne Lee, Ethan Levine, Kurt

Lowery, Kieran Maestro, Emily Malinowski, Stephanie Malinowski, Petra Marar, David Mark, Sachin Munshi, Carolyn Niehaus, Daniel O'Connor, Andrew Olinzock, Katherine Ollier, Vanessa Patry, Jessica Pisciotto, Mary Plummer, Elise Puzio, Kathryn Rowan, Jessica Rutnik, Michelle Sargent, Patrick Schneider, Mark Schwab, Laura Sciavolino, Diane Sheppard, Zachary Sherman, Talya Shulman, Jeremy Siegel, Emily Sobiecki, Adam Storm, Emma Strachman, Owen Stump, Kyra Swartz, Benjamin Taber, Michael Tanenbaum, Jamie Thalmann, Lauren Triner, Lauren Turner, Amy VanDeusen, Peter Verhagen, Alexander Waite, Adam Wasserzug, Roxanne Wegman, Madeline White, Aaron Wistar, Liling Xiong and Kathryn Young.

Grade nine merit roll

Aaron Aadland, Lindsay Adewunmi, Dana Affinati, Craig Alfred, Sarah Altone, Danielle Baker, Zachary Blau, Steven Blendell, Chanel Bovian, Maria Bratslavsky, Aaron Brauner, Cullen Breen, Cameron Brown, Jayme Brown, Cathleen Castle, Gina Catalano, Waikit Cheng, Karyn Cioppa, Shane Connors,

Joseph Conroy, Matthew Conway, Phillip Conway, Ryan Conway, Sean Conway, Sybil Copp, Elizabeth Corbett, Susan Coulon, Krysta Crawford, Shannon Crotty, Andrew Cunningham, Sharon Curtis, Joseph Devoe, Thomas Doyle, Christopher Dudek, Lindsey Dugas, Ryan Eder, Elliott Feedore, Shana Feinberg, Tovah Fishman-Larsh, Danielle Frankovic, Jaclyn Franks, Arianna Gallo, Alessandro Gerbini, Caitlin Gillman, Anthony Gioeni, Emma Gordon, Katherine Goss, W. Christopher Gray and Aaron Greenberg.

And Jessica Haas, Danielle Hallenbeck, Kevin Hasselbach, David Hasson, Laura Heisler, Alexander Hinds, Christopher Honeywell, Edwin Hotaling, Andrew Kelleher, Carolyn Kissane, Amanda Kondrat, Jesse Krischer, Sarah Lackner, Jennifer Lang, Jaclyn Livingston, Anne Longley, Nicholas MacDowell, Kelsey Mathusa, Jessica Maxwell, Theresa McGrath, William Meadows, Jennifer Meany, Abigail Miller-Taber, Laura Molino, Hannah Moore, Timothy Moriarity, Daniel Mulhall, Conor Murphy, Tracy Myers, Ryan O'Hern, Conor O'Shea, Sandra Okun, Christopher Olsen, Jennie Parker, Zachary Patnode, Michael Poletto, Kimberly Preston and Rima Rahal.

And Nathaniel Rauch, Jessica Rawlins, Sarah Regan, Mackenzie

Riegel, Ashley Rio, Brittany Rodgers, Federico Rodriguez, Tara Rossman, Kaitlin Ryan, Philip Schwartz, Sarah Shulman, Nina Sokoler, Henry Sombke, Sarah Spellman, Andrew Steiner, Holly Storm, Lauren Strait, Scott Strogatz, Melissa Taub, Brian Trombley, Tajah Umar, Brian Ungerer, Kyle Vale, Krystal Varona, Jodi Veeder, Ryan Virgil, Mackenzie Wagoner, Dayne Wahl, Jennifer Walton, Amanda Watkinson, Casey Wiggand, Geoffrey Wilcox, Jessica Wolchok, Debra Wray and Joanna Zwickel.

Grade 10 honor roll

Monica Ayres, Elon Backer, Sara Bailey, Arthur Barnard, Shara Bellamy, Elizabeth Birkhead, Katie Bormann, Kara Braaten, David Brewster, Jessie Brown, Thomas Caraco, Elizabeth Carcich, Jessica Czajka, Michael Dax, Sophia Deblasi, Ryan Decker, Caitlin Deitz, Michael Dineen, Carolann Edie, Jaclyn Entringer, Lilach Epstein, David Farber, Cara Ferrentino, Jared Frisch, Kathleen Getz, Michael Giacomini, Lauren Ginsburg, Victoria Graf, Brian Greenberg, Jennifer Gregory, Jennifer Grund, Brian Gyory, Thomas Hackman, Kathleen Hanley, Eric Hansen, Rachel Hathaway, Leslie Jackson, Molly Jaffe, Evan Kalman, Chantal Kredentser, Christopher Lee and Adam Lenhardt.

And Joshua Lewis, Katherine

Madden, Elizabeth Maltzman, Michael Manzione, Johanna Marvin, Anya Maslack, Christopher McGann, Robert McGrath, Amelia McPheeters, Max Mehlman, Leah Mosall, Lisa Moskowitz, Meaghan Murphy, Rosalie Norris, Julia Oakley, Kevin Perazzelli, Meaghan Persing, Jameson Putnam, Davia Rabinoff-Goldman, Nicholas Radko, Jesse Rasowsky, Julia Raymond, Bethany Reddy, Catherine Reilly, Richard Rodgers, Kevin Royo, Anna Rubin, Scott Sajdak, Michael Sanders, Evan Savage, Jessica Schoen, David Schwab, Ariel Schwartz, Jenna Segal, Andrew Shawhan, Laura Sherin, Genya Shimkin, Heather Smith, Abigail Stambach, Luke Sullivan, Matthew Tymann, Matthew Unright, Brendan Venter, Elizabeth Walker, Kyle Wallace, Sarah Weissman, Laura Wing, Danielle Wolinsky and Carrie Zurenko.

Grade 10 merit roll

Emily Abbott, Daniel Adams, Stephen Allen, Samuel Altschuler, Meghan Amiri, Cole Andreson, Frieda Arenos, Nicholas Bagg, Tracy Bailey, James Bartley, Erica Beach, Stephen Blanch, Amanda Blanchard, Richard Bonventre, Jeffrey Boynton, Cassie Bradley, Melissa Bresin, Paul Buist, Emily Caesar, Timothy Carey, Colin Cassidy, Ronald Catalano, Krina Collins, Darren Conroy, Gretchen Coyner, Michael Cronin, Amy Cunningham, Bridget Daley, Michael Digiulio, Daniel Donovan, Grace Dupuis, Kevin Eames, Sarah English, Kathleen Fage, Jonathan Felch, Jennifer Foley, Mark Foster, Joshua Frank, Sarah Fruch, Elizabeth Gallacchi, Aaron Gookin, Michael Greenberg, Timothy Hannigan, Annie Hennessy and Nicholas Hogan.

And Stephen Ieronimo, Marcus Kaplan, Daniel Keefer, Daniel Kelleher, Daniel Kern, Allison Klein, Victoria Knox, Kathryn Kolakoski, Aaron Kolodny, Alex Kopp, Atalia Krohmal, Chad Languish, Sari Lipnick, Jeanne Loupe, Andrew Machlowski, Kevin Manilenko, Betsy Manning, Sean Manning, Adam Margolis, Peter Marler, Scott Marmulstein, Evan Marsh, Christopher McFarland, Matthew McVoy, Catherine Mendel, Lindsay Montesano, Collin Mooney, Jenna Munnely, Paul Munsell, Matthew Narode, Mary Norvici, Kathleen Orcutt, Craig Oskam, Sophia Panych, Amy Phillips, Gregory Pittz, Bryan Polovina and Ryan Polverelli.

And Brendan Pratt, Alexandra Puccio, Laura Rabinow, Kristyn Raffaele, Allen Rarick, Seth Reinhardt, David Richardson, Erica Roccario, Thomas Rood, Tiah Rubin, Bridget Sandison, Molly Schaefer, Kate Schoenbach, Caitlin Schreffler, Paul Secor, Carleen Sgroi, Patrick Shaffer, Jed Sigal, Thomas Smith, Victoria Spath, Shauna Spinosa, Colin Stanton, Rachel Stark-Riemer, Nell Strizich, Andrea Stupp, Alexander Szebenyi, Alessandro Tabora, Brett Teator, Caitlyn Towle, Elizabeth Tripp, Laurel Turner, Tyson Vamvas, Rebeka VanDerzee, Shannon Vigars, David Ward, Kristen White, Jamie Williams, Quinn Wilson, Matthew Young and Atif Zaidi.

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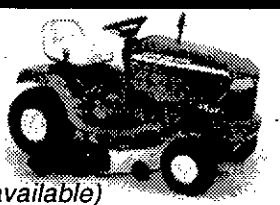
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AUTO FACTS

by John Quirk



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downward to protect the head.

March is National Collision Awareness Month. BETHLEHEM AUTO SERVICE encourages readers to observe speed limits, remain attentive to traffic signs, and avoid using cell phones while driving. You can also reduce your risk of accidents by having your vehicle inspected on a routine basis. When you bring your vehicle to us, an A.S.E. Certified Technician will inspect the battery, brakes, tires, and all fluids. 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.

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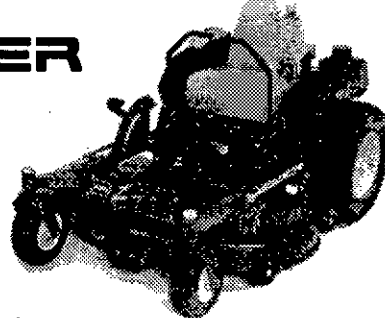
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Grade 11 honor roll

Emily Axford, Jonathan Bar-tow, Marie Bell, Scott Birdsey, Scott Braaten, Andrea Burriesci, John Davis, Timothy Donahue, Nathaniel Drake, Winter Eyres, Frances Ford, Lindsay Franklin, Emma Furman, Thomas Geyer, Richard Grant, Nicholas Graziade, Bridget Griffin, Laura Guglielmo, Kevin Gutman, Kathleen Hart, Kevin Holmes, Stephanie Holmes, Chelsea Isdell, Jeffrey Kattrein, Nicole Keith, Lauren Kohl, Michelle Koller, Peter Laird, Amanda LeRoy, Zachary Levine, Aaron Levy, Hannah Lewis and Antonio Lombardo.

And Amie Lytle, Jennifer Marro, Dennis Miaw, Joshua Modney, Jordan Murray, Kathleen Parafinczuk, Kaitlyn Peterson, Roxanne Piegare, Thomas Potter, Katelyn Primomo, Patrick Riegel, Alexandra Rosenthal, Brenda Schmidt, Adam Shepen, Evan Siegel, Julie Silverman, Allegra Smith, Daniel Steiner, Daniel Stevens, Benjamin Suarato, Matthew Suozzo, Matthew Swiatowicz, Larysa Switlyk, Matthew Taber, Marina Virnik, Nicole Vitillo, Lauren Wakeman, Leonard White, Jessica Willen, Susanna Winkeller and Leonid Yankulin.

Grade 11 merit roll

Joshua Alfred, Joshua Arcus, Courtney Arduini, Matthew Balluff, Emily Bango, Robert Barrowman, Jonathan Baselice, Jonathan Berk, Laura Beyer, Mark Black, Meghan Blake, Elizabeth Bouyea, Liam Brennan, Christopher Brown, Rebecca Bruculere, Steven Brunner, Elizabeth Buckley, Andrea Burriesci, Robert Bushnell,

Kristen Byrnes, Christine Capobianco, Julianna Caporta, Joseph Cardamone, Casey Carroll, Heather Ciccone, Dominic Ciprioni, Joseph Clyne, Emily Cohen, Jason Colacino, Kylie Conley, Paula Coons, Ada Cornell, Nicholas Criscione, Kerry Cunneen, Brian Danchetz, Danielle Declue, Meagan DePaulo, Marianne DiNapoli, Andrew Dolan, Timothy Donahue, Jeanne Drucker, Clifford Eck and Brenden Ennis.

And Sarah Eson, Danica Feustel, Sarah Fischer, Mallory Fishman, Ariel Fishman-Larsh, Kaitlin Foley, Frances Ford, Zachary Frone, Lindsey Fuhrman, Emma Furman, Evan Gall, Kevin Gallagher, William Gannon, Joshua Gellis, Amy Ginsburg, Matthew Glannon, Robert Gombel, Nicholas Graziade, Jennifer Greenfield, Timothy Guernsey, Laura Guglielmo, Matthew Guntner, Kevin Gutman, Benjamin Hager, Bethany Harren, Kathryn Himmelfarb, Michael Hoffarth, Peter Hoffman, Kevin Holmes, Sarah Homer, Sarah Horn, Andrew Hough, Jesse Irwin, Dominique Jones, Rizwana Kanwal, Kathryn Kapczynski, Michael Kattleman, Jeffrey Kattrein, Susannah Kelly, Stefan Kidalowski, Megan Kindlon and Michelle Koller.

And Natsuki Kubotera, Audrey Lacy, Andrea Larsen, Inna Levchenko, Meghan Lohman, Caroline Lyons, Meredith Magin, Kathryn Mann, Adam Marcal, Savannah Marion, Kathleen McCarthy, Kevin McKeough, Mary Moon, Jamie Mooney, James Munro, Elizabeth Murphy, Anna Newton, Julie Norman, Alexander Novotny, Caitlin O'Brien-Carelli, Craig O'Connor, Ana O'Keefe, Patrick O'Shea,

Alicia Ogden, Andrew Osterman, Daniel Otero, Nathan Pannucci, Matthew Pasquini, Jaimee Peckham, Emily Petraglia, Jonathan Pietrafesa, Lillian Pittman and Colleen Plummer.

And Katelyn Primomo, Reid Prinzo, Peter Privitera, Keelin Purcell, Angela Rappoccio, Amy Reddy, Kelly Rider, Patrick Riegel, Sarah Romeo, Maya Rook, Christopher Rooney, Alexandra Rosenthal, Maytal Saltiel, Brenda Schmidt, Salvatore Signorelli, Stephen Strait, Colin Summers, Matthew Suozzo, Larissa Suparmanto, Abby Svenson, Anjella Teimoori, John Thibdeau, Brendan Tougher, James T aylor, Brian Turner, Elizabeth Ulion, Marisa Villasenor, Marina Virnik, Megan Volo, Katherine Wagoner, Karen Walenta, James Wheeler, Elaine Woehrmann, John Wyluda and Jason Zogg.

Grade 12 honor roll

Christopher Abbott, Kathryn Adams, Ellen Bandel, Harold Barnard, Jeffrey Garnet, Geoffrey Bedrosian, Rachel Bellizzi, Rebekah Beyer, Peter Bird, Laura Blumenthal, Elaine Carberry, Rebecca Cariati, Brandon Cary, Ruth Catalano, Quinn Coffey, Nicole Comi, Peter Cooley,

Rebecca Corson, Misty Crowder, Lindsey Crusan, Kelley Curran, Miranda Davis, Leslie DiPaolo, Katherine Donovan, Daniel Dugas, Andrew Eckel, Merav Epstein, Jason Fudin, Lauren Gordon-Fahn, Aimee Gould, Andrew Grund, David Guo, Stephanie Halbedel, Padraic Hennessy and Molly Herrick.

And Michael Hoghe, Kalin Jaffe, Joseph Kadish, Ryan Kahlbaugh, Max Kaplan, Garrett Koeppicus, Jozef Kopchick, Harris Kornstein, Anne Lind, Kathryn Longley, Erik Lowery, Daniel Margolis, Judith Mark, Kelly McGrath, Alison McKee, Brian McVoy, Jessica Menrath, Kevin Nagel, Timothy Palmieri, Stephen Perazzelli, Jaclyn Pilette, Julie Polovina, Ashley Polverelli, Sarah Richardson, Katherine Roark, Risa Sarachan, Michael Schwab, Hilary Shpeen, Marcy Shultes, Meredith Singer, Jennifer Sokoler, Amber Storm, Andrew Swiatowicz, Carter Thomas, Kelly Vadney, Elizabeth Vincent, Sara Virgil, Andrew Wendth, Eric Wilcox, Emily Wistar, Benjamin Wolinsky and Wunan Zhou.

Grade 12 merit roll

Arno Alarcon, Bradley Alston,

Madeleine Andersen, Laura Baboulis, Matthew Beauchaine, Alec Betterly, Danielle Blanchard, Katherine Bonafide, Martin Bonventre, Steven Borzykowski, Robert Boughton, Sean Boyle, Nichole Bronson, Parker Brown, Eric Buist, Mark Bulger, Andrew Caplan, Allison Carloni, John Carnes, Chase Chaskey, Jonathan Clair, Daniel Cohen, Susan Collen, Sean Conger, Christine Coulon, Laura Curtis, Ryan Dalton, Patrick Dawson, Megan Dole, Joseph Dupuis, Lance Ellers, Jennafer Englestein, Seth Erlich, Frederick Fuhrman, Stephanie Garbo, Celinda Gebhardt, Jennifer Gerstenzang, Luciana Giacosa, Deborah Gordon-Messer, Nancy Gort, Katherine Gould, Hannah Gray, Benjamin Greenberg, Aaron Griffin, Ian Groven-ger, Michelle Haenel, Katie Haggerty, Shannon Halpin, John Hamm and Marisa Harrison.

And Laura Hayes, Brooke Hebert, Justin Heinbuch, Eric Herd, Roisleen Hickey, Nicole Hill, Stephen Hoghe, Jeremy Hosier, Brendan Hughes, Renee Humphrey, Eric Hunter, Todd Joyce, Christopher Kajano, Daniel Kidera, Timothy Kindlon,

Robert Kuhn, James LaBarge, Heather Leary, Sasha Lopresti, Stephen Maltzman, Jennifer Masker, Zachary Maskin, Andrew Mason, Kristin McElroy, Suzanne McMillen, Matthew McWhinnie, Matthew Melnikoff, Chloe Morgan, Andrew Murphy, Lisa Murray, Sandeep Murthy, William Nathan, Elizabeth Nehrbauer, Eric Nolan, Sarah Nolan, Michael Nuttall and Amy O'Donnell.

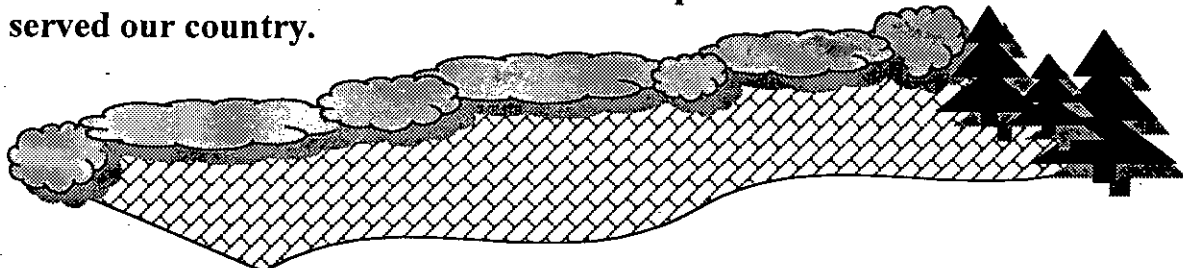
And Joshua Okun, Amy Oldendorf, Matthew Olinzock, Jennifer Peters, Mary Picarazzi, Caitlyn Plummer, Kenneth Porter, Alissa Python, William Quimby, Lauren Reis, Jennifer Rodgers, Adam Rodriguez, Teresa Rosetti, Rachel Ross, Jessica Russo Cannone, Gerald Saliba, Steven Sanchez, David Sargent, Lauren Schucker, Christopher Sgroi, Shammah Olivier, Nicholas Shimkin, Ashley Smith, Rebecca Smith, Paul Stewart, Sarah Storey, Margaret Sullivan, Jeffrey Sundram, Jessica Szczech, Sarah Thomas, Gary Ting, Thomas Trimarchi, Christie Turner, Erik Turner, Kathryn Venezia, Kristen Wagner, Michael Walker, Nora Wallant, Brian Wasserstein and Andrea Youngs.

