

Haswell Farm folks
celebrate the 4th

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Mohawk-Hudson
artists at institute

○ Family entertainment

Senior Lifestyles

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Outlight

Serving the Towns of Bethlehem & New Scotland

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July 10, 2002

Fourth festivities



Tiffany Reuss reaches for a balloon figurine made by Cranberry the Clown at the town pool on the Fourth of July.
Jim Franco

Water restrictions to remain in effect

By JOSEPH A. PHILLIPS

A rainier-than-usual June may have brought an end to New York state's water emergency declaration throughout much of the upstate region, but the public water district serving most of the town of Bethlehem remains in "alert" status in early July — with no end to current water-use restrictions in sight, according to town Public Works Commissioner Bruce Secor.

The lifting of the state's water emergency declaration last month, he said, has prompted a growing chorus of residents calling for the town to lift use restrictions adopted by the town board in March and eased somewhat in May.

The current restrictions include an alternate-day schedule of automatic or hand-watering of lawns, limited to 6 to 9 a.m.; a ban on nonessential uses, including hosing down driveways and sidewalks; and a ban on use of any newly-installed water sprinkler system not granted a permit by the building department before a water emergency was declared by the board last January.

"We're OK, but the water restrictions will stay in effect all through the summer," said Secor last week. "The long-term effects of the drought will be with us at least until next winter, when and if we get any significant snow pack (in the Vly Creek Reservoir's watershed). I know the newspapers say the drought is over, but we can't throw away our conservation measures and restrictions yet. That's part of what's helped us get healthy to this point. We just can't throw caution to the wind."

Both Supervisor Sheila Fuller, who has advocated a go-slow approach to any

change in the current water restrictions, and town board member Dan Plummer, who has spearheaded efforts to lift them, were on vacation last week and unavailable for comment.

Readings taken on July 1 of the level of the reservoir, the district's principal residential water source, indicate it remains as it has been throughout much of the month of June — at 58 percent of

its total capacity and about 71 percent of its seasonal average level, Secor said. Eighty percent of seasonal average would be sufficient to lift the alert.

Bruce Secor

"We're kind of going level with the

reservoir readings because we've reduced the amount of water we draw from the reservoir," said Secor. "The combination of water conservation measures, extra water from the city (of Albany) and from Guilderland and a wet spring have allowed us to keep the reservoir level."

Despite an increasing number of phone inquiries about the lifting of restrictions, Secor said, residents have remained cooperative with enforcement of the current sanctions. Town officials charged with enforcement have issued numerous notices to remind residents who have strayed from the restrictions.

"There's only been one or two people we've had to follow up with after that and

□ WATER/page 16

Park committee invites community input

By KATHERINE MCCARTHY

Perhaps as you've run in for milk or treated yourself to an ice cream cone at Stewart's across from Main Square on Delmar's Delaware Avenue, you've noticed that the park next door is looking a little more cheerful. That's due to the efforts of a small group of citizens who welcome participation from the community at large.

Bethlehem Memorial Veterans Park was first dedicated in November 1942, after Otto deHeus, Dr. Thomas Holmes and John Oliver formed a Servicemen's Committee to raise funds for landscaping

and the construction of an honor roll containing the names of Bethlehem residents serving in the military during World War II.

In 1962, Arthur Main deeded the triangular piece of property, just south of the D&H Railroad Crossing, to the town. The granite monument that honors all of Bethlehem's military was dedicated on Memorial Day 1964.

When this year's Memorial Day parade ended as it always does at Veterans Park, a new sign greeted marchers, as did new flowers and new brick pavers. Some of the bricks are inscribed with the names of local veterans, and some bear the names of local businesses and citizens who have contributed to the park's facelift. The park honors all of Bethlehem's veterans, from the Revolutionary War to Sept. 11.

Although she emphasizes that the

rejuvenation of the park has been a group effort, Virginia Acquario has been the driving force behind the work. "I walk up here everyday," Acquario, a nurse and watercolorist who has lived in Delmar since 1966, said, "and I noticed the eagle on the monument. This is a real park, and there are little stores nearby. I thought it would be nice if more people were here."

Since it is a veterans park, Acquario approached the Nathaniel Adams Blanchard American Legion Post, the Bethlehem Memorial Post 3185 of the Veterans of Foreign Wars, local businesses and the town itself.

"A lot of people came forward right away to start with this," Acquario said. "We got seed money from the VFW, the Legion, Bethlehem First, the Garden Club and Stewart's. It took about a year to get as far as we are."

□ PARK/page 16

Officials continue probe of park deaths

By JOSEPH A. PHILLIPS

A missing-persons report filed with park police at John Boyd Thacher State Park on July 4 led to a grim discovery the following morning: two bodies found at the base of a 120-foot cliff at the park's showcase scenic Overlook—the first apparently accidental deaths there in over a decade.