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Velveteen Rabbit cast members, from left, Teddy Lytle, Sean Romeo, Kenzie Meyer and Emily Szelest rehearse for this week's performances.

BCMS

(From Page 1)

director, managing a cast of 35 kids. Grand is the technical director, and has about 50 kids working on lights, sound, props, signs, posters and make-up.

"There really isn't a hard part of doing this," O'Connell said, "although it does take a lot of energy."

"Balancing time and responsibility can be difficult," Grand said. "The kids have to coordinate this with their schoolwork and the other things they have in their lives."

O'Connell and Grand — both Bethlehem Central graduates who had been involved in drama while in high school — started working on the play in August, and started involving students in December.

"We've worked on this for four solid months," Grand said. Rehearsals start after school, three days a week, and, in the final weeks, take place six days a week.

"The play is really a great thing," O'Connell said. "The kids get to form relationships among the different grade levels, and all work toward a common goal. It's a nice way to feel part of a group."

Eighth-grader Zarina Jalal is the student director for the tech crew. "I've learned how to do the sound boards and how to do make-up," she said. "It's been interesting, and it's been a lot of hours. When you see how the play falls together, it's really nice."

Alyssa Rosenblum has been the student director for the cast, and O'Connell described her as "my right-hand lady."

"I've helped block the cast, telling them where to stand," Rosenblum said. "I've also helped solve problems."

Sean Romeo, an eighth-grader, is playing the velveteen rabbit. This is his first full-length play.

"My dad's an actor, and he influenced me to do this," Romeo said. "It's good to be up on the stage, but it's hard memorizing all the lines." Five days before opening night, both cast and crew looked energized as students

tried on their costumes — some rented, some made by members of the parent committee. All the students wore Velveteen Rabbit T-shirts, and are clearly ready to get on with the show.

"I hope a lot of people come," Gordon said.

The Velveteen Rabbit will be performed at the Bethlehem Central Middle School at 332 Kenwood Ave. this Thursday, Friday and Saturday, March 21 to 23, at 7 p.m.

Tickets are \$5, and are available at the door or in the school cafeteria during lunchtime.

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Tebbano

(From Page 1)

a positive learning environment that has parents comfortable with the program."

"To maintain a true culture of learning that thrives on being a learning community, involves parents, the community at large and the district all, focusing on the students," said Tebbano. His doctoral dissertation, soon to be published, is also in the same vein and is entitled "Leadership Styles and the Ability to Create Professional Organizations." He sent questionnaires to 22 district superintendents in this region and more than 2,000 teachers and principals for input in his paper.

Tebbano said, "It is a great time to be in education. Revitalization of public schools is happening all over the country, as it is in New York with its new higher standards. Plus, the advances in technology makes the resources for learning through the Internet and data bases beyond what we could imagine a few years ago."

"Tebbano's educational credentials include a recent doctoral degree in administration and supervision from Seton Hall, South Orange, N.J., of which he is quite proud," according to Loomis. His résumé shows certification by the state

Education Department as school administrator/supervisor and pending certification as a school district administrator.

Tebbano holds bachelor's and master's degrees in music education from State University of New York (SUNY) in Potsdam. He has done graduate work in education administration at SUNY Albany and Massachusetts College of Liberal Arts in North Adams, Mass.

Tebbano has 27 years experience as an educator to add to his educational credentials, all in four school districts in the Capital District. Seventeen of those years were in the instructional area and the last 10 in administration.

After college Tebbano started his teaching career in music in the Voorheesville school district in 1975 followed by similar assignments, in the Rotterdam-Draper Union Free School and the Niskayuna school district.

In 1992 he became director of music education in the Voorheesville Central School district and then district curriculum supervisor of music education for the Bethlehem School District. He has also functioned as acting elementary principal at Glenmont Elementary School.

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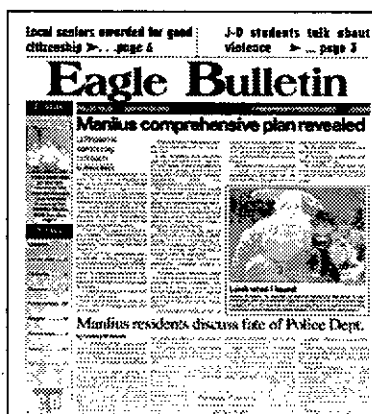
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Health Care

Advances in dentistry bring comfort, faster service to patients

By RON CAMPBELL

The dental profession is changing rapidly" said Dr. Virginia Plaisted whose practice is located at 74 Delaware Avenue in Delmar. Many of the changes improve the comfort of patients during and after treatment.

"One milestone," said Dr. Plaisted, "is having certified and licensed dental assistants working with dentists during treatments. Using educated assistants has decreased the amount of time a patient has to spend in the chair." This New York State requirement has been in effect for about two years. It is not strictly enforced yet because of a dearth of training facilities."

Here are just a few of the changes said Dr. Plaisted, "Nearly every procedure has improved like

implants are routine everyday procedures. Root canals are much less trying for patients and can usually be completed in one visit. There are new treatments for periodontal disease that in many cases eliminates

the need for surgery. Medication can be applied by the dentist directly to the affected site where the disease exists."

"Crowns can be measured and milled on premises in a matter of minutes by a computer driven process," said Dr. Plaisted. She also noted "it used to be tooth decay was blamed entirely on poor hygiene habits like lack of brushing. Now links between certain diseases like acid reflux and diabetes have been determined to contribute to tooth decay. Finally, anesthetics can be administered for dental surgery, with new materials and procedures that totally eliminates patient discomfort."

When asked how a busy professional like herself can keep up with so many changes her reply was, "continuing education. The Academy of General Dentistry offers an honorary degree and fellowship after completing 500 credit hours of their curriculum and passing an exam," which she has done.

Dr. Ravuri Kaveeti of Scotia Glenville Dental Center on Mohawk Avenue in Scotia mirrored some of Dr. Plaisted's comments.

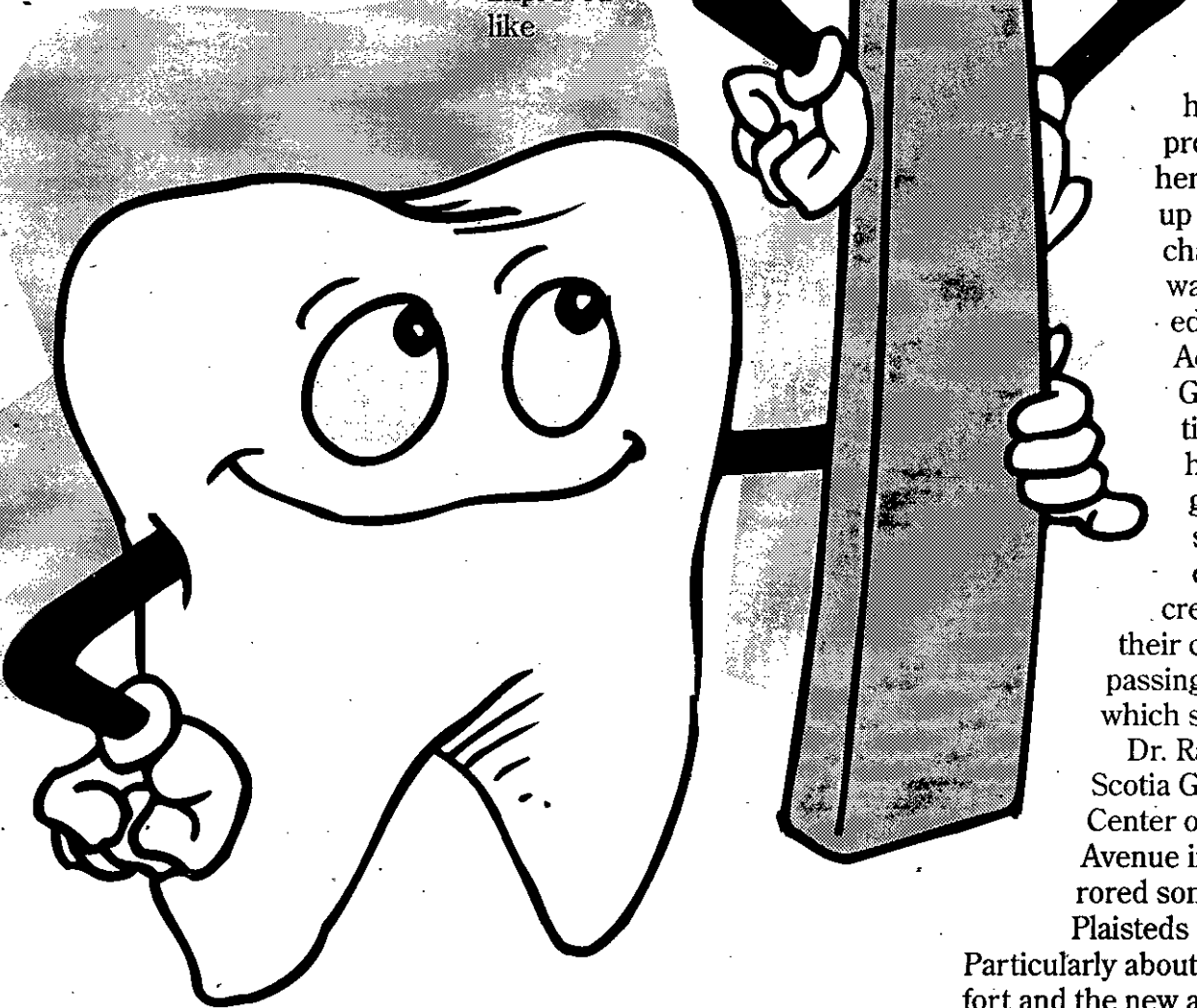
Particularly about patient comfort and the new anesthesia

products and procedures.

On the preventative side he emphasized the importance of regular professional teeth cleaning and oral examination including cancer screening. There is no set rule for cleaning frequency but he felt the "average person should be treated every six months. Some people with certain conditions should be seen every three months."

The cancer screening was important said Dr. Kaveeti "and even patients with full sets of dentures and no teeth should get the oral cancer screening."

While probably not a walk in the park, it sounds like patient comfort in the dental chair has been much improved.



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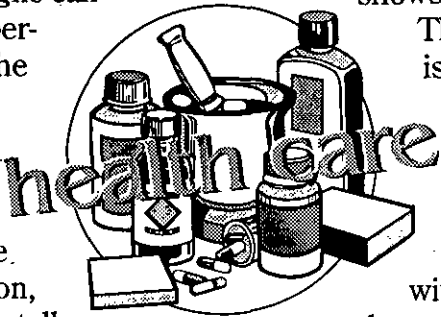
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Spring eyewear fashions on parade

By DONNA J. BELL

Time to give a fresh look to your face? Eyeglass frames designs can accent the personality of the wearer and just like the clothes you choose or the hairstyle you decide on, your glasses tell the viewer who you are.

From designer (Calvin Klein) and name brands (Nike) to budget styles, the shelves are bursting with numerous eyeglass frames because the new spring fashions have just



arrived. Often what is new in the eyewear parallels what's being shown on the catwalks in fashion shows.

This spring is bringing colorful women's and men's fashions with cheerful colors or richer tints. The stronger shades are natural. Or are you ready for colors like orange peel and lilac?

Also look this year for a resurgence of plastic frames. For women, last year's unisex look is



turning to a dressier women's frame with pearl-

ized finishes. On the other side of the spectrum is the new "modern art look."

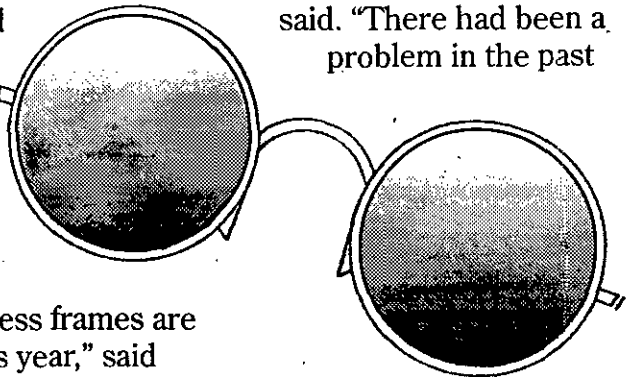
Frames are geometric and minimalist with stark colors that run to copper, steel, gunmetal and bronze. Shape is what it is all about and this year look for geometric — round is now passé. The European look is rectangular, shallow and wide for men and women.

"New light-weight titanium drilled rimless frames are popular this year," said Tom Hughes Sr. of Hughes Opticians in Delmar. "The lenses are drilled and mounted and are lighter."

Hughes also said that

one of the newest brand names in eyewear is Nike. In addition to the new looks for spring, there have been some new advances in the technology of glasses.

"The new 'next generation' transition lenses which darken in the light and lighten in the dark have improved," Hughes said. "There had been a problem in the past



with the lenses not changing quickly. Now the depth of darkness is the same as sunglasses and the lens recovers almost to clear. Most people like them because it serves two purposes."

If you worry about driving at night because of glare, Hughes said new anti-reflection coating is excellent for night driving because when you look into ongoing lights you won't be bothered by stars and halos. Many of the coatings can be added for an extra \$50, which is guaranteed for the life of the lens. If you don't know what you like, be sure to ask your eye care professional for help.

"Some people come in and are looking for a certain style and ask for something specific," Hughes said. "Others want help, and we guide them toward what is best for them."

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Consegrity offers alternative healing technique

By Michele Keleher MS, PT

Consegrity, a new approach to healing damaged tissue, is quickly becoming a beneficial tool in therapy.

Consegrity is taught by an orthopedic surgeon from Derby, Kan. Dr. Mary Lynch and her colleague Debra Harrison have researched the field of electromagnetics for the better part of 30 years. Throughout their research, Lynch and Harrison have closely worked with physicists and

other scientists.

They have developed a means by which the therapist can communicate with the body to obtain crucial information regarding the patient's illness. This technique begins the healing process within the connective tissue and facilitates the normalization of pressure and tension within the tissue. This facilitation ultimately affects the integrity of the cell wall and the cell DNA. The treatment is nonspecific in that it does not matter

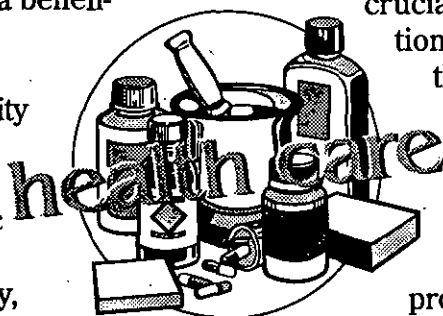
what the disease process is.

Thus far, I have witnessed a reduction in chronic pain, inflammation, certain types of lymphedema, fatigue and trauma. I have also seen reversals of certain types of cancer. The treatment is not based so much on what I do as a therapist, as it is what the patient does with the information internally. At the present

time, Consegrity is a part of what I do within my practice to help heal patients.

As I continue to use this treatment, I notice that more patients are seeing better results; in comparison to conventional modalities. Each day I learn more, mostly from the patients, and I feel fortunate to be able to help where other methods have failed. I encourage people

to come and try this treatment before they give up or attempt more invasive treatments such as surgeries or medications. All too often, the results of these attempts cause other more serious complications and, in the case of medications, there could be harmful side effects. For information about Consegrity, call Delmar Physical Therapy at 439-1485.



YMCA, ALA to offer smoking cessation program

Parkside YMCA and the American Lung Association of Northeastern New York will combine to offer the "Freedom from Smoking" smoking cessation program.

A trained facilitator will lead the group through the seven-step process of quitting smoking and provide valuable support strategies to assist new quitters to stay off tobacco.

The program will begin April 3 from 6:30 to 7:30 p.m., and continue for six



weeks and seven sessions, at the Y at 127 Droms Road, Scotia.

A \$20 deposit is required, but will be re-

turned upon completion of the program.

To register, call the American Lung Association at 459-4197, ext. 317.

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Warmup, consistency are keys to good workout program

By ANDREW GREGORY

Despite the lack of snow this winter, many people still found a reason to stay inside. Recent warming

Regardless of what type of workout you're doing, you should always warm-up and stretch before beginning your routine.

temperatures are an indicator of the coming spring season.

To counteract our winter sluggishness, many of us will be gearing up for spring workouts. Whether you're a serious weight trainer or a light jogger, you'll need to prepare for your spring routine.

According to Mike Braet, owner of Progressive Health & Fitness at 18 Drywall Ave. in Voorheesville, starting a workout early is the key.

"Most people think that they'll see instant results," he said. "In reality, there is a one-month minimum before you'll see the benefits."

Regardless of what type of workout you're doing, you should always warm-up and stretch before beginning your routine.

"Five to 10 minutes of light exercise followed by a series of stretches helps

to ready the muscles and joints," said Braet. Loosening up your entire body will be beneficial. Even if you're planning an upper body workout, you should stretch all five muscle groupings — chest, back, legs, shoulders and arms.

Once these steps are completed, you should work on your cardiovascular endurance.

"Rebuilding your endurance base is essential to a great spring workout," Braet said.

A great way to work your cardio and muscular systems is by using ellipticals. Ellipticals are a combination of Stair Master and Nordic Track machines.

"Ellipticals are great because you get an overall workout without the strain of lifting or running," Braet said. "The free range of motions is very easy on the joints, which helps to eliminate muscle strain."

Decreasing the amount of strain is important to consider because any soreness or pain may detract from the impact of your workout.

However, injuries can occur during any sort of workout. Injuries are often attributed to doing too much in a short span of time.

Thomas Fashouer, director of rehabilitation at Sports Therapy of Albany (at 4 Executive Park Drive and 650 Warren St. in Albany), sees patients come in with a wide variety of injuries.

"Some common causes of overuse injuries include overhead activities such as serving in tennis or volleyball and throwing a baseball. The impact that the feet and shins take from running or hiking are often lead to injury as well," Fashouer said.

WARM-UP/page S12



Tips to help save your sight from glaucoma

Seeking to help Americans protect themselves from an eye disease often called the "sneak thief of sight," former U.S. Senator and pioneering astronaut John Glenn is urging people to know the risk factors of and get tested for glaucoma.

"I'll never forget the sight of Earth as I looked from my Friendship 7 Mercury capsule in 1962 or 36 years later from the space shuttle Discovery," he said. "I might not have seen such sights if a simple, quick and painless eye exam had not caught my glaucoma in time."

Speaking out as part of a public service campaign, Glenn warns that glaucoma is a dangerous disease that can cause vision loss and blindness if left untreated. About half of the 3 million Americans who have glaucoma do not know it, because there usually are no symptoms until irreversible damage occurs.

About 120,000 Americans are blind from glaucoma, another 5,500 go blind each year, and hundreds of thousands of others lose some sight. You may be at high risk for glaucoma if you have a close relative who has

glaucoma; are African-American; or are a senior citizen.

Glaucoma cannot be prevented, but early diagnosis and treatment may help save your sight. A trio of painless tests detect glaucoma. If glaucoma is found, you usually will receive eye drops and, sometimes, laser or conventional surgery. If you have glaucoma, you must follow your recommended treatment.



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Delmar massage studio offers balance and comfort

By Katherine McCarthy

The waiting area is cozy, with the walls painted a warm burgundy color. Light shines in the big window in the second-floor Main Square, Delmar, home of Balance Massage Studio. A massage chair beckons clients to let their tension be eased away.

There are three private rooms beyond the waiting area, and all have names.

"I thought it would be nicer if the rooms were themed, and weren't just called rooms 1, 2 and 3," licensed massage therapist and owner of Balance Massage Studio Denise Mason said.

The rooms reflect

Mason's background as an interior designer, with an Eastern room, a neo-classical room and a woodlands room. Mason even paid special attention to the bathroom, which is softly lighted, and decorated with wispy

woodland leaves.

"We're trying to make sure that other people feel

comfortable here," Mason said.

Three other therapists work with Mason in the studio she opened in December. Mary Panza just received her license, and will be training to do Thai massage at Balance Massage. Edie Miskewicz and Karen Mosley also work from the studio.

One of Balance Massage's specialties are hot stone massages, where heated basalt stones are placed on a massage table, then covered with a cloth before a client lies on them. Stones heated to 125 degrees Fahrenheit are then placed on four of the body's seven Chakra points. Chakras, according to Hindu beliefs, are the body's energy points.

"The stones are heavy, but the weight disappears when they're on your

body," Mason said. "We also give our clients one hot and one cold stone to hold in their two hands, and the mind takes over, trying to regulate the temperature differences. The heat of the stones is transferred to the body, leading to a deeper and faster sense of relaxation."

Mason came to massage as a way to manage her own pain.

"Doctors wanted to treat my arthritis only with medication," she said. "Massage has helped tremendously."

Mason worked out of her home, and then from St. Croix Tan on Delaware Avenue, before opening the Main Square studio.

"My background is art," she said, "and a studio is a place to perform art."

"My background is art and a studio is a place to perform art."

Denise Mason

Mason also offers pregnancy massages.

"I was pregnant while I was in massage school," the 2000 graduate of the Center For Natural Wellness School of Massage Therapy in Rensselaer said. "My classmates were always offering to massage me, and it relieved the nausea, aches and pains."

Mason uses a special pillow that keeps pressure off a pregnant woman's belly. If a client prefers, she can also turn onto her side and be massaged that way.

"It also is a place for creativity to occur," Panza said.

Mason attributed the current interest in massage to a general awareness of the connection among body, mind and spirit.

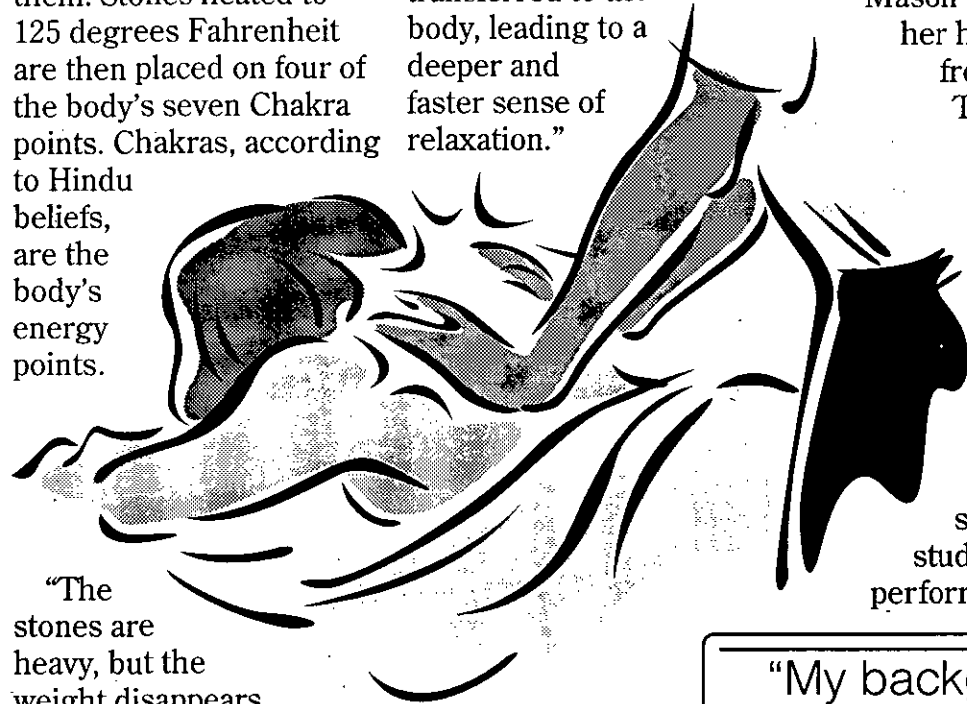
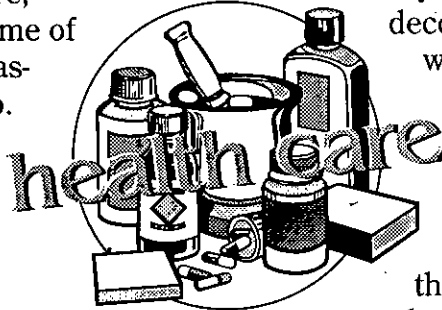
"Look at what people are dealing with," she said. "Environmental stress, emotional stress, work, and day care, just to name a few. Stress can hinder the immune system, and people are getting interested in taking care of themselves and empowering themselves."

Whether it's a 15-minute, fully-clothed chair massage, or a longer hot stone massage, Mason said a monthly massage provides people with a place to let go.

"If people want to talk, we listen," Panza said. "If they want quiet, we provide quiet. It's their hour."

A 15-minute chair massage costs \$15; a half-hour basic massage is \$35, and a full hour is \$60. A hot stone massage lasts an hour and 20 minutes and costs \$90.

Massages are available seven days a week, by appointment only. For information, call 475-9999.



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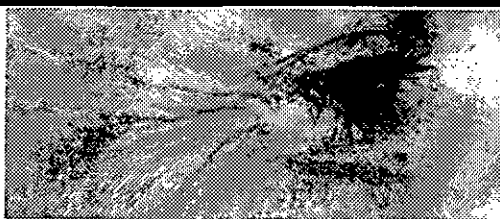
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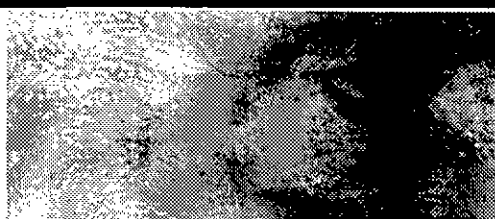
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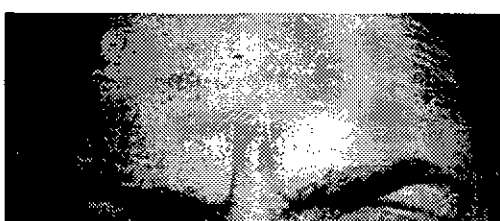
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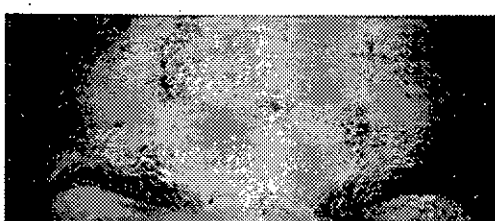
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Help is available for post-traumatic stress disorder

The recent terror attacks in America have left many overwhelmed with feelings of intense fear and anxiety, helplessness and horror.

Whether dealing with the loss of a loved one or worrying about the uncertainty of the future, people across the country are dealing with a wide range of emotions. For many, these feelings will gradually subside without intervention.

Others may develop a debilitating condition known as post-traumatic stress disorder, or PTSD.

Affecting approximately 16 million Americans, PTSD develops after experiencing or witnessing a traumatic event, or learning about the unexpected or violent death, serious harm or threat of death or injury experienced by a family member or other close associates.

In fact, nearly one-quarter of people exposed to trauma will develop

PTSD. Traumatic events can also include car accidents, natural disasters, physical attack or abuse,

for months, or even years. Re-experiencing, avoidance/emotional numbing and hyperarousal are the

three symptom groups of PTSD.

• Symptoms of re-experiencing include "flash-backs" of the trauma and nightmares or

other intrusive thoughts.

• Symptoms of avoidance/emotional numbing include avoidance of activities, places, people or topics associated with the trauma. Loss of interest in and withdrawal from everyday activities is also common.

terrorist attack, robbery, kidnapping or sexual assault.

"We know from previous crises, like the Oklahoma City bombing, that there is a risk of increased rates of post-traumatic stress disorder," said Dr. Randall Marshall, associate professor of clinical psychiatry at Columbia University. "That is why it is critical that Americans are educated about the symptoms of post-traumatic stress disorder and the importance of seeking help."

Symptoms of PTSD usually appear within three months of a traumatic event, but can be delayed

• Symptoms of hyperarousal include irritability, jumpiness, outbursts of anger, an extreme sense of being "on guard," problems concentrating, and insomnia.

Diagnosis and treatment for PTSD is critical. If left untreated, PTSD sufferers are:

• Six times more likely to attempt suicide.

• Two to three times more likely to have a drug or alcohol abuse problem.

• 60 percent more likely to have trouble in their marriages.

• 40 percent more likely to fail high school or college.

Treatment for PTSD includes therapy and sometimes anti-depressive medication.

"Millions of Americans have spent their lives haunted by their trauma, many of whom don't realize that what they are suffering

from is a real and treatable condition," Marshall added. "Treatment offers sufferers a chance to regain control of their life."

If you think you or someone you may know is suffering from PTSD, see a physician.



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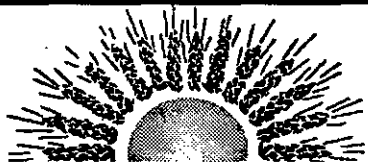
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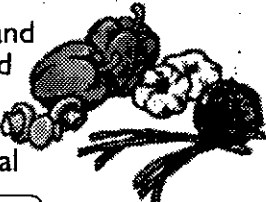


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Be heart smart with stroke prevention strategies

By Andrew Gregory

Coronary disease is becoming a way of life for too many Americans.

With greasy fast food readily available and nutrition being low on many people's priority list, heart attacks and stroke are

affecting more and more people. As with any other disease, taking preventive measures now can help keep the nation's No. 1 killer at bay.

One way to reduce your risk of a heart attack and stroke may be to turn on

your computer. A free, online, interactive program has been developed by the American Heart Association and the American

Stroke Association for individuals at risk for coronary heart disease and stroke.

The site, MyHeartWatchSM, features helpful information and support for patients at risk for or recovering from a heart attack and/or stroke.

"The online program is a comprehensive Web site created to help patients

reduce their risks for coronary heart disease and stroke while achieving their goals for a healthy lifestyle," said Dr. Richard Pasternak, director of preventive cardiology and cardiac rehabilitation at Massachusetts General

Hospital and chairman of the American Heart Association MyHeartWatch volunteer task force.

The site features interactive tools such as Know Your Heart Attack Risk, an online assessment that predicts a person's actual risk of having a heart attack or dying from coronary heart disease within the next 10 years based on current risk factors.

Ask-an-Expert gives participants responses to their questions from an expert panel at the American Heart Association and

the American Stroke Association.

Nutrition Calculator lets participants count calories and monitor other nutritional information at the

The Behavioral Modification Program is a health and lifestyle management component that provides individually tailored health and behavioral information

Rehabilitation is a very important part of recovery for many stroke survivors. The effects of stroke may mean that you must change, relearn or redefine how you live.

click of a mouse. After entering what you eat for an entire day, you can see how closely you've come to meeting your nutritional goals.

Chat Rooms offer participants real-time discussions in "virtual cafés" with other members. Professional moderators guide discussions and communicate expert information from the American Heart Association and the American Stroke Association.

Discussion groups are comprised of individuals who wish to contribute to an ongoing discussion.

to help lower heart attack and stroke risk.

Other features include online polls, personal stories, a resource center and many more tools and tips.

"With this interactive technology, we're helping patients help themselves," Pasternak said.

"MyHeartWatch.org is just what the doctor ordered."

Although many people take preventive measures, about 600,000 Americans have strokes each year. This debilitating disease is a leading cause of long-term disability. However, hundreds of thousands of stroke patients undergo rehabilitation each year.

Rehabilitation is a very important part of recovery for many stroke survivors. The effects of stroke may mean that you must change, relearn or redefine how you live. Stroke rehabilitation is designed to help you return to independent living.

Rehabilitation doesn't reverse the effects of a stroke. Its goals are to

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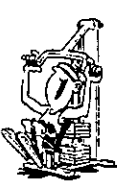
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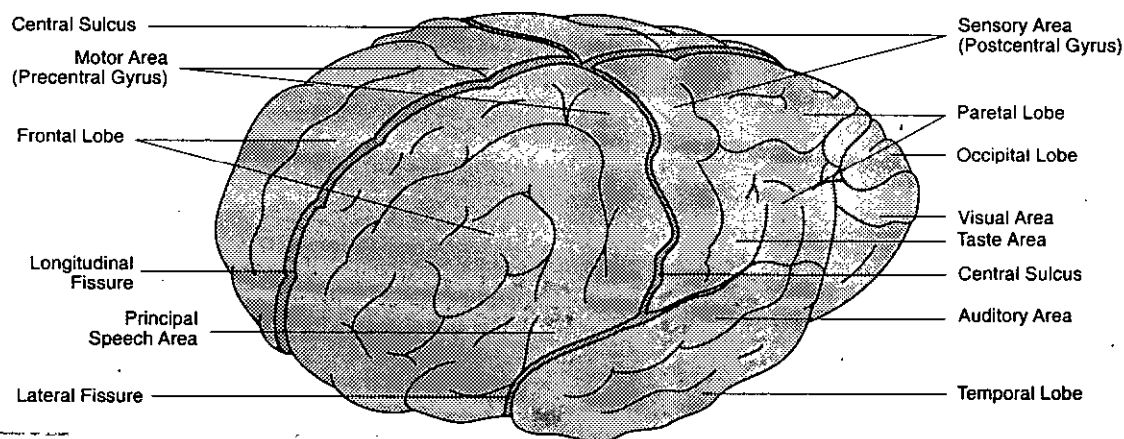
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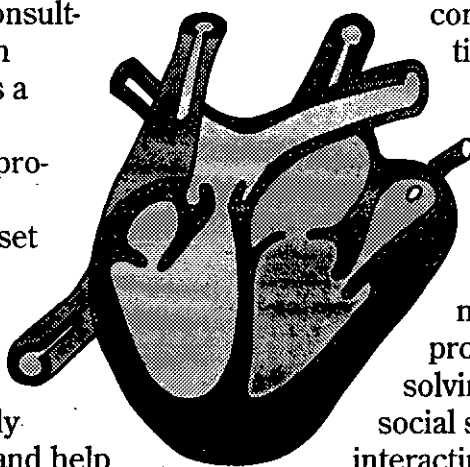
What you do in rehabilitation depends on what you need to move from illness to independence. At Sunnyview Rehabilitation Hospital, which handles

over one-hundred and fifty cases a year, stroke patients are evaluated by a team of medical and surgical consultants. "Each patient has a specific exercise program. Our hope is to set goals for stroke victims, even simple daily activities, and help them to achieve those goals," said Maureen Donnelly, CSW.

These activities include self-care skills such as feeding, grooming, bath-

Under your doctor's direction, rehabilitation specialists come together to provide a treatment program specifically suited to your needs.

ing and dressing; mobility skills such as transferring, walking or self-propelling a



wheelchair; communication skills in speech and language cognitive skills such as memory or problem-solving; and social skills for interacting with other people.

The rehabilitation process will begin when your

doctor determines that you're medically stable and able to benefit from it. Rehabilitation services are provided in many different places such as acute care and rehabilitation hospitals long-term care facilities at home, through home health agencies and outpatient facilities. "At Sunnyview, we offer a Stroke Education Group. The group meets for one

hour Monday through Thursday," said Donnelly. "We discuss topics such as diet, exercise, cognitive and emotional changes, and medication management."

Under your doctor's direction, rehabilitation specialists come together to provide a treatment program specifically suited to your needs. Physicians who specialize in rehabilitation are called physiatrists. The number of services you receive will depend on your needs.

Services may include rehabilitation nursing, physical therapy, occupational therapy, speech-language pathology, audiology, recreational therapy, nutritional care, rehabilitation counseling, social work, psychiatry/psychology, chaplaincy, patient/family education and

support groups.

Vocational evaluation, driver's training and programs which are used to improve your physical and emotional stamina may also be part of your rehabilitation program.

"Through the Outpatient Neurological Program, we offer case management services, as well as vocational and physical therapy," said Donnelly. "The ultimate goal is help stroke victims reclaim their independence." If your loved one has suffered a stroke or to learn more about stroke rehabilitation, you can call your primary care physician or contact Sunnyview Rehabilitation Hospital at (518) 382-4516.



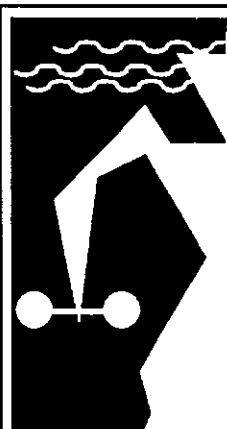
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High blood pressure limits over-the-counter choices

High blood pressure sufferers and their caregivers are no more likely than the general population to know that hypertensive patients should avoid taking decongestants, according to a national survey.

Selecting an over-the-counter (OTC) cold and flu remedy poses little risk for most people when taken as directed, but for the 50 million

Americans with high blood pressure, decongestants can lead to potentially serious side effects. The American Heart Association recognizes that decongestants have been reported to increase blood pressure

and even interfere with blood pressure medicines.

"High blood pressure patients and those who help care for them

should choose medication without a decongestant to avoid potentially serious consequences," said Dr. Randall Zusman, director of the Division of Hypertension and Vascular Medicine at Massachusetts General Hospital and associate professor of medicine at Harvard Medical School. "Choosing the right cold and flu medications is an important part of a high blood pressure patient's overall program to manage his or her condition."

While most hypertensive patients read medication labels, avoid salt and monitor their blood pressure, they sometimes make the wrong choices when selecting cold and flu medication.

Only half know that hypertensive patients should avoid cold and flu medications containing a decongestant and only four in 10 always seek the advice of their physicians or pharmacists when selecting an OTC medication to treat their symptoms.

Survey results also show that people who care for a loved one with high blood pressure are confused about which cold and flu medications are recommended.

Zusman recommends that caregivers have a heart-to-heart with a physician or pharmacist about the

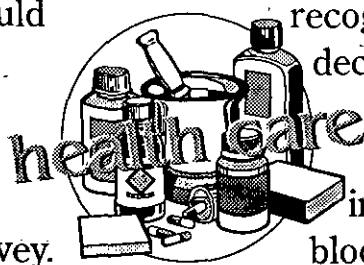
importance of avoiding decongestants.

As a co-sponsor of the American Heart Association's hypertension Web site, Schering-Plough HealthCare Products is helping to educate people with high blood

pressure and those who actively participate in their care about the dangers associated with decongestants.

High blood pressure sufferers and their loved ones can get a free wallet card that lists potentially dangerous ingredients to avoid when choosing OTC medications. It can be obtained by writing to Coricidin HBP Wallet Card Offer, PO Box 88453, Carol Stream, IL 60188-0453.

For information, high blood pressure patients can visit the American Heart Association Web site at www.heart.org/hbp.



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Herbal remedy may often help prostate patients

March is National Kidney Month, a good time to learn about diseases that affect the urinary system like benign prostatic hyperplasia (BPH).

According to the National Kidney Foundation, BPH affects more than half of men over 60 and as many as 80 percent of men aged 80 or older, causing symptoms like a weak stream of urine; feeling unable to empty the bladder completely; trouble starting to urinate; needing to urinate more often or having an urgent need to urinate; getting up often at night to urinate; and stopping and starting of the urine stream.

Extracts from saw palmetto berries, a dwarf palm growing mainly in southern Florida, have been popular in Europe for some years for the relief of BPH or an enlarged prostate. Demand for saw palmetto is also increasing in the U.S., along with the overall popularity of herbal remedies.