According to public affairs officer Maureen Tuffy of the Loudonville barracks of the State Police, alcohol may have been a factor in the deaths of 19-year-old Timothy R. Joyce of 120 Benson St., Albany, and Marcie Ann

□ PROBE/page 28



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Man charged with embezzlement

By JOSEPH A. PHILLIPS

A Delmar man turned himself in to Bethlehem police last week to face a felony charge of embezzling more than \$2,100 from a local restaurant.

Kenneth D. Fox, 28, of 58 Cherry Ave., failed to report for work after he was on duty on May 19 at the Friendly's shop on Delaware Avenue, where he was reportedly in line for a promotion to manager. A deposit that evening of more than \$2,115 was later determined to be missing after an examination of deposit

records several days later, and Bethlehem police were notified.

Fox turned himself in on Tuesday, July 2, after being questioned by police detectives. He was arraigned before Town Justice Frank Milano on a count of felony grand larceny and released on his own recognizance pending a court appearance scheduled for Aug. 6.

In other Bethlehem police activity:

- A reported arson fire remains under investigation at the Jericho Drive-In on Route 9W in Glenmont.

The owner of the drive-in theater discovered the fire shortly before 2 a.m. on Friday, June 21, while working in the main building on the site. Hearing a suspicious noise, he discovered a fire burning in the separate ticket booth near the entrance driveway.

Selkirk firefighters responded to extinguish the blaze. No estimate of damage was available, and detectives and fire officials are continuing to investigate.

- Bethlehem police are also investigating a burglary at the Stewart's store at 309 Delaware Ave. in Delmar on Tuesday, July 2. Responding to a burglar alarm at the store shortly after 1 a.m., police found the glass front door smashed in, possibly by a tool found nearby.

More than 60 cartons of cigarettes were missing. Detective John Cox gathered evidence at the scene, and the burglary remains under investigation.

Police arrest two for DWI

Two men face charges of driving while intoxicated (DWI), one of those a felony count, after their arrests by Bethlehem police last week.

Peter George Verhagen, Jr., 58, of 321 Upper Flat Rock Road, Clarksville, was arrested for DWI on Wednesday, July 3 — a charge elevated to a felony after a license check disclosed a prior DWI conviction.

About 7 p.m., Officer Christopher Hughes observed Verhagen's vehicle westbound on Delaware Avenue operating at excessive speed and stopped him. After administering field sobriety tests and a preliminary screening, he arrested Verhagen for DWI and ticketed him for speeding.

Manuel Valentin, 27, of 144 Bradford St., Albany, was arrested on Tuesday, July 2, at about 6:30 a.m.

Officers Adam Hornick and James Rexford responded to a call

from a homeowner on River Road in Selkirk who reported a vehicle in her backyard that had evidently run off the road.

Hornick and Rexford found Valentin asleep in his parked vehicle with the engine still running. Tire tracks on the lawn indicated he had been southbound before leaving the roadway.

After administering field sobriety tests and a preliminary screening, they arrested Valentin for DWI and ticketed him for crossing hazard markings and failure to report a change of address to DMV.

Both Verhagen and Valentin are due in Town Court on July 16.

Jacob Andrew Osterhout, 22, of 11 Second Ave., Coeymans, arrested June 14 in a traffic stop by Schenectady police for failing to make an earlier court appearance stemming from his Bethlehem DWI arrest on Aug. 15 of last year, pleaded guilty to that charge before town justice Frank Milano on July 2.

Osterhout was fined \$500 and a \$125 state-mandated surcharge. His license was revoked for one year. He was also ordered to attend a drinking-driver remediation program and face a Victim Impact panel.

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Planners set 2 hearings

By JOSEPH A. PHILLIPS

Bethlehem's planning board will conduct public hearings on two major development projects at its meeting on Tuesday, July 16.

A 7:30 p.m. public hearing will focus on the building project approval requested by developer Henry Klersy on behalf of his proposed Delmar Place Assisted Living project, located at 467 Delaware Ave. The second hearing at 8 p.m. is in regard to the request by Nigro Companies for modifications to its building project approval for the Bethlehem Town Center project on Route 9W in Glenmont.

At its July 2 meeting, the board granted conditional final approval for Milltowne Plaza, a 95-unit subdivision on 101 acres off Wemple Road.

And developer Lee Rosen made a brief presentation on the proposed Waldenmaier Estates on Elsmere Avenue, a 92-unit two-family townhouse development. The project was tabled pending planning department completion of its review.

Only brief discussion of the Delmar Place project — on a site once targeted for a similar assistive living facility known as CMI Senior Healthcare — preceded last week's vote to set a public hearing. Town planner Jeff Lipnicky reported the site plan drawings to be ready for public review next week, and board chairman Doug Hasbrouck concurred.

"There are still some details to be cleaned up, but none of those are issues that would delay us from continuing with a public hearing," Hasbrouck said.

Milltowne Plaza, granted preliminary approval last September, also required only a brief discussion before the vote to approve plans submitted June 4 to the planning department.