Recent clinical trials indicate that saw palmetto extract can sig-

nificantly improve quality of life for men with BPH. Several trials of long-term use of saw palmetto extract suggest that its benefits compare favorably with those of finasteride, one of the drugs most widely used by physicians in the U.S. for treating BPH.

Patients using saw palmetto showed significant improvement in symptoms. In another recent multi-center study, prostate tissue biopsied before and after treatment showed clear-cut evidence that saw palmetto extract reduced the size of enlarged prostate epithelial tissue.

While these studies suggest a possible role for saw palmetto in the treatment of BPH, experts recommend

that men with BPH speak to their doctors before taking the extract. Many patients do not reveal their use of herbal remedies to their physicians, and concerns have been raised that men may be self-treating BPH without adequate medical supervision or screening for more serious conditions, including prostate cancer.

Like other nutritional supplements, the U.S. Food and Drug Administration do not review herbal remedies for effectiveness, purity or safety. Patients wishing to use saw palmetto extracts are advised to obtain them from reputable providers in standardized doses containing 85 to 95 percent sterols and lipids. Few side effects have been reported for these extracts, with stomach upsets being the main

one. Taking saw palmetto with food can minimize this. Teas made from saw palmetto berries are not likely to be effective because the active ingredients do not dissolve in water.

To rule out prostate cancer, all patients with BPH should have regu-

lar tests for PSA (prostate specific antigen) and an annual digital rectal examination.

For information about benign prostatic hyperplasia or prostate cancer, contact the National Kidney Foundation of Northeast New York at 800-999-9697.



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Great health tips for you and your family

Spring is here and with it comes relaxation, family trips and special safety concerns.

Most people don't realize that germs don't go on vacation during the summer months. If anything, people need to be even more vigilant about

maintaining a healthy home environment and taking basic summer safety precau-

tions. Here are some simple tips to stay healthy this spring:

1) Kill unwelcome picnic guests: bacteria. More people become ill from food-borne bacteria during the

summer season than at any other time of the year. One way of getting sick is through cross contamination-or the accidental spread of germs from food to food or from surfaces to foods. Your hands can also spread bacteria to less obvious places, like the refrigerator, door handles, sink faucets and more. Help protect your family from food-borne illness by using some sort of kitchen

cleaner to kill bacteria like E. Coli and Salmonella that cause food-borne illness.

2) Protect children from excessive exposure to the sun, and especially between the hours of 10:00 a.m. and 2:00 p.m. when the sun's rays are

strongest. Use sunscreen or sun block with an SPF of 15 or higher. When applying, pay special attention to exposed parts such as face, neck, shoulder, backs and tops of feet.

3) Wash hands frequently and thoroughly

4) The road to safe traveling requires simple precautions. When it's family vacation time, pack the car with a first-aid kit, non-perishable snacks and water. And for those long road trips, keep a disinfectant products on hand.



Your hands can also spread bacteria to less obvious places, like the refrigerator, door handles, sink faucets and more.

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WARM-UP/from page S5

Before beginning spring workouts, Fashouer also suggests that you should see your primary care physician. Your doctor can help you in assessing which activities will help you and which ones could harm you.

When it comes to increasing the intensity of your workouts, moderation is the key.

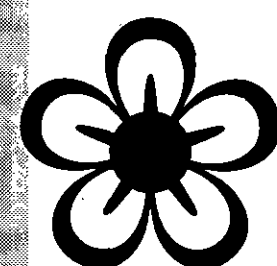
"I suggest a gradual increase of intensity and duration in the early stages of spring exercise," Fashouer said.

While these precautions will help avoid injuries, fatigue is inevitable. After months of inactivity, even light exercise will cause some soreness. Fashouer offered the following suggestion to everyone who is beginning their spring routine.

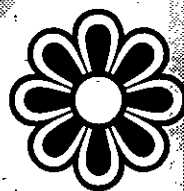
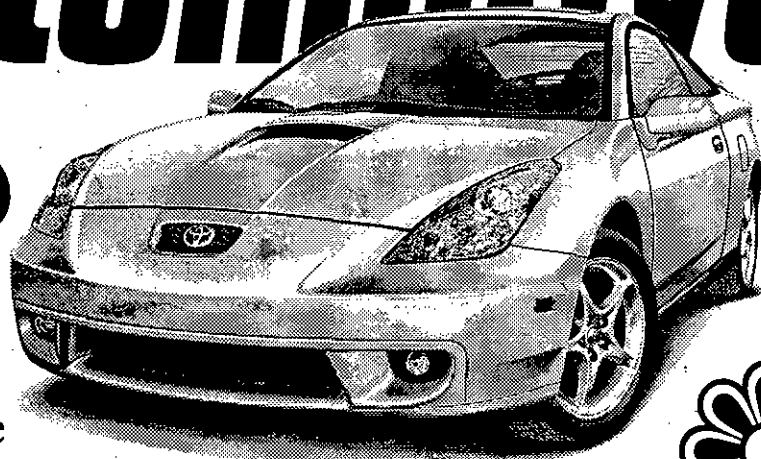
"The pain factor will affect you unless you've continued working out through the winter months," Fashouer said. "The best way to prevent overuse injuries is to use good judgment."

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Sports

Blackbirds bring home state championship

By ROB JONAS

Individuals don't win championships in basketball. Teams do.

The Voorheesville Blackbirds proved that point at last weekend's New York State Public High School Athletic Association girls basketball tournament at Hudson Valley Community College.

Fueled by the inside-outside tandem of senior center **Andrea Burch** and sophomore guard **Brittany Baron**, the Blackbirds used a balanced attack to defeat Sidney (Section IV) 64-61 last Sunday to claim the Class C title for the second time in five years.

"That was an awesome game," junior forward **Katie Inglis** said. "I think it was a little too close for our comfort, but everyone did their part."

"I'm just so happy for the kids," Voorheesville coach **Jon McClement** said. "They worked so hard to get here."

Top-ranked Sidney (26-1) may have been the pre-game favorite to win the title, but it was Voorheesville (21-6) that established dominance early on. Burch scored two quick baskets in the low post, and sophomore forward **Jaclyn Markert** drove the lane for two points to give the Blackbirds a 6-0 lead 1:28 into the game.

"When (Burch) got it going on early inside, that made a big difference," McClement said.

Sidney coach **Loraine Butcher** called a timeout after Markert's basket to try to settle her team down after it committed two turnovers against Voorheesville's full-court press, but it didn't work. Baron hit a jump shot, and Inglis scored on a fast-break layup started by a rebound and outlet pass by Burch to put the Blackbirds ahead by 10 points.

Jenn VanderMeulen got the Lady Warriors on the scoreboard with a jump shot from near the foul line, but Baron sank two free throws and Inglis added another layup on a breakaway to give Voorheesville a 14-2 lead.

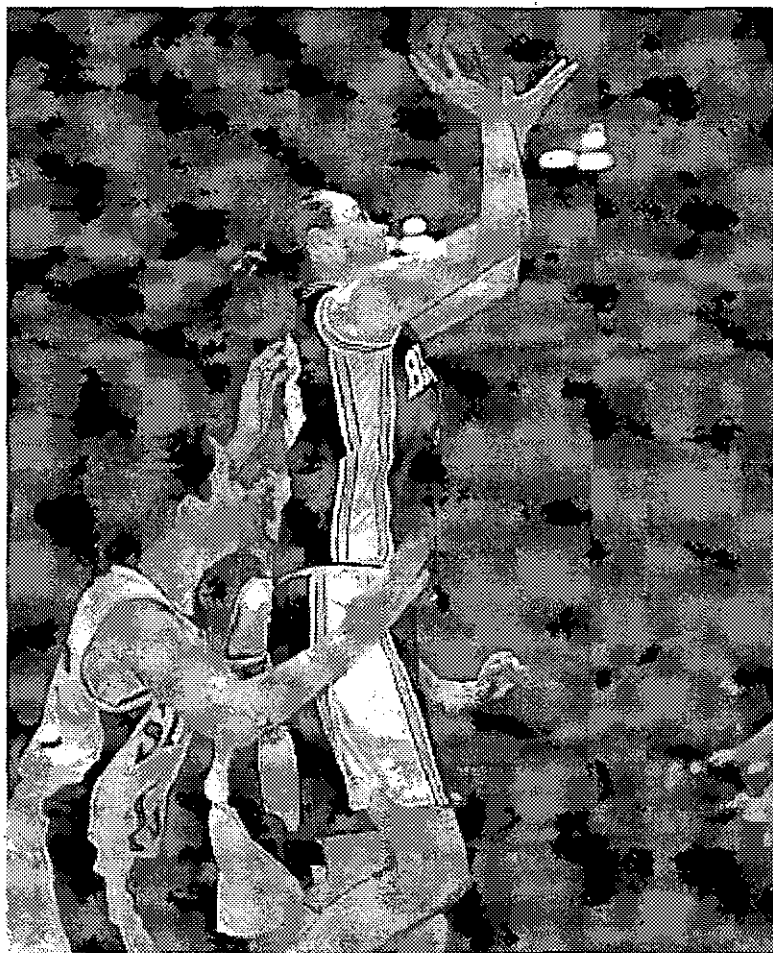
"I knew they were capable of doing it," McClement said. "We just worked really hard on our press, and we executed well."

After another Sidney timeout, the Lady Warriors began to make a run at Voorheesville. **Caitlin Graham** and **Angela Mirabito** hit consecutive shots to close the gap to 14-6, but Baron went on a personal 7-0 run to give the Blackbirds their biggest lead of the game at 21-6.

Sidney refused to go away, though. VanderMeulen scored an uncontested shot off an assist by Graham at the end of the first quarter and opened the second quarter with a long jump shot to make the score 21-10.

Voorheesville, which had been in command for much of the first quarter, started misfiring in the second quarter under Sidney's halfcourt defensive pressure. Though the Lady Warriors also struggled from the field during the same stretch, they were able to convert four of eight free throws to pull within seven points.

Burch ended Voorheesville's scoreless drought by hitting one



Voorheesville's Andrea Burch goes in for the shot during last Sunday's state Class C championship game against Sidney (Section IV) at Hudson Valley Community College.

Jim Franco

of two free throws with 4:36 left, but Sidney crept closer. Mirabito canned a jump shot and added two free throws to pull the Lady Warriors within five points. Then, Graham knocked down a three-pointer with 2:23 left to cut Voorheesville's lead to 23-21.

Michelle Delacruz gave the Blackbirds a little breathing room by hitting two free throws after being fouled on a defensive rebound, but Mirabito dropped a three-point bomb on Voorheesville to pull Sidney within one. Burch came through with a quick basket at the other end and added two foul shots with 31 seconds left to make the score 29-24 at halftime.

Voorheesville went back to its low-post players to start the third quarter. Burch drained a hook shot off an assist by Baron, and Markert made one of two free throws to give the Blackbirds a

32-24 lead.

VanderMeulen hit an inside shot to pull the Lady Warriors within six points. But Baron drove for one layup, stole the ball on Sidney's next possession and took it in for two more points to put Voorheesville ahead by double digits for the first time since the early stages of the second quarter.

Paula Foote sank a three-pointer to pull Sidney within seven points before Burch hit two more baskets from the low post to make the score 40-29 midway through the third quarter. It looked like the Blackbirds were poised to run away with the game and the title.

Sidney didn't let that happen. Over the last four minutes of the period, the Lady Warriors went on a 12-6 run punctuated by three-

□ BIRDS/page 20

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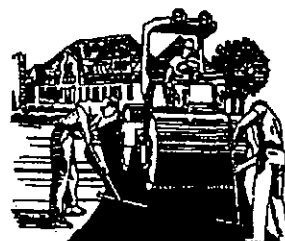
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Birds

(From Page 19)

pointers from Foote and Sarah Wesner to draw within five points of Voorheesville.

"They were great shooters, and you knew that coming in," McClement said. "You knew they were going to make a run."

Sidney's comeback continued in the fourth quarter. VanderMeulen and Foote each hit shots in the opening minute to pull within a point of Voorheesville at 46-45. Inglis drained a three-pointer to give the Blackbirds a four-point lead, but Burch collected her fourth personal foul when she was called for a block from behind on Graham's shot attempt. Graham made one of her two free throws, while Burch was forced to sit on the bench.

At first, Voorheesville was able to cope without the 6-foot, 3-inch Burch on the court. The Blackbirds clamped down defensively and got a little breathing room when Delacruz scored off an assist from Baron to make the score 51-46.

"I thought the longer we could keep her out with that fourth foul, the better off we'd be because then she wouldn't have to play soft on defense," McClement said.

That breathing room was short-lived. Mirabito knocked down her second three-pointer of the game with 4:47 left to pull Sidney within two.

Baron had an opportunity to extend the lead to four points, but missed two foul shots. Burch, who re-entered the game after Baron's first miss, grabbed the rebound off the second miss but could not hit the putback. Sidney pulled down the defensive board and got the ball to Mirabito, who drove in for a layup to tie the game at 51 with 3:28 left.

After a Voorheesville turnover, VanderMeulen drove to the hoop and was fouled. VanderMeulen hit both free throws to give Sidney a 53-51 lead with 2:58 left. Markert tied the game with two foul shots, but Mirabito knifed through the Voorheesville defense and hit a layup to put Sidney up 55-53.

That's when Inglis stepped up. The junior forward received a cross-court pass from Baron in the lower left corner and drained a three-pointer with 1:59 left to give the Blackbirds a 56-55 lead.

"Shooting a three is a lot easier in a two-three zone (defense) than a man-to-man," Inglis said.

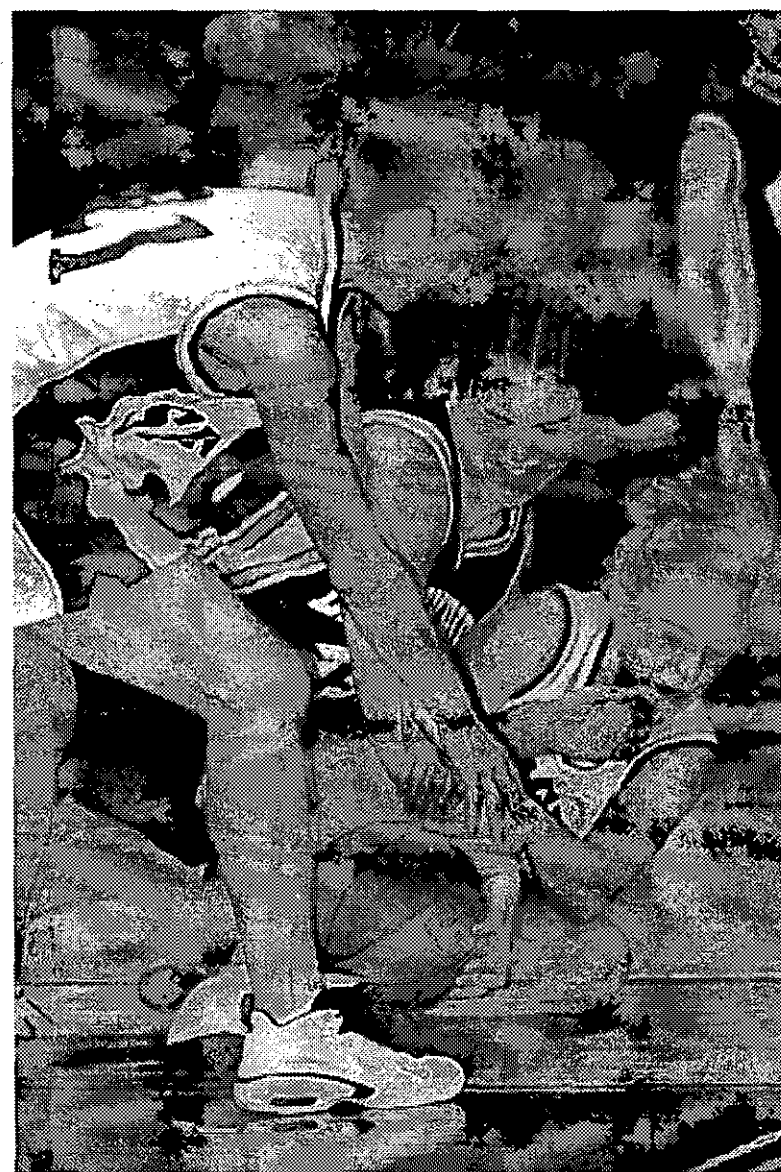
After Inglis' trey, the bounces began falling Voorheesville's way. Markert grabbed a defensive rebound and was fouled to put the Blackbirds in the bonus with 1:38 left. Markert hit the front end of her one-and-one to make the score 57-55.

After Sidney missed a chance to tie the game, Michelle Nadratowski was fouled as she tried to bring the ball upcourt. Nadratowski made her two free throws to give the Blackbirds a four-point lead. Additional foul shots by Inglis and Baron followed to make the score 62-55 with 31 seconds left.

Sidney made one last push. Foote drained a three-pointer with 24 seconds left to close the gap to four. Baron caught a long in-bounds pass and was immediately fouled, but she made only one of her two foul shots. The missed free throw was rebounded by Inglis, who was then fouled herself. But she missed both foul shots, and Mirabito canned a three-pointer at the other end to draw Sidney within two with seven seconds left.

Inglis was sent to the foul line again with six seconds left. This time, she made one of her two free throws to give Voorheesville a three-point lead.

Foote attempted one more three-pointer, but the ball bounced off the rim into Markert's hands as the final buzzer



Voorheesville's Jaclyn Markert battles for the ball with two Sidney players during last Sunday's state Class C title game at Hudson Valley Community College.

Jim Franco

sounded.

"Things got a little rough, but we calmed down a lot and got the job done," Burch said. "We got some really key shots in the game. A lot of key people stepped up."

Burch scored 19 points, pulled down nine rebounds, blocked three shots and added three steals to earn the tournament's most valuable player honors. Baron contributed 18 points and 10 assists, and Inglis added 13 points and three steals.

"It was kind of unexpected," Burch said of her MVP honor. "I didn't really expect to get it, but I'm very honored to get it."

Voorheesville reached the finals by holding off South Seneca (Section V) 59-51 in last Satur-

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Village of Voorheesville

Public Notice

To All Voorheesville Water Customers

I'm sure you are aware that a significant drought in the Eastern U.S. has begun to affect water supplies in New York State. In response to worsening conditions, the NYS DEC has declared drought advisories for much of Eastern and Southern New York. The 2nd stage advisory in the State's drought management system, a drought warning, is in place in 21 counties including Albany County.

Although Voorheesville's water supply has not yet been adversely affected, we are asking our users to voluntarily take measures to preserve our precious resource. Please reference the water quality report sent to you last spring for conservation tips. A list of conservation tips is also available at the Village Hall or at the Public Works Garage.

If the drought continues, please watch the Community Bulletin Board for further updates and possible mandatory use restrictions. Also details of drought conditions are available online from NYS DEC at:
<http://www.dec.state.ny.us/website/dow/droughtfacts.html>

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day's semifinals.

The Blackbirds overcame an early 6-0 deficit by outscoring the Falcons 25-12 over the final 12 minutes of the first half to take a 25-18 lead at the break.

South Seneca pulled as close as two points on three occasions in the second half, but Voorheesville made nine of its last 10 foul shots to pull away for the eight-point victory.

"Certainly I thought we were on the edge of putting a lot more distance between us and them (at halftime), but give them credit. They hung in there," McClement said.

"We did get a little nervous. They're a good team," Burch said. "But deep down, we knew we could hold on."

Baron scored 18 points, Burch contributed 16 points and 12 rebounds, Inglis chipped in 12 points and Nadratowski added six steals for Voorheesville.

The Blackbirds advance to Saturday's Federation championship game in Glens Falls against Bishop Kearney of Brooklyn, which won the private school title.

Bantams win final tournament

The Bethlehem Youth Hockey Bantam "A" team won the title at the Lake Placid Invitational International Hockey Tournament March 8-10.

Bethlehem opened with a 10-1 victory over Duxbury, Mass. March 8. Ian Stiles-Mil had a hat trick, while Joe Scialdo and Tim Moriarity contributed two goals apiece. Chris Dudek, Eric Russo and Tommy Phibbs also tallied.

Stiles-Mikl and Scialdo scored two goals apiece in Bethlehem's 9-3 victory over Braintree, Mass. March 8. Moriarity, Phibbs, Mike Dunn, Tim Reilly and Ariel Kredentser also contributed goals.

Bethlehem's lone blemish in its five games was a 2-2 tie with Montclair, N.J. March 9. Reilly and Dudek tallied to help Bethlehem earn a spot in the championship bracket.

In the semifinals, Bethlehem received a strong performance from goalie Andrew Bonelli in a 2-0 victory over a team from Gloucester, Ont. Bonelli made 22 saves, while Dunn and Dillon McNiven scored to guide Bethlehem into the finals.

Bonelli registered his second consecutive shutout in Bethlehem's 3-0 championship game victory over Saranac Lake March 10. Phibbs, McNiven and Taylor Bourque tallied to provide the offense.

The Bethlehem Bantam "A" team finished the season with a 29-14-5 record.



Voorheesville's Brittany Baron fights for a rebound with a Sidney player during last Sunday's championship game at Hudson Valley Community College. Baron scored 18 points and added 10 assists in Voorheesville's 64-61 victory.

Jim Franco

Rafiq Umar continues family track tradition

By ROB JONAS

The Bethlehem boys indoor track and field team can add another Umar to the list of athletes that have competed at the New York State Public High School Athletic Association Championships.

Rafiq Umar finished fourth in the triple jump and ninth in the long jump at the March 9 state meet in Syracuse.

"It was pretty nerve wracking," said Umar, who participated in his first state meet. "We were driving up to the Carrier Dome, and the Carrier Dome is huge. I was thinking, 'How am I going to do?' Once I got in, it was a little easier."

The junior put his nerves aside to set a personal record in the triple jump with a leap of 45-feet, 8-inches. He had a leap of 21-feet, 4.75-inches in the long jump.

"I was ecstatic," Umar said. "I was so happy because I had broken my personal record in the triple jump by a foot and four inches."

Rafiq became the third member of his family to participate in the state indoor track and field

meet. His oldest brother Mohammed participated in the 55-meter hurdles, while his other brother Khalid competed in the long and triple jumps.

"It was definitely a lot of pressure to have them as the people to live up to, but it was something I could aspire to," Umar said.

Rafiq credits Khalid — who graduated Bethlehem in 1999 —

with introducing him to the long and triple jumps in eighth grade.

"When I tried it, I was as good or better than kids that were two years older than me," Umar

It was definitely a lot of pressure to have them as the people to live up to, but it was something I could aspire to.

Rafiq Umar

said.

It still took Umar a few tries to qualify for states, but he finally broke through by winning both events at the Section II state qualifier March 3.

"I was not doing as well as I had hoped coming into Sectionals," Umar said. "I was hoping to place in the top three, and I wound up winning it."

Umar was joined at the state meet by Bethlehem teammate Chloe Morgan. Morgan finished 15th in the girls 1,500-meter race walk with a time of 8:48.52.

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Parks department resignations puzzle town leaders

By JOSEPH A. PHILLIPS

New Scotland's town board was due to meet Tuesday to discuss the resignation of two parks employees, site supervisor Darrell Hazen and laborer Mike Magrum — and the implications their departures might have for the administration of that department.

The departures coincided with charges, made before the town board at its March 13 meeting by resident Bob Dunston, of employee dissatisfaction at the town Highway Department.

"It's total chaos at that town garage," he said. "You just ask anybody. Morale's in the toilet."

Dunston asserted that Highway Superintendent Darrell Duncan had operated town vehicles for personal use, filled his personal vehicles at the highway department gas pumps, and irregularly handled at least one hiring.

Duncan declined to comment, but Supervisor Ed Clark pledged to look into the matter.

Duncan was Hazen's and Magrum's supervisor as well. But Hazen said last week, "The reason I left wasn't the situation at the Highway Department. I don't feel morale there is as good as it could be, but every story has two sides. I want to stress that it wasn't personal with the highway superintendent. We have different

management styles, I think."

"I have no argument with Darrell, and I presume he has no argument with me," Clark said. "We are sorry to lose him. He was a good worker. I told him that. I gave him the opportunity to withdraw his resignation — right up to the last minute, but he decided to go the other way."

Duncan declined to discuss either Dunston's charges or the specifics of the parks situation.

"He resigned," Duncan said of Hazen's departure. "We asked him to stay. He was a good worker."

Hazen, 25, a laborer in the department for five years when promoted to site supervisor in December 2000, gave notice of his resignation, effective March 8, in a letter to the town board dated Feb. 22.

"I no longer feel that the opportunity to effectively pursue my career goals exists at the town of New Scotland," he wrote. Particularly, "my intention is to be the department head of Parks and Recreation."

The parks operation was restructured following the retirement of Hazen's predecessor, Harry Duncan. While Hazen concedes that there was no specific written commitment to give department-head status, he said it was implied.

"Obviously, they couldn't make a promise or bind the board for

future board action," he said. "But I was led to believe I would be promoted soon. I was under the impression that this restructuring was a way of providing me with a mentor in the finer details of administration that I didn't have yet."

In his letter, Hazen cited the employment offer he'd signed, describing his role as "day to day operation of the parks, supervision of employees and students, leadership responsibility for the year-round recreation program and staffing the town's Recreation Committee."

"My responsibilities, in each of these areas, have fluctuated almost daily under the current structure of the department," he wrote. Moreover, "I have been excluded from many facets of the administration of this department. I have not been included in the budgeting process to my satisfaction."

"I think people saw I had initiative and ambition and cared about parks, but they were concerned about my lack of administrative experience," Hazen said last week.

But Hazen said he felt he "had several years of prior administrative experience that I don't think was adequately considered" — nor his successful completion of the civil service exam for Park Supervisor I.

"I have no reason to dispute him," said Clark, but he added,

"I've looked into this as well as I can, discussed it with anyone remaining involved in (Hazen's appointment), reviewed the personnel records. I can find no basis for his failed expectations. There was not a promise in writing, or even implied, that I can find."

Scott Houghtaling, the board's liaison to the Highway Department, echoed Clark's praise for Hazen's work.

"If there was something promised to Darrell Hazen, I don't know what that was," he said. "He was well on his way to being head of the parks. But he should have informed (the board) about his progress and his expectations. The first we learned of this was to have his letter of resignation hit our desks."

Houghtaling said Hazen's written complaint prompted the board to review the parks and recreation department's structure.

"If it's not working, we need to think about that," he said. "If we're going to hire somebody new, we need to make sure we have the position where we're not going to have somebody else disappointed because of bad communication. We need to be clear if we have this structure right. It might also be time to think about our recreation program, and decide if it's somebody who needs to report to the parks supervisor or if it's

someone who (independently) runs our summer program."

As to morale in the highway department, an effort to unionize its employees through Local 106 of the International Union of Operating Engineers failed last year by a 12-7 vote, but the union drive underscored some level of dissatisfaction within the rank and file.

"I don't think any of the (union petition) documentation that we received said why," Houghtaling said, but he said he discussed issues related to the vote with department members. "I am aware of those comments and feedback, and of some of the things I've heard," he said, "but I don't know if it (represents) a morale problem."

Responding to Dunston's charges, board member Cathy Connors pointed out that the town's grievance policy, revised last year, gives employees the option of taking complaints to Clark, though Dunston suggested that some employees may fear reprisal should they come forward.

"We do have a clear policy that covers grievances," Houghtaling said. "But to my knowledge, there's been none filed while I've been on the board."

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capital district senior spotlight

Bans

(From Page 1)

flowers and shrubs; and banning outright the use of public water for watering lawns, filling pools, washing building exteriors, sidewalks and driveways, or any other "nonessential use" — despite reservations about what constitutes "nonessential" from board members Dan Plummer and Tom Marcelle.

Most of the meeting focused on the drought and Secor's proposed emergency water restrictions. He said that Vly Creek Reservoir "gained another foot" in the past two weeks, and now stands at about 30 percent of capacity. But that, he said, is "substantially less than what we would normally be at" in mid-March and therefore still in the range that prompted January's emergency declaration.

"Right now, it looks as though we can be no worse off than we were at the end of last year at the end of this year, if we're able to restrict flows considerably and also keep our peak days down (this summer)," he said.

The restrictions bar watering gardens and shrubs except between the hours of 6 and 8 a.m. on alternating odd-even days, based on street address. Residents can only fill pools from private water supplies — and Supervisor Sheila Fuller pledged that the town pool would do the same this summer. "We need to lead by example," she said.

Secor indicated he would consider water use by nurseries or landscaping businesses to be "essential" — the ban on new lawn installation notwithstanding.

He also said his department would contact the town's carwashes to determine how much wash water they recycle,

and urge agricultural and other water-intensive users to make use of ponds or on-site wells to the extent possible.

He also said DEC had clarified its previous condition, attached to its emergency permit to the town to pump water from the Hudson River, banning new connections to the town water district.

DEC officials granted the town authority to approve such connections provided that the town can certify there is sufficient water to supply all users.

Still, board members speculated about the potential impact of water restrictions on new development, like First Columbia offices and the proposed Bethlehem Town Center.

Board member Doris Davis urged greater effort to encourage conservation — for instance, asking residents to postpone new landscaping or plantings until the crisis passes.

"We have to do, I think, a better job of getting that message out, before we have people in town spending money to have a service provided on their property when in fact they can't (properly maintain it)," she said.

—Lenhardt agreed.

"Even with water in our reservoir at good times, we've always encouraged conservation. I think that's essential."

Among the suggestions were asking restaurants not to provide free drinking water to patrons unless they request it and urging organizations that conduct carwash fund-raisers to seek alternatives this summer.

Marcelle and Plummer also called for more specifics. "What does trouble me about the proposal is still the term 'nonessential purposes',"

Marcelle said. "I'm of the position that really we should be telling the people of this town what they can and can't do. That's what fairness requires if we're going to pass an ordinance." Plummer agreed: "This doesn't give them that."

"We've struggled with that for two weeks, and we really don't have a good definition to give to the board," Secor replied.

Board counsel Robert Alessi said he "didn't have any concern" about the "nonessential" standard's legal sufficiency — "but if you want to put some (additional) examples in with it, fine."

The board agreed to continue to review possible additions.

"This is going to be a work in progress," Plummer said.

But he also challenged Secor on the underlying need for drastic restrictions — pointing out that the water available to the town at present appears to exceed typical usage at all but the summer peak. But Secor said it was urgent to put regulations in place before mid-May, the beginning of peak usage.

"We need to take some extraordinary measures to get us out of this emergency. We could easily pull the reservoir down to the disaster stage by September," he said.

In the end, both Plummer and Marcelle supported the restrictions — but expressed reservations.

"I just don't like that hanging out there," said Marcelle. "It's just too much discretion."

"I think people need to know in black and white what they can and can't do," said Plummer. "I think that's logical." He remains "uncomfortable" with a too-stringent approach.

"I just want to make sure we absolutely need to impose these restrictions," he said. "I understand we have a drought, but I want to make sure that equates to us taking these drastic measures." He supports them for the time being, he said, because "I could see the votes were going that way." But, he added, "We've got to do something better in the long term to protect against something like this ever happening again."

In the short term, the strictures, Davis said, can be eased if the drought eases — but "should the opposite happen, and we go into a deeper drought, we may have to become even more strict. I think that this is something we all need to understand at this point."

At the meeting, the board gave thumbs-up to First Columbia Slingerlands to build two new non-medical professional office buildings, totalling more than 45,000 square feet, on 16 acres on New Scotland Road adjacent to its existing Slingerlands Medical Building. Only Marcelle, who joined the board after First Columbia's initial presentation of the project last year, abstained on the approval vote.

First Columbia's Chris Bette said construction will likely be under way by late spring, pending

full leasing.

The board also set a public hearing for April 10 on a rezoning request by Rosen Development to clear the way for Waldenmaier Estates, a proposed 92-unit twin-townhouse residential district on Elmsmere Avenue near Feura Bush Road. Several board members signalled their eagerness to see the project approved.

"Anyone who has spoken to me has asked why we're holding this project up," said Lenhardt.

Crown

(From Page 1)

the end of the period.

"We were so nervous, but I think we got a surge of energy," Burch said.

Sidney clawed its way back and took a two-point lead late in the fourth quarter before Inglis canned her second three-pointer of the game with 1:59 left to put Voorheesville ahead for good. Inglis and Baron each sank critical foul shots in the final 35 seconds to seal the victory.

The win touched off a celebration reminiscent of 1998. After picking up their state championship plaque, the Blackbirds were given a hero's welcome back in Voorheesville, complete with a parade through the village on the back of a fire truck adorned with banners.

"It's so much better to be on the other side of it with this amazing team," Burch said.

Youth Network

A BETHLEHEM NETWORKS PROJECT

Family activities

The shorter days of winter are lengthening. Take advantage of the last days of cool weather to spend time with your family and enjoy special family activities.

A wonderful project is to put together a family photo album. You may want to make or purchase a large book to use as your album. Gather old family pictures and organize them according to dates or in some other manner you prefer. Have the children write captions or descriptions to add to the album. You can discuss which photo descriptions to use. Children may want to decorate the album with stickers or artwork. Encourage them to be creative. Invite friends or other family members to share your album.

Your family can work together creating a family tree. Children can call or visit grandparents or aunts and uncles and discuss the names and history of family members. They can learn where their ancestors were born and where they lived and died. A family tree can include photos and drawings of family members. Similar to a family photo album, children can write descriptions for the photos used on a family tree. Family trees can be framed and displayed in the home.

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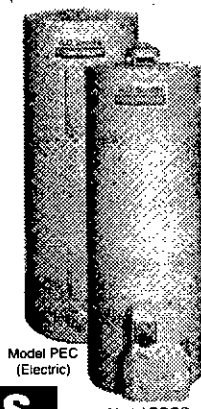
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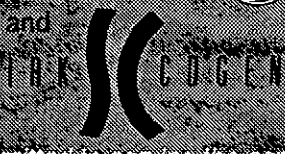
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Obituaries

James Engleman

James Thomas Engleman, 76, of Glenmont died Wednesday, March 13, at Stratton Veterans Administration Medical Center in Albany.

Born in Troy, he was a graduate of St. Patrick's School, La Salle Institute and Siena College.

Mr. Engleman forked for the Rensselaer County Department of Social Services VA Loan Guaranty Program and the Federal Highway Administration before he retired.

He was an Army Air Forces veteran of World War II. His plane was shot down over Germany, and he spent nine months in a German prisoner of war camp. The POWs were released after a 600 mile forced march across Germany that lasted 80 days.

Survivors include his wife, Lorraine Maxwell Engleman; two daughters, Donna Platner and Diane Medford; three sons, James T. Engleman Jr., Edward J. Engleman and Robert M. Engleman; a brother, William Engleman; and nine grandchildren.

Services were from the Church of St. Thomas the Apostle in Delmar.

Burial, with military honors, was in St. Joseph's Cemetery in Troy.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Stratton Veterans Administration Medical Center, c/o Voluntary Services, 113 Holland Ave., Albany 12208.

Phyllis Game

Phyllis Game of Slingerlands died Saturday, March 9, at Albany Medical Center Hospital.

Born and educated in Ashland, Ore., she graduated from Southern Oregon University, and held degrees from the University of Hawaii and the University of

Rochester.

Mrs. Game was a reading specialist at La Salle School for Boys for 15 years. She served on the board of directors of the New York State Reading Association and the Albany City Reading Council.

She and her husband, a retired Naval officer, were survivors of the attack on Pearl Harbor.

She was a volunteer for Navy Relief, The Red Cross and the Multiple Sclerosis Society.

She was a charter member of the Tri-Village Square Dance Club, a member of the American Contract Bridge League and Normanside Country Club.

She was a member of St. Stephen's Episcopal Church in Elsmere and the Women of St. Stephen's. She served on the Commission of Worship and Music.

Survivors include her husband, William H. Game; two daughters, Carol Strelzoff of Boxford, Mass., and Joanne Hasegawa of Wheaton, Ill.; and five grandchildren.

Entombment will be at the U.S. Naval Academy in Annapolis, Md.

Local arrangements were by the Tebbutt Funeral Home in Albany.

Contributions may be made to St. Stephen's Episcopal Church Memorial Fund, Elsmere Avenue, Delmar 12054.

Donald Bronstein

Donald M. Bronstein, 71, of Wedgewood Lane in Voorheesville, died Wednesday, March 13.

Born in Utica, he lived in Albany before moving to Voorheesville.

He was a graduate of Albany High School and Syracuse University.

Mr. Bronstein was the president and owner of Capital Refrigeration in Albany and was later associated with Eastern Refrigeration.

He was a past president and member of Congregation Beth Emeth in Albany. He was also past president of Shaker Ridge Country Club, a member of Albany Country Club and B'nai B'rith Gideon Lodge No. 140 in Albany. He was the recipient of the B'nai B'rith Covenant Award. He belonged to many civic organizations, including the Rotary Club.

Survivors include his wife, Joan Gartenberg Bronstein; two sons, Mark Bronstein of Boulder, Colo., and Dr. Jeff Bronstein of Topanga, Calif.; a daughter, Ronni Bronstein of Rotterdam; a brother, Howard Bronstein of Boston; a sister, Rena Aggen of Guilderland; and four grandchildren.

Services were from Congregation Beth Emeth.

Burial was in the family plot in Beth Emeth Cemetery in Loudonville.

Arrangements were by the Levine Memorial Chapel in Albany.

Contributions may be made to Congregation Beth Emeth.

Scott Lymburner

Scott David Lymburner, 35, of Albany, and formerly of Selkirk, died Sunday, March 10, at his home.

He was a graduate of Ravena-Coeymans-Selkirk High School.

He was an Army veteran.

He was a graduate of Hudson Valley Community College.

Mr. Lymburner was the owner of the Waterworks Pub in Albany.

Survivors include his parents, Ronald M. and Terri DeGregorio Lymburner of Albany; a sister, Kelly Butterfield of Averill Park; his maternal grandmother, Lucille DeGregorio of Niagara Falls; and a dear friend, Olga Souvorinova.

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

Burial was private.

Contributions may be made to St. Jude Children's Research Hospital, PO Box 3704, St. Jude Place, Memphis, Tenn. 38105.

Dorothy De Cocco

Dorothy R. De Cocco, 64 of New Scotland died Saturday, March 9, at her home.

Born in Albany she was a graduate of Albany High School.

Mrs. De Cocco worked for the state Department of Taxation & Finance.

Survivors include her husband, Frank A. De Cocco; a son, William S. De Cocco of

Selkirk; two daughters, Karen C. Pranci of Staten Island and Nina C. De Cocco of Ravena; a brother, Raymond Johnson of Guilderland Center; and a grandson.

Services were from the Bond Funeral Home in Schenectady.

Contributions may be made to the American Lung Association, 3 Winners Circle, Colonie 12205.

Ruth Page

Ruth Munro Page, 90, of the Beverwyck in North Bethlehem and formerly of New Salem, died Saturday, March 9.

Born in Watertown, she was a graduate of Mt. Holyoke College. Her deep interest in languages continued all her life, including a study of Egyptian hieroglyphics.

She was a member of the executive staff of Chemical Bank in New York City for more than 27 years.

Mrs. Page enjoyed the study of outer space, astronomy and meteorology.

She was a volunteer coordinating drivers for Meals on Wheels in the Voorheesville area for six years. She was an avid bridge player and directed bridge activities at the Beverwyck for the past six years.

She was the widow of Henry L. Page.

Survivors include two daughters, Betty Page Phillips of Medina, Ohio, and Barbara Page Stulak of Buffalo; and two sons, William A. Page of New Berlin and H. Robert Page of Charlottesville, Va.

Services were from the Meyers Funeral Home in Delmar and the Beverwyck.

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

Jean McLean

Jean Morgan McLean, 82, of the Beverwyck in North Bethlehem died Sunday, March 10, at her daughter's home in New Scotland.

Born in Hay Springs, Neb., she was a graduate of the University of Nebraska.

She was the widow of Louis K. McLean.

Survivors include two daughters, Annette Gould of Binghamton and Mary Ann McLean of New Scotland; a son, Neil M. McLean of Brookhaven; a sister, Marion Keene of Colorado; seven grandchildren; and a great-granddaughter.

Services were private.

Arrangements were by the Gleason Funeral Home in

Schenectady.

Contributions may be made to Doctors Without Borders, USA, PO Box 2247, New York, N.Y. 10116-2247.

Esther Hunter

Esther Carkner Hunter of Westerlo, and formerly of Feura Bush, died Sunday, March 10.

Mrs. Hunter was a homemaker and a member of the Bethlehem Grange. She enjoyed knitting, playing bingo and going to garage sales.

She was the widow of John Hunter.

Survivors include a son, Theodore Hunter of Clarksville; two daughters, Julia Peck of Westerlo and Starleen Raby of Feura Bush; 11 grandchildren; seven step-grandchildren; and 22 great-grandchildren.

Services were from the Meyers Funeral Home in Delmar.

Spring burial will be in Mt. Pleasant Cemetery in South Bethlehem.

Contributions may be made to Community Hospice of Albany County, 445 New Karner Road, Colonie 12205.

Orville Deitz

Orville F. Deitz, 68, of Delmar died Monday, March 11, at his home.

Mr. Deitz was a member of the Albany Bowling Congress for 25 years and vice president of the American Little League for 31 years.

He was husband of the late Marie Marshall Deitz.

Survivors include five sons, Jason Deitz and Scotty Deitz, both of Albany, Orville Deitz of Saratoga Springs, and Mark Deitz and Jerry Deitz, both of Schenectady; three daughters, Sheryl Deitz of Maryland, Joanne Dunn of Washington and Sandra Deitz of Florida; two brothers, Steven Deitz of Selkirk and Frank Deitz of East Greenbush; three sisters, Marie Deitz of Florida, Beverly Rogers of Albany and Rhonda Deitz of Albany; and several grandchildren and great-grandchildren.

Services were from the Zwack and Sons Funeral Home.

Burial was in Bethlehem Cemetery in Delmar.

Parks & Rec program registration ongoing

The town of Bethlehem Parks & Recreation Department is currently accepting registrations for adult and youth programs beginning the week of March 25.

Adult programs with openings include: Adult Water Workout, Water Works, Basketball, Indoor Soccer, Cardio Pump, Power Pump and Women's Basketball.

Youth programs include: Toddler Splash, Come Fly With Me, Mommy or Daddy and Me and Pee Wee Basketball.

To register, call the Parks & Rec office at 439-4131.

Program on owls set

An evening guided walk in search of owls will be offered on Friday, March 22, at 7:30 p.m. at Five Rivers Environmental Education Center in Delmar.

Call 475-0291 for information.

Alfred Sawyer

Alfred P. Sawyer, 82, of Jaffrey, N.H., father of Lois Caulfield of Delmar, died Sunday, March 10, peacefully at home.

A lifelong resident of New Hampshire, he farmed and ran the retail/wholesale milk routes of Silver Ranch Dairy. He also established an ice cream stand and restaurant at Silver Ranch.

Mr. Sawyer was an accomplished horseman and leather craftsman. He had a lifelong love of aviation, attaining his private pilot's license in 1947.

He was an adventurer, climbing peaks in New Hampshire, various National Parks and in Switzerland and Africa. He also canoed the Alagash Wilderness, steeplechased in Ireland and skied in the White Mountains. Mr. Sawyer rode horseback in the inaugural parade of George H.W. Bush. He had a lifelong interest in historical buildings, roads, vehicles, tools, bells and books. He was an avid reader and had accumulated an extensive library.

Survivors include his wife, Fay Sherwood Sawyer; three daughters, Lois Caulfield of Delmar, and Ellen Hedman and Jane P. Sawyer, both of Jaffrey; two sons, Harvey Sawyer and Lee Sawyer, both of Jaffrey; three sisters, Marie S. Lecuyer, Nancy S. Moore and Phyllis Shippee, all of Jaffrey; 12 grandchildren; and four great-grandchildren.

A memorial service is scheduled for 11 a.m. on Saturday, April 13, at United Church of Jaffrey, 54 Main St., Jaffrey.

Arrangements were by the Counnoyer Funeral Home and Cremation Center in Jaffrey.

Contributions may be made to The Jaffrey Historical Society, 40 Main St., Jaffrey, N.H., or to the Jaffrey Fire Department Benevolent Fund, 10 Goodnow St., Jaffrey, N.H., or the Jaffrey-Rindge VFW Memorial Ambulance Fund, PO Box 107, Jaffrey, N.H. 03452-0107.

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.



Marilou and Christopher Bick

Flynn, Bick marry

Marilou Flynn, daughter of Mr. and Mrs. Thomas Flynn Jr. of Delmar, and Christopher Bick, son of Mr. and Mrs. Daniel Bick of Niskayuna, were married on Sept. 21, 2001.

The Rev. Joseph Romano performed the ceremony at St. Joseph's Chapel at the Academy of the Holy Names in Albany.

The reception followed at Canfield Casino in Saratoga.

Shannon Flynn, sister of the bride, is maid of honor.

Bridesmaids were Katie Carazza, Carly Cushman, April Tucker, niece of the bride, Robin Jost, sister of the groom, Stacy McGraw, sister of the bride, Dawn Savicki and Katie McCarthy.

Mary Allen and Alyssa Allen, nieces of the bride, were flower

girls.

Michael Fox was best man.

Ushers were Wayne Buckley, David Denault, Travis McLean, Ryan Donovan, Jake Piasecki, Paul Uzigiris and Enrique Arrascue. Nick Allen, nephew of the bride, was ring bearer.

The bride is a graduate of Bethlehem Central High School, SUNY Cortland and Russell Sage College.

She is a first grade teacher for the South Colonie School District.

The groom is a graduate of Niskayuna High School and North Adams State College.

He is senior software engineer at World Media in Saratoga.

Following a wedding trip to Martha's Vineyard, the couple resides in Alplaus.

Dean's List

Bates College

Christian McTighe of Delmar.

Russell Sage College

Carrie Siy of Marcellus, formerly of Delmar.

Pace University

Kristin Green of Delmar.

Colby-Sawyer College

Erin E. Hardy of Slingerlands.

Columbia University

Mark Shawhan of Delmar.

St. Michael's College

Anne Semenoff of Delmar.

Wells College

Jill Parsons of Feura Bush.

Wheaton College

Caitlin Deighan of Slingerlands; Valerie Messina of Delmar.

Roger Williams University

Pamela Brannock of Glenmont.

Loyola University

Lisa Cohn of Slingerlands.

Class of '01

University at Albany

David Abrams of Delmar (master's in science); Brian Cohen of Delmar (bachelor's in science, cum laude); Rebecca Cohen of Slingerlands (master's in science); Suzanne 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 Hartle of Delmar (master's in science); Paul Kuhn of Slingerlands (master's in science); Anne Lasky of Delmar (master's in science); Ellen Mosher of Selkirk (master's in science); Lisa Pass of Glenmont (master's in arts); Barbara Riedel of Delmar (master's in science); George Smith of Delmar (doctorate in philosophy); Sarah Waite of Slingerlands (master's in science); Jennifer Winne of Glenmont (master's in science).

State University of New York at New Paltz

Erin M Kopec of Selkirk (bachelor's in mathematics).

Births

Bellevue Woman's Hospital

Boy, Michael Melas, son of Kari Mowers and George Melas of Delmar, Dec. 31.

Girl, Riley Guy, daughter of Trisha Schell-Guy and Paul Guy of Glenmont, March 7.



Michael Murphy and Heather Engman

Engman, Murphy engaged

Heather Engman, daughter of Lynn and Fred Engman of St. Cloud, Minn., and Michael Murphy, son of Patricia and Donal Murphy of Slingerlands, are engaged to be married.

The bride-to-be is a graduate of St. Cloud Technical High School, Colby College and Northeastern University Law School in Boston. The future groom is a graduate of Bethlehem High School and Colby College.

He is a third year student at Tufts Medical School in Boston.

The couple plans a Aug. 24 wedding.

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

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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

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Community



Pet adoption clinic scheduled

Love n' Care Pet Adoptions will hold a pet adoption clinic at L.C. Smith in Delmar on Saturday, March 23, from 11 a.m. to 3 p.m. For information, call 634-2753.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

Art from early America reflects concerns, diversity of young nation

By BILL FONDA

As befits a nation trying to find itself between the pre-Revolutionary War days and just before the Civil War, the paintings and sculptures in "Young America" — the new traveling exhibit from the Smithsonian American Art Museum now on display at the Albany Institute of History & Art at 125 Washington Ave. — contain many different themes.

"The nation was going through all sorts of transitions," museum spokeswoman Penny Vavura said.

Between 1770 and 1860, having one's portrait painted was a status symbol, and "Young America's" portrait collection includes "John Adams" by Gilbert Stuart.

"It was a very fertile time for artists because we were not only coming into our own as a nation, patrons were coming out and looking at portraits to show their wealth, and it was a great way for artists to make a name for themselves," Vavura said.

Another portrait is "Mrs. James Smith and Grandson" by Charles Willson Peale, where the grandson is pointing to Hamlet's soliloquy, "to be or not to be." Peale completed the painting in 1776, shortly after the signing of the Declaration of Independence.

"There was that questioning identity, and referring back to the classics," Vavura said.

Hamlet is not the only literary reference in the collection; other works are inspired by *The Legend of Sleepy Hollow* by Washington Irving and Shakespeare's *A Midsummer Night's Dream*.

George Catlin has three American Indian paintings on display, including "Pigeon's Egg Head (The Light) Going to and Returning From Washington." In it, Pigeon's Egg Head, an Assiniboine warrior, goes to Washington in full tribal dress but returns to his tribe in a suit, carrying a fan and umbrella, smoking a cigarette and with liquor bottles in his back pockets.

"It's interesting to see the two together," Vavura said.

Pigeon's Egg Head's journey did not end well; he was ostracized by his tribe,

branded a liar and killed by his tribesman, who considered him a traitor.

Women artists are also featured in the exhibit, including "We Both Must Fade" by Lilly Martin Spencer. In it, Mrs. Fithian is in all of her youthful glory in her satin dress, but the wilting rose in her hand shows that beauty is only temporary.

The reverence with which

George Washington was held is illustrated in "Visit of the Prince of Wales, President Buchanan and Dignitaries to the Tomb of Washington at Mount Vernon, October 1860. Not only are those in attendance honoring the first U.S. president, the outline of his face appears in the clouds. (Hint: look sideways between the trees.)

"His presence is still looking over (the nation)," Vavura said.

The exhibit also includes many paintings from Hudson River School artists, who also make up a large portion of the museum's regular collection. "Young America" includes paintings the artists did of foreign scenes during their formative years, such as "Cotopaxi" by Frederic Edwin Church, after the Ecuadorian volcano of the same name.

"They were painting here, but they learned their skills over there," Vavura said.

Closer to home, paintings of domestic life include "The Speculator" by Francis William Edwards, in

which a representative of the Building Association tries to sell a couple on buying lots even as the husband shucks corn.

"You see all these non-glamorous sort of details that are historical record now," Vavura said.

During the period portrayed in the exhibit, the United States and Britain went to war a second time in the War of 1812, which is depicted in Thomas Chambers' "Capture of H.B.M. Frigate *Macedonian* by U.S. Frigate *United States*, October 25, 1812."

"It was such a defining moment," Vavura said.

The exhibit includes more than 50 paintings and sculptures, and will be open to the public during regular museum hours — by appointment Tuesday, 10 a.m. to 5 p.m. Wednesday through Saturday and noon to 5 p.m. Sunday. Museum

admission is \$5 for adults, \$4 for seniors and students, \$2.50 for children 6 to 12 and free to museum members and children under 6.

In addition, the museum is offering 45-minute gallery talks Sunday, March 31, at 2:30 p.m.; Sunday, April 14, at 2:30 p.m.; Sunday, April 21, at 2 p.m.; Wednesday, April 24, at 12:10 p.m.; and Wednesday, May 15, at 12:10 p.m. Each is free with museum admission.

On Wednesday, April 3, the institute is offering a reception in honor of "Young America" and the Rice Gallery exhibition "The Journey." It includes a lecture on "The Last of the Mohicans" by Niagara County Community College professor Michael Pikus. The event begins with a reception at 5:30 p.m., followed by the lecture at 6:30 p.m.

Admission is free for museum members, \$10 for nonmembers and \$12 at the door. Reservations are encouraged, and can be made by calling 463-5502, ext. 470.

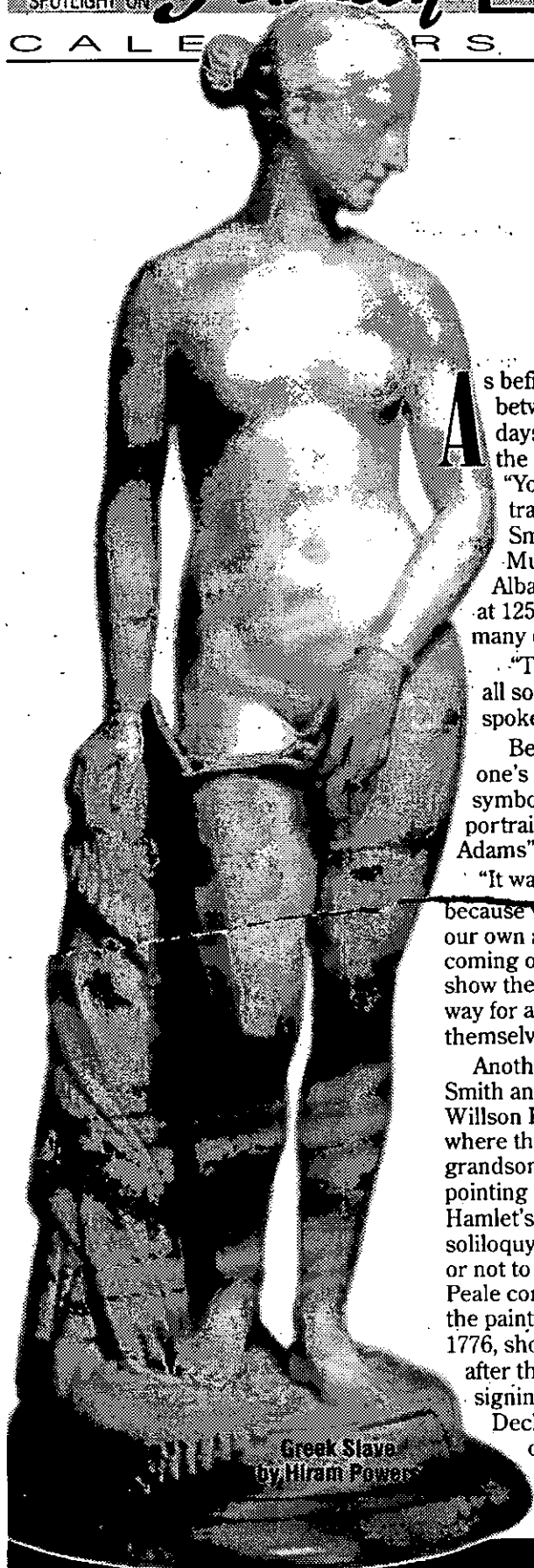
Professor Michael Clapper of Skidmore College will give a lecture on the sculptures of John Rogers Saturday, April 13. Brunch is at 10 a.m., followed by the lecture an hour later. Admission is \$15 for museum members, \$20 for nonmembers and \$25 at the door. Reservations are required by calling 463-5502, ext. 470.

George Gurney, deputy chief curator of the Smithsonian American Art Museum will give a lecture on "Young America" Friday, May 17, at 6:30 p.m. It is free with admission.

For information on the exhibit or programs, call 463-4478.

It was a very fertile time for artists because we were not only coming into our own as a nation, patrons were coming out and looking at portraits to show their wealth, and it was a great way for artists to make a name for themselves.

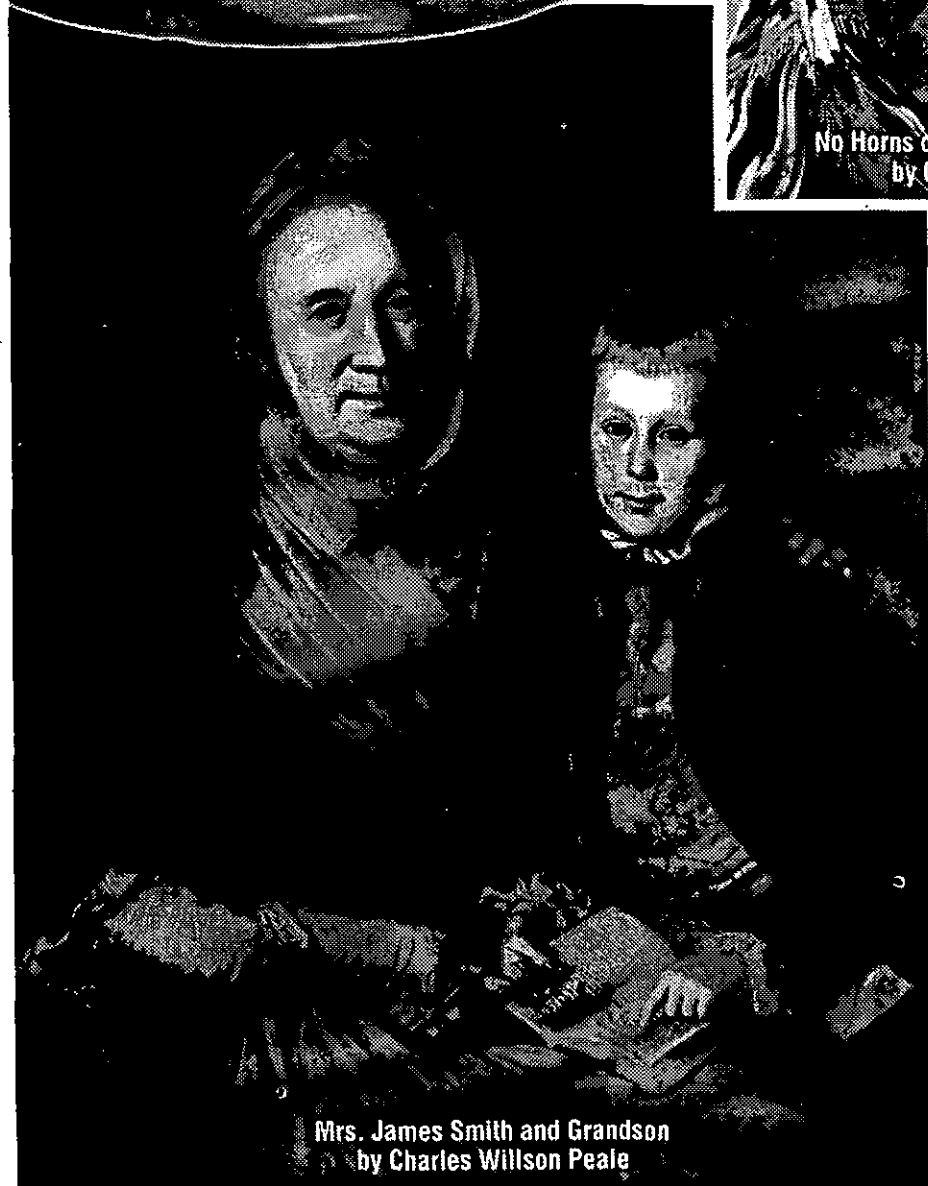
— Penny Vavura



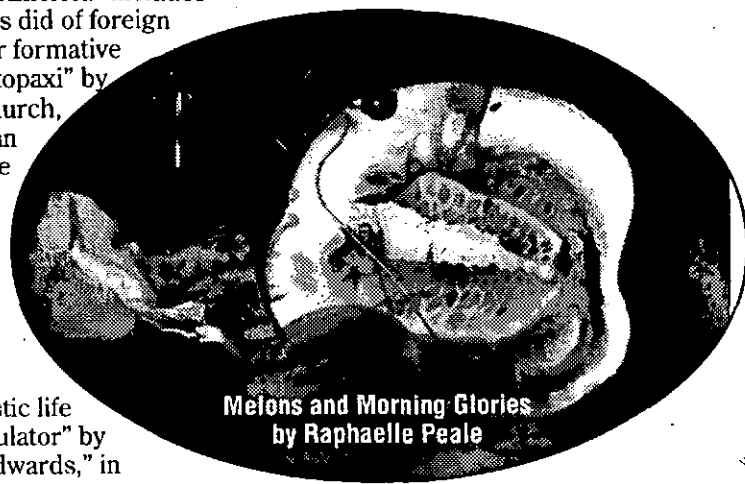
Greek Slave
by Hiram Powers



No Horns on His Head, a brave
by George Catlin



Mrs. James Smith and Grandson
by Charles Willson Peale



Melons and Morning Glories
by Raphaelle Peale

ARTS and ENTERTAINMENT

Theater

A RAISIN IN THE SUN

Lorraine Hansberry ground-breaker, Capital Repertory Theatre, 111 N. Pearl St., Albany, through April 6, \$28 to \$36. Information, 445-7469.

DEATHTRAP

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

FLESH AND BLOOD

dark family comedy by Elizabeth Dewberry, Albany Civic Theater, 235 Second Ave., weekends through March 24, \$12. Information, 462-1297.

ART

Schenectady Civic Players, 12 S. Church St., weekends through March 24, \$12. Information, 382-2081.

Music

NRBQ

Northern Lights, Route 146, Clifton Park, March 21, 8 p.m., \$12 in advance, \$14 at the door. Information, 371-0012.

DAVID SANBORN

The Egg at Empire State Plaza, Albany, March 21, 7:30 p.m., \$28. Information, 473-1845.

LOU AND PETER BERRYMAN

Old Songs concert, Altamont Masonic Temple, Route 146, March 22, 8 p.m., \$12, \$5 for children. Information, 765-2815.

RONNY WHYTE

big-band Sinatra tribute, Proctor's Theatre, 432 State St., Schenectady, March 22, 8 p.m., \$26. Information, 346-6204.

LEON RUSSELL

Northern Lights, Route 146, Clifton Park, March 22, 8 p.m., \$18 in advance, \$20 at the door. Information, 371-0012.

DOGS OF DESIRE

Albany Symphony Orchestra chamber group, performing works by Beavers, Bernal and Clark, Arts Center of the Capital Region, Troy, March 22, 7 and 10 p.m., \$20, \$15 for seniors and students. Information, 465-4755.

MAURA O'CONNELL

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

LEONTOVYCH STRING QUARTET

WAMC Performing Arts Studio, 339 Central Ave., Albany, March 24, 2 p.m., \$22.50. Information, 1-800-323-9262, ext. 198.

EDGAR MEYER

Troy Savings Bank Music Hall, State and Second streets, March 24, 4 p.m., \$25 and \$28. Information, 273-0038.

Visual Arts

NEW YORK STATE MUSEUM

A Slave Ship Speaks: The Wreck of the Henrietta Marie, through March 24; 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

Young America, Treasures from the Smithsonian American Art Museum, through May 19, 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, 161 Washington Ave. Information, 462-4775.

PRUYN HOUSE

juried art show featuring works by Cotinone Art League members, 207 Old Niskayuna Road, Colonie, through April 7. Information, 783-1435.

Call For Artists

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and

percussion sections. Information, 439-7749.

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SIENA CHAMBER ORCHESTRA AND CHOIR

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

CLIFTON PARK COMMUNITY ORCHESTRA

openings in 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.

MAGIC MAZE • WEST VIRGINIA

ELJGECZXVTERCGP
NLLFJHWEIRTONRE
CWDYELKCEBAARUY
WHVNTRRPLLTNEBE
LELPAMRAGUSKVS L
IEGECHNYBEH ZIKK
XLWGNINIMFTURRR
SIRPDOMALISJOAI
INGREDBAPE3YILV
XGAWNOTSELRAHCE
UCTNORDNEDODOHR

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

35th state	Charleston	Mining	Sugar maple
Beckley	Clarksburg	Ohio River	Weirton
Bluefield	Coal	Panhandle	Wheeling
Cardinal	Elk River	Rhododendron	

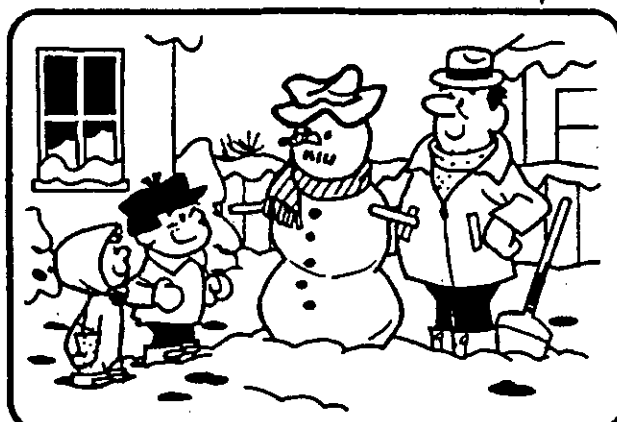


United we stand.
one nation, indivisible.
Spotlight Newspapers

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Snowman's hat is bigger. 2. Man's coat has a zipper. 3. Toddler is wearing boots. 4. Utility pole is missing. 5. Window curtain is longer. 6. Shovel handle is shorter.

The Super CROSSWORD

<p>ACROSS</p> <p>1 Ruth's husband</p> <p>5 Approximately</p> <p>9 Analyze a sentence</p> <p>14 Postal abbr.</p> <p>17 Tennis pro Nastase</p> <p>18 Sri —</p> <p>20 Humpback's home</p> <p>21 Geometric figure</p> <p>22 President who was a male model</p> <p>24 Electrical inventor</p> <p>25 Shortly</p> <p>26 European capital</p> <p>27 Part of Indonesia</p> <p>29 Flat hat</p> <p>30 It's good in a pinch</p> <p>31 Adequate</p> <p>34 "Picnic" playwright</p> <p>37 '68 Tom Jones hit</p> <p>39 President whose first language wasn't English</p> <p>45 Alight</p> <p>46 Out — limb</p> <p>47 Debut recording</p> <p>48 Shake — (hurry)</p> <p>50 Trunk</p>	<p>53 Black and white delight</p> <p>56 Petrarch product</p> <p>59 Cleanse</p> <p>61 Musical sensitivity</p> <p>62 Inventor Whitney</p> <p>64 Climb</p> <p>65 Art deco designer</p> <p>66 Writer Rand</p> <p>67 Bug barriers</p> <p>71 Vein contents</p> <p>72 TV's "Search"</p> <p>73 Actress Scala</p> <p>74 Couple</p> <p>75 First president born in a hospital</p> <p>79 Gasp</p> <p>80 Business abbr.</p> <p>81 Crooner Vallee</p> <p>82 Adjust an ascot</p> <p>83 Settle a score</p> <p>85 Super Bowl sound</p> <p>86 "Mila 18" author</p> <p>87 Biblical city</p> <p>89 Aachen article</p> <p>90 Drillers' org.</p> <p>91 Conveyed</p>	<p>92 Machine tool</p> <p>94 Annual award</p> <p>98 Coniferous tree</p> <p>100 "Bhagavad —"</p> <p>102 Aphrodite's son</p> <p>104 Mellow</p> <p>105 Comic Carey</p> <p>107 President born on July 4th</p> <p>112 Apple variety</p> <p>115 Smile</p> <p>116 "Entre —"</p> <p>117 In the thick of</p> <p>118 Insert dialogue</p> <p>120 "Shane" star</p> <p>123 Binky's "Road"</p> <p>126 Prepare to fly</p> <p>127 Sheer fear</p> <p>130 President who was a fighter pilot</p> <p>134 Jogger's gait</p> <p>135 Rent</p> <p>136 Tropical tree</p> <p>137 Singer Brickell</p> <p>138 Offense</p> <p>139 A la King?</p> <p>140 Soho streetcar</p> <p>141 "— on Me" ('72 hit)</p>	<p>DOWN</p> <p>1 Giant</p> <p>2 Bread spread</p> <p>3 Pretension</p> <p>4 Fanatic</p> <p>5 Word with hat or hand</p> <p>6 Brit. fillers</p> <p>7 Social climber</p> <p>8 Creole veggie</p> <p>9 Ample abdomen</p> <p>10 "Stroker —" ('83 film)</p> <p>11 Take five</p> <p>12 Tuna concoction</p> <p>13 Pottery protection</p> <p>14 President who worked as a life-guard</p> <p>15 — Gay</p> <p>16 Fractional amount</p> <p>19 Improvise</p> <p>21 Vegas place</p> <p>23 Valhalla villain</p> <p>28 Shiba — (Japanese dog)</p> <p>32 Link letters?</p> <p>33 Monsieur Montand</p> <p>35 Prepare the Parmesan</p> <p>36 Sushi candidate</p> <p>38 Foam</p>	<p>39 Lave the linoleum</p> <p>40 Santa —, CA</p> <p>41 Hightailed it</p> <p>42 Grandpa McCoy</p> <p>43 Sarge, e.g.</p> <p>44 Most recent</p> <p>49 Elastic band</p> <p>51 Adage</p> <p>52 Elaborate</p> <p>54 Forest beauty</p> <p>55 Kensington quaff</p> <p>57 Not any</p> <p>58 College member</p> <p>60 Rubber-necked</p> <p>63 Harm</p> <p>67 Pasta shape</p> <p>68 London's location</p> <p>69 President portrayed in an opera</p> <p>70 It's on the house</p> <p>76 Occult</p> <p>77 — de-camp</p> <p>78 Start again</p> <p>79 Uruguayan currency</p> <p>81 Running plays</p> <p>84 Delivery truck</p> <p>87 Trite</p> <p>88 Artist Chagall</p> <p>93 High time?</p>	<p>95 Spoiled</p> <p>96 Quiche ingredient</p> <p>97 Poe's "Annabel —"</p> <p>99 Recognition</p> <p>101 Zipper part</p> <p>103 Jack of "Barney Miller"</p> <p>106 Act like a duck</p> <p>108 Kilmer or Bisogno</p> <p>109 Persona</p> <p>110 Serenade accompaniment</p> <p>111 Actress Sanford</p> <p>112 The Rolling Stones' Charlie</p> <p>113 Japanese porcelain</p> <p>114 Blender setting</p> <p>119 Grumpy guy</p> <p>121 Obligation</p> <p>122 "Stage —" ('37 film)</p> <p>124 Impolite</p> <p>125 Kuwait's continent</p> <p>128 "— live and breathe!"</p> <p>129 Singer Joey</p> <p>131 Genetic letters</p> <p>132 Room for improvement?</p> <p>133 Female fowl</p>
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The Spotlight CALENDAR

To correct calendar listings, call 439-4949, ext. 28.

Wed. 3/20

BETHLEHEM

YOUTH EMPLOYMENT SERVICES

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

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

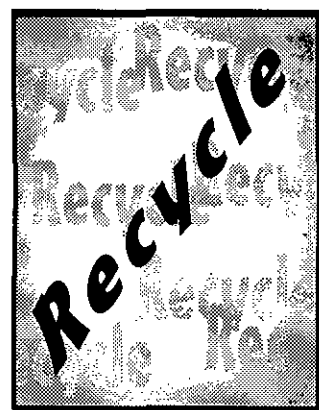
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

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.

Thurs. 3/21

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.

BETHLEHEM HISTORICAL ASS'N

Monthly meeting, with presentation by Albany Police Det. Richard Powell, "Police Relationship in the Early 1600's with the Dutch and the Indians," Cedar Hill School House, 1003 River Road, Selkirk, 2 p.m.; public welcome. Information, 478-7247.

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM ART ASSOCIATION

Bethlehem Public Library, 451 Delaware Ave., 6:45 p.m. Information, 768-2624.

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. 3/22

BETHLEHEM

"BOOKS IN THE MORNING"

Discussing "One Hundred Years of Solitude" by Gabriel Garcia Marquez. Sponsored by Humanities Institute for Lifelong Learning. Bethlehem Town Hall, Delaware Avenue, Delmar, 10 a.m. - noon. Information, 439-9661.

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. 3/23

BETHLEHEM

AA MEETING

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

Sun. 3/24

BETHLEHEM

WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.

Delmar Full Gospel Church, 292

Elsmere Ave., 439-4407.

Delmar Presbyterian Church, 585

Delaware Ave., 439-9252.

Delmar Reformed Church, 386 Delaware

Ave., 439-9929.

First Church of Christ, Scientist, 555

Delaware Ave., 439-2512.

First Reformed Church of Bethlehem,

Route 9W, Selkirk, 767-2243.

First United Methodist Church of Delmar,

428 Kenwood Ave., 439-9976.

Glenmont Community Church, 1 Chapel

Lane, Glenmont, 436-7710.

King's Chapel, 434 Route 9W, Glenmont,

426-9955.

Mount Moriah Ministries, Route 9W,

Glenmont, 426-4510.

Slingerlands Community UMC, 1499

New Scotland Road, 439-1766.

Solid Rock Church, 1 Kenwood Ave.,

Glenmont, 439-4314.

South Bethlehem United Methodist

Church, 65 Willowbrook Ave., 767-

9953.

St. Michael's Shrine, Beacon Road at

Route 9W, Glenmont, 462-2016.

St. Stephen's Episcopal Church, Poplar

Drive and Elsmere Avenue, Delmar, 439-

3265.

St. Thomas The Apostle Church, 35

Adams Place, Delmar, 439-4951.

Unity of Faith Christian Fellowship, 436

Krumkill Road, North Bethlehem, 438-

7740.

NEW SCOTLAND

WORSHIP INFORMATION

Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.

Clarksville Community Church, Route

443, 768-2916.

Family Worship Center, 92 Lower

Copeland Hill Road, Feura Bush, 768-

2021.

Faith Temple, New Salem, 765-2870.

First United Methodist Church, 68 Maple

Ave., Voorheesville, 765-2895.

Jerusalem Reformed Church, Route 32,

Feura Bush, 439-0548.

Mountainview Evangelical Free Church,

Route 155, Voorheesville, 765-3390.

Onesquethaw Reformed Church,

Tarrytown Road, Feura Bush, 768-2133.

New Scotland Presbyterian Church,

Route 85, 439-6454.

St. Matthew's Church, Mountain View

Road, Voorheesville, 765-2805.

Unionville Reformed Church, Delaware

Turnpike, 439-5001.

United Pentecostal Church, Route 85,

New Salem, 765-4410.

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. 3/25

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

QUARTET REHEARSAL

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

Tues. 3/26

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.

TAKE OFF POUNDS SENSIBLY

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

BINGO

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

NEW SCOTLAND

NIMBLEFINGERS/QUILTERS

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

ZONING BOARD OF APPEALS

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

V'VILLE VILLAGE BOARD

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

Wed. 3/27

BETHLEHEM

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

NEW SCOTLAND

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 3/28

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

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

AA MEETINGS

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

Fri. 3/29

BETHLEHEM

FRIDAY FISH FRY

Fish fry, french fries, cole slaw, beverage, dessert; \$6 adults, \$3 children, \$3 per extra piece of fish. Take-out available. Sponsored by Ladies Auxiliary. Selkirk Fire Co. No. 1, 126 Maple Avenue, Selkirk, 4:30-7 p.m. Information, 767-9951 or 767-9838.

AA MEETING

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

Spotlight on Dining

元寶屋 DUMPLING HOUSE

Chinese Restaurant

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

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF TFGJ PARTNERS, LLC

Under Section 203 of the Limited Liability Company Law First: The name of the limited liability company is: TFGJ Partners, LLC. Second: The county within this state in which the office of the limited liability company is to be located is: Albany. Third: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within this state to which the secretary of state will mail a copy of any process against the limited liability company served on him or her is: 90 State Street, Suite 1500, Albany, NY 12207. Fourth: The effective date of the Articles of Organization is upon filing. Fifth: The limited liability company is to be managed by 1 or more members. Sixth: All members are to be liable in their capacity as members for all debts, obligations or liabilities of the limited liability company as authorized pursuant to Section

LEGAL NOTICE

609 of the Limited Liability Company Law. In witness whereof, this certificate has been subscribed this 12th day of February, 2002 by the undersigned who affirms that the statements made here are true under the penalties of perjury. S/ Date M. Thuille, Organizer (March 20, 2002)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY

The name of the Limited Liability Company is Thomas Inkpen, LLC. The Articles of Organization of the Limited Liability Company were filed with the Secretary of State on February 27, 2002. The purpose of the Limited Liability Company is to engage in any lawful act or activity. The office of the Limited Liability Company is to be located in Albany County. The Secretary of State is designated as the agent of the Limited Liability Company upon whom process against the Limited Liability Company may be served. The address to which the Secretary of State shall mail a copy of any process against the Limited Liability Com-

LEGAL NOTICE

pany is 38 Hedgerose Lane, Delmar, New York 12054. (March 20, 2002)

LEGAL NOTICE

VOORHEESVILLE CENTRAL SCHOOL DISTRICT

NOTICE REGARDING ABSENTEE BALLOT PROCEDURE
NOTICE IS HEREBY GIVEN that pursuant to Board of Education action taken December 9, 1991, the following procedures must be followed to procure an absentee ballot to be used for elections conducted by the Voorheesville Central School District.

An absentee ballot and application will be mailed to each qualified voter who requests such in a signed letter provided the voter meets the criteria listed below: The person will be unable to appear to vote in person on the day of the school district election for which the absentee ballot is requested because he/she is, or will be on that day:

a) a patient in a hospital, or unable to appear personally at the polling place because of illness or physical disability or;
b) because his/her duties, occupation, business or studies will require him/her to be outside of the county or city of his/her residence on that day:

1) Where such duties, occupation, business or studies are of such a nature as ordinarily to require such absence, a brief description of such duties, occupation, business or studies shall be set forth in the affidavit.

2) Where such duties, occupation, business or studies are not of such a nature as ordinarily to require such absence, the application shall contain a statement of the special circumstances that such absence is required; or
c) because he/she will be on vacation outside the county or city of his/her residence on that day. The application shall also contain the dates which he/she expects to begin and end the vacation, the place or places where he/she expects to be on vacation, the name and address of his/her employer, if any, and if self-employed, a statement to that effect; or
d) absent from his/her voting residence because he/she is detained in jail awaiting action by a grand jury or awaiting trial or is confined in prison after conviction for an offense other than a felony.

Letters requesting applications for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education, Voorheesville Central School District, Voorheesville, New York 12186. The Clerk shall post the list in a conspicuous place or places during the election, and any qualified voter may challenge the acceptance of the absentee voter's ballot of any person on the list at that time, by making a challenge and the reasons known to the inspectors of election before the close of polls.

Dated: March 13, 2002

Dorothea Pfeiderer,
District Clerk
Voorheesville Central School District
(March 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.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of Bingham Strategic Advisors LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/02. Office location: Albany County, LLC formed in Delaware (DE) on 1/3/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of

LEGAL NOTICE

process to: c/o Corporation Service Co., (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of CIRCLECOM LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/6/2002. Office location: Albany County, LLC formed in Delaware (DE) on 5/17/1999. 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. Principal office address of LLC: 111 S. Calvert St., 21st Fl., Baltimore, MD 21202. Arts. of Org. on file with DE Secy. of State, Div. of Corps, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.

(March 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. 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.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of DEM Management Partners, LP. Authority filed with Secy. of State of N.Y. (SSNY) on 1/24/02. Office location: Albany County, LP formed in Delaware (DE) on 12/18/01. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LP: 5400 Westheimer Ct., Houston, TX 77056. Name/address of each genl. ptr. available from SSNY Cert. of LP on file with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: management company.

(March 20, 2002)

LEGAL NOTICE

Notice of formation of FABTEX LLC a NYS limited liability company (LLC). Formation filed with SSNY on 02/28/2002. 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, 1350 Broadway, New York, NY 10018. Purpose: All Lawful purposes.

(March 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.

(March 20, 2002)

ARTICLES OF ORGANIZATION OF FIRST COLUMBIA WESTERN LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: FIRST COLUMBIA WESTERN 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, 2052.
FOURTH: The secretary of state is designated as agent of the limited liability company upon whom

LEGAL NOTICE

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

26 Century Hill Drive, Suite 101 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 1st day of March, 2002, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

S/Jesse Vandergrift, Attorney in Fact

(March 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.

(March 20, 2002)

LEGAL NOTICE

Notice of Formation of GE Noryl Global Products, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/28/02. 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: GE Noryl Global Products, LLC, Attn: General Manager, One Noryl Ave., Selkirk, NY 12158. Purpose: any lawful act or activity.

(March 20, 2002)

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

The name of the LLC is GRANDVIEW REALTY, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 14, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1676 New Scotland Road, Slingerlands, New York 12159.

(March 20, 2002)

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

The name of the LLC is GREENBUSH DONUTS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 14, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1676 New Scotland Road, Slingerlands, New York 12159.

(March 20, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Henry Keys, M.

d., PLLC ("PLLC"), a professional

LEGAL NOTICE

services limited liability company, was filed with the Secretary of New York ("SSNY") on 2/26/02. Principal office of the PLLC is located in Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the PLLC, Joseph B. Carr, Esq., Couch White, LLP, 540 Broadway, Albany, New York 12207. Purpose: practice of medicine for pecuniary profit.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of Horizon Milling, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/02. Office location: Albany County, LLC formed in Delaware (DE) on 12/19/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: Wheat flour milling in North America.

(March 20, 2002)

LEGAL NOTICE

Hubco Landscaping, LLC, Art. of Org. filed Secy. of State (SSNY) 11/27/01. Office location: Albany County. SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process: PO Box 26, Altamont, NY 12099. Purpose: any lawful purpose.

(March 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.

(March 20, 2002)

LEGAL NOTICE

Mark Heithoff Photography, LLC, Art. of Org. filed Secy. of State (SSNY) 1/23/02. Office location: Albany County. SSNY shall mail copy of process: Capitol Services Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful purpose, including photography.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of MCMC LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/8/02. Office location: Albany County, LLC formed in Connecticut (CT) on 12/21/01. 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., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. CT address of LLC: 425 Day Hill Rd., Windsor, CT 06095. Arts. of Org. on file with CT Secy. of State, 30 Trinity St., Hartford, CT 06106. Purpose: claim management services and third party claim administration services.

(March 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.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of MET57 HOLDINGS, LLC. Authority filed

LEGAL NOTICE

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.

(March 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.

Purpose: For any lawful purpose.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of NSL MANAGEMENT, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/6/02. Office location: Albany County, LLC formed in Delaware (DE) on 5/5/00. 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. Principal office of LLC: 100 Second Ave., Needham, MA 02494. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.

(March 20, 2002)

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

The name of the LLC is QUEENSBURY QUAKER, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 14, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 90 State Street, Suite 1411, Albany, New York 12207.

(March 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

(March 20, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: REPUBLIC MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/02. Office location: Albany

LEGAL NOTICE

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, 302 Washington Avenue Extension, Albany, New York 12203. Purpose: For any lawful purpose.

(March 20, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: REPUBLIC VENTURES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/02. 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, 302 Washington Avenue Extension, Albany, New York 12203. Purpose: For any lawful purpose.

(March 20, 2002)

LEGAL NOTICE

Rusch Property Management LLC, Art. of Org. filed Secy. of State (SSNY) 2/15/02. Office location: Albany County. SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process: 257 State St., Albany, NY 12210. Purpose: any lawful purpose.

(March 20, 2002)

LEGAL NOTICE

Notice of Qualification of SIEGLING AMERICA, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/30/02. Office location: Albany County, LLC formed in Delaware (DE) on 12/26/01. 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., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. on file with DE Secy. of State, Corps., Div., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.

(March 20, 2002)

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.

(March 20, 2002)

NOTICE OF FORMATION OF TECHNODYNAMICS, LLC

NOTICE IS HEREBY GIVEN that Articles of Organization for a limited liability company to be known as Technodynamics, LLC (the "Company") were filed with the Secretary of State of the State of New York on February 19, 2002. The Company is being formed to engage in any lawful act or activity for which limited liability companies may be organized. The principal office of the Company is to be located in the County of Albany, 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 may mail a copy of any process against the Company served upon such Secretary of State is 64 Mansion Blvd., Apt. L, Delmar, New York 12054.

(March 20, 2002)

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.

(March 20, 2002)

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MIKE'S HANDYMAN SERVICE: Free estimates, reliable service, licensed and insured. 432-9715.

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MEDICARE PATIENTS USING INHALERS. Albuterol Atrovent Combivent Serevent Azmacort Flovent and others. Having difficulty? Breathe easy again. Medicare covered liquid therapy may be available if you qualify. MED-A-SAVE 1-800-224-1919 ext. NY1202.

HOME IMPROVEMENT

Weather and emergency repairs of barns, houses and garages. Call Woodford Bros. Inc for straightening, leveling, and foundation.

ation repairs. Free estimates 1-800-Old-Barn. www.1-800-Old-Barn.com

LEGAL

DIVORCE OR ANNULMENT IN ONE DAY, without travel, even if you can't find your spouse. www.divorcefast.com Alan Alford, PO Box 377 Sudbury, MA 978-443-8387

LOST

COMPLETE SET OF KEYS: house, car, etc. Found on intersection of Murray and Parkwyn in Delmar. Pick-up to identify at Bethlehem Police Station.

LOST CAT - REWARD: 2/12 From Glenmont, K-Mart area. Tiger, grey, white, and black. Male. 462-7029 eves.

MISCELLANEOUS FOR SALE

9 INTERIOR DOORS, BROWN WOOD GRAIN FINISH, \$10.00 each. 899-7049.

DISNEY BEACH VACATION: 6 nights, great hotel. Sacrifice for \$199. Call 518-446-6076.

HEALTH RIDER: \$150; Solid Cherry Dresser: \$350; Howard Miller Mantel Clock Three Chime Model 612374: \$200. 384-1493.

MEMORY GARDENS: Three crypts at Edgewood Chapel. Level G. 489-2373.

MISCELLANEOUS SERVICES

PRESS RELEASE SERVICE- same day fax service to all weekly newspapers, daily newspapers, radio and television stations in New York State. Call Kathryn Minor at 518-464-6483 for rates and information.

MUSIC

STRING INSTRUMENT REPAIR: Bow rehairing, Violins for sale. 439-6757.

MUSIC LESSONS

GUITAR LESSONS, guitarist available for private instruction in your home or mine. 20+ years experience. Call Rob, 372-5077.

PIANO LESSONS. \$5/per half-hour. Guilford area. Good references. Weddings also. Call (518) 355-0379.

MUSICIANS AND MUSIC

Central New England Vintage Guitarshow/ music swapmeet: Buy, sell or trade. Sunday April 28. 9am-5pm Auburn Elks, RT 20 Exit 10 off Mass. Pike, Auburn Massachusetts 508-865-5935 or www.guitarshows.com

NOTICES

ATTENTION -OWNERS WHO PURCHASED HOUSES AND other structures after May 3, 1999 with Louisiana-Pacific exterior inner-seal siding installed before January 1, 1996. This notice may affect your rights. Opt out deadline: June 17, 2002. Claim Filing Deadline: December 31, 2002. Contact: LP Siding Litigation Claims Administration, P.O. Box 3240, Portland, Oregon 97208-3240, 1-800-245-2722, www.lpsidingclaims.com

PAINTING

WANT TO CHANGE the colors of the rooms in your home? Hire a man with 15 years experience in painting, wallpapering etc. Call today for free estimates and prompt, professional service. Bruce Hughes, 767-3634.

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PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin,

Registered Piano Technician, Piano Technicians Guild. 427-1903.

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BUYING: All old costume and better jewelry. Call 439-6129.

OLD BICYCLES and parts wanted by collector. Especially Schwinn-balloon tire and StingRays. Please call Matt 475-1074

WANTED TO BUY Pre-1955 telephones, radios, television sets, old radio tubes, tube amplifiers, cast iron penny banks, cameras, pre-1920 tin or glass 4 paper photographs, old wood fishing lures, old toy cars, trucks, boats, or model boats, pre 1965 comic books. Any condition on above items even broken or rusty. Call 745-8897.

Classified INFORMATION



Office Hours Deadline

8:30 AM - 5 PM
Monday-Friday
Deadline: Friday at noon
for following week



Mail Address • In Person

Spotlight Newspapers
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Delmar, NY 12054
125 Adams St.
Delmar, NY 12054



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Clifton Park/Halfmoon Spotlight

Classified Rates

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

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

*All line ads must be pre-paid in order for placement.
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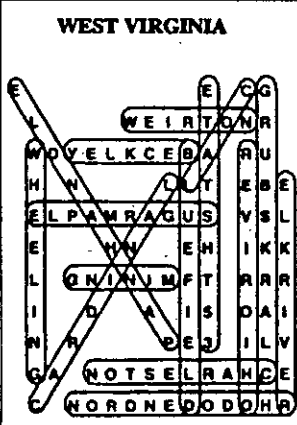
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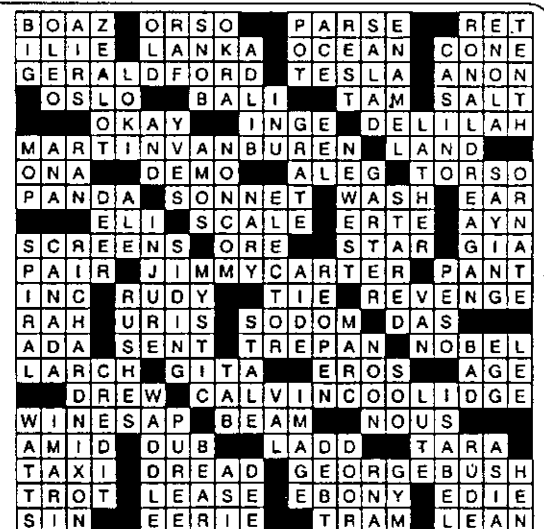
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Spotlight on EMPLOYMENT

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ATTENTION STUDENTS and others: Local company looking for friendly people to have fun and enjoy their work. Flexible hours with nights and weekends available. Great pay, advance quickly

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BABYSITTERS: MONDAY, WEDNESDAY, FRIDAY A.M. Apply at P. E. Dept Schenectady JCC 2565 Balltown Rd. or call 377-8803.

CHILDCARE: Activity Leaders - Before/After School Program in Delmar, 7:15am-9:15am and/or 3:00pm-6:00pm. Play and have fun with children. Experience required. Excellent Benefits. School's Out Inc. 439-9300.

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DRIVERS: PT/FT, flexible hours, easy work, no pressure, must have own pick-up truck/van. Call GW 518-861-0008.

EXCELLENT BOOTH RENTAL OPPORTUNITY, following preferred, or can provide additional client growth. 475-0770.

HAIR STYLIST WANTED: Very busy salon in great location. Call Joanne at 434-4411.

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JEWELRY ADVISORS NEEDED: Would you like to earn free jewelry and extra \$\$ NEW JOB OPPORTUNITY in the Capital District. Flexible hours for more information call 518-877-5104.

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PUPIL PERSONNEL SERVICES DIRECTOR: Teacher cert. and master's, SAS or SDA required. Effective 8/15. Deadline 4/26. Scotia-Glenville 382-1218.

SALES CLERK: MORNINGS, AFTERNOONS, and Saturdays, PT. Apply in person Schuyler Bakery 637 3rd Ave, Watervliet, NY. Minimum age of 16 required.

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Needed for an Education Day Treatment Program for adolescents. 12 month full time position. MSW required, CSW preferred. Experience working with at risk adolescents.

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Fax (518) 283-3013, jcox@vanderheydenhall.org

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MUSEUM DIRECTOR

The Erie Canal Museum in Syracuse N.Y., is seeking a new Executive Director who will be able to capitalize on a number of recent opportunities for growth at the Museum. In the last year, three developments have increased both the Museum's prominence and visibility:

- The Museum was recently re-accredited by the American Association of Museums, making it the only history museum in Central New York to hold this status.
- It was included in the Erie Canal National Heritage Corridor making the Museum eligible for new government funding.
- The Erie Canal will be showcased to over 30 million visitors a year at the DestiNY USA project, a major tourist destination resort to be located in Syracuse N.Y.

The new Director must be able to leverage these developments into higher visibility, growth and fiscal stability for the Museum. The Erie Canal Museum is a 40-year-old private, not for profit organization highlighting the rich history and heritage of the Erie Canal. It is located in the historic Weighlock Building built in 1850. It is the only existing weighlock in the U.S.

The ideal candidate should be an enthusiastic advocate and leader who has demonstrated a history of effective management as well as strong supervisory skills. He/she must have the ability to plan, set and achieve measurable goals. Past experience as a well connected community leader who is able to build partnerships, is essential. Advanced degree or museum experience is preferred but will consider relevant experience.

Letters of interest and resume should be sent to the Search Committee at the following address:

ERIE CANAL MUSEUM

318 Erie Boulevard East, Syracuse, NY 13202
Tel 315 471-0593 Fax 315 471-7220
eriecanalmuseum.org

Clerical Assistant

Bethlehem Central School District has an immediate opening for a clerical assistant in the PPS office. Duties include Committee in Preschool Special Education Secretary, data management for preschool special education, District, SED and MEDICAID reports. Previous experience in a school setting and with Special Education preferred. Excellent wage and benefits.

Send letter of application and resume to:

Cheryl MacCulloch, BCHS,

700 Delaware Avenue, Delmar, NY 12054.

Deadline is March 26, 2002.



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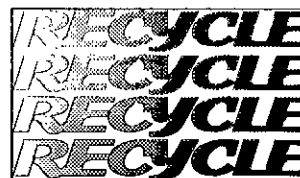
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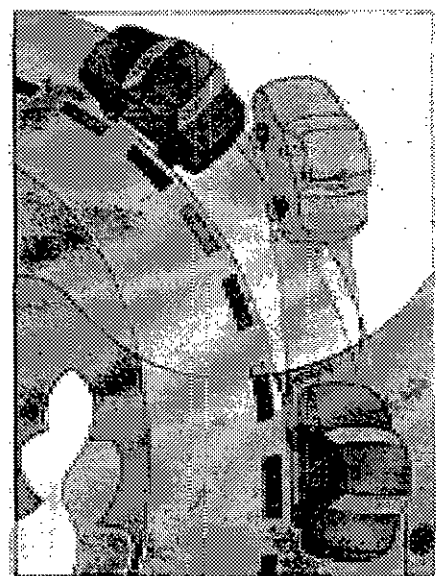
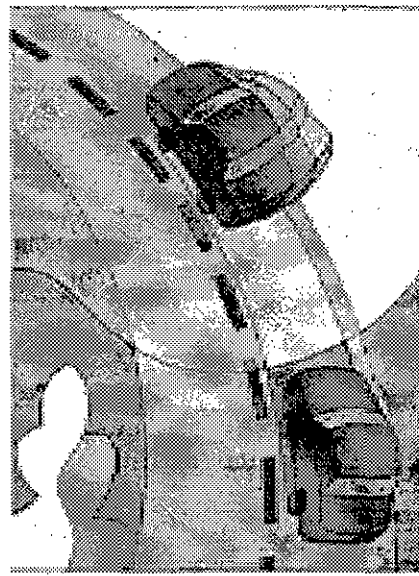
Anti-lock brake systems (ABS) and intelligent stability and handling systems help drivers

maintain control in emergency situations. These technological safety features are increasingly offered as either optional or standard equipment on a number of moderately priced vehicles, yet many drivers are unfamiliar with

their operation.

Perhaps it is time for a new manual for modern life, Everything You Ever Wanted to Know About ABS and Intelligent Stability and Handling Systems.

Even drivers whose car



(Left) When sensors are intelligent stability and handling systems detect oversteer is imminent, the outside front wheel brake is automatically applied to prevent loss of control. (Right) Likewise, when the sensors detect understeer is about to occur, they automatically brake the inside rear wheel, helping the driver make the turn and continue forward in the right direction.

or light truck isn't equipped with anti-lock brakes or intelligent stability and handling systems should familiarize themselves with what these technologies can do, says the ABS Education Alliance. Vehicles equipped with this technology will be able to stop more quickly and maneuver more safely in adverse conditions.

All drivers should know their personal vehicles' capabilities and onboard technologies, and always drive defensively.

Everything You Want To Know About Intelligent Stability And

Handling Systems Technologies

Stability and handling technologies improve vehicle stability and control by intervening and helping correct potentially dangerous oversteer or understeer conditions. Introduced on high-end sedans and SUVs, these systems are increasingly offered as either optional or standard equipment on a number of moderately priced vehicles.

As with ABS, the Alliance urges drivers to learn about these technologies as they become more widely available. A thorough review of the owner's

manual is recommended.

Stability-enhancing technologies rely on various sensors (typically wheel speed sensors, steering angle sensors, lateral acceleration sensors, and vehicle yaw rate sensors) to monitor and compare a vehicle's physical movement relative to the driver's desired path. Upon sensing a discrepancy between the driver's intended path and the vehicle's actual movement, the system will control brake applications at the vehicle corners, correcting the vehicle's direction. Currently, systems are

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stability and handling systems including 'What are they?'

marketed under a variety of brand names.

What intelligent stability and handling systems Do

Intelligent stability and handling systems have sensors that detect the direction the vehicle is going and compare it to the direction the driver is steering the vehicle. When the system detects a discrepancy between the intended path and the direction the vehicle is actually traveling, the system will intervene to help bring the movement of the vehicle back in line with driver intentions.

Intelligent stability and handling systems intervene before control is lost by automatically braking specific wheels. These systems help drivers maintain control when control might otherwise be lost.

When the rear wheels of a vehicle lose traction, oversteer can occur. When the front wheels lose traction, it's called understeer. In either case, the driver can lose the ability to turn the car along the intended path.

Intelligent stability and handling systems provide greater control of the vehicle when loss of control is imminent.

They help drivers avoid obstacles and prevent the

skidding that can occur in all kinds of weather and on all kinds of roads; conditions in which even the best of drivers might struggle to keep their cars on the road.

When some intelligent stability and handling systems sensors determine that oversteer is imminent, the outside front wheel brake is automatically applied to prevent loss of control.

When the sensors detect understeer is about to occur, some systems

automatically brake the inside rear wheel, helping the driver make the turn and continue forward in the right direction.

ABS-education.org has the Scoop

The Alliance's Web site, www.abs-education.org, has a brochure about intelligent stability and handling systems, and a curriculum about the stability and handling system technologies.

None of the Alliance material is copyrighted. The Alliance materials may be duplicated in their

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and handling systems, visit the ABS Education Alliance Web site, www.abs-education.org.

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