Milltowne was also the subject of discussion last fall concerning developer George Haseotes' plan to devote a strip of land along the Dowerskill for development of a public creekside nature trail, in satisfaction of the town's parkland setback statute. The trail setback was among the conditions approved last week.

The bulk of the July 2 meeting centered on the Town Center request for modification of its building project approval, following a presentation by attorney Robert Sweeney on behalf of developer John Nigro. Principally, they seek the town's OK to divide the property along proposed interior lot lines, in effect subdividing it, at the request of Wal-Mart, one of the

proposed principal tenants.

To ensure that all five tenants — including Applebee's and Wendy's restaurants, a Charter One drive-through bank and an as-yet unsigned home improvement retailer — have adequate access to public roads, utilities and parking, they also seek town approval of an "open development" plan for the project.

Nigro also plans to develop the project in two phases, beginning with Wal-Mart. But Sweeney sought to allay concerns expressed previously by several board members about what subdivision might mean for the plaza's future.

"At the moment, Nigro's intention would be to own all these parcels, to continue to manage it, to comply in all respects with the building project approval," he said. "But this will create separate lots" — principally to accommodate Wal-Mart's wish for a separate assessment.

"These large department stores often request their own separate lot, whether it's conveyed to them or not," he said.

But board member Joe Rooks said, "Every conversation regarding this issue, the developer and his attorney have indicated that there is a high probability that it could become a fee-simple subdivision before it's over, that other people will own this land before the buildings are even built." Rook strongly advocated a public hearing.

Sweeney conceded that the lot-division and phasing request would likely not be made if Wal-Mart had not insisted on it — and if the negotiations with the home improvement tenant were not still unresolved.

But when board member Parker Mathusa sketched out a not-unlikely scenario — a public hearing and planning board recommendation by late August, a town board OK of the amended building project approval by late September — Sweeney said, "On that timing, we're probably out of business."

But Hasbrouck said that the board would not be rushed to judgment.

"It could be a short time or a long time after the public hearing before we decide to act and make a recommendation on what we see and how it should play out," he said.

"At this point in time, it's not just DOT and the Army Corps. If the developer wants to move as quickly as possible, there's other things we need to address also," Lipnicky said.

"If this proposal had gone through all of what it went through over the last two years as five lots, we would have in all probability looked at each of those lots differently," Rooks said.

Both Rooks and board member Marcia Nelson questioned how the open development plan would work legally. "Can we stick it before the public and hope to explain it if we don't understand it ourselves?" Rooks asked. Nevertheless, both joined in voting to set next week's public hearing.

Brushing up



Despite the heat, Greg Jukins paints his house on New Scotland Avenue last week.

Jim Franco

3rd generation going strong

By KATHERINE MCCARTHY

It's been nearly 30 years since DiNapoli Opticians opened a Delmar office, and last year, the 62-year-old business moved its headquarters to 266 Delaware Ave., above one of its retail shops. "My grandfather, Joseph DiNapoli senior, started the business with Wilfred Perrin 62 years ago," the third generation of family opticians, Mike DiNapoli, said. "It was Perrin and DiNapoli, and they were located at 91 State St. in Albany."

Tom DiNapoli, now 82 and retired, is the middle generation of DiNapolis to have been an optician. He recalled that office being at State and Chapel, a place that doesn't exist now.

"I was in college when my father and his partner went out on their own," Tom DiNapoli said. "They struggled for many years and often went weeks without drawing a salary."

When he returned from the service in 1945, Tom DiNapoli and Wilfred Perrin's nephew, Jack Perrin, spent a year learning to make glasses at American Optical. The two took over Perrin & DiNapoli, and Tom DiNapoli eventually became the sole owner of the store.

In the 1960s, the store was located on Lark Street, but slowly, ophthalmologists were moving uptown or closer to Albany Medical Center, and Tom DiNapoli felt he needed to move, also.

"There was talk of a highway going behind Hackett High School and under Washington Park," Tom DiNapoli said, recalling his concern that a relocation would result in a highway going through his business. "I went to see Mayor Corning, who, in between about 50 calls, asked what I wanted." Corning pulled a map from a wall rack, and pointed to the DiNapoli location that still exists today — 457 Madison Ave.

In 1973, DiNapoli's came to Delmar and over the years have opened offices in Stuyvesant



Mike DiNapoli

Plaza in Albany, Newton Plaza in Latham and Windsor Plaza in Clifton Park. Three other locations failed, but Mike DiNapoli described the current offices as "four very busy offices." Mike and his brother Joe were the next DiNapolis to enter the family business, until Joe sold his part of the business to run a motel in Lake George. Today, Mike DiNapoli oversees 29 people and shops that are open six days a week, with the Stuyvesant Plaza office open on Sundays, too.

"We have a lot of talent on our staff," Mike DiNapoli said. "Eight or nine people have been with us for more than 20 years." The staff includes six ophthalmologists, 16 opticians and support staff. "We process and serve our other stores from our Delmar location," Mike DiNapoli said. "Our buying and computer base happens here, and all our offices are connected with an on-time system." DiNapoli splits his time between running the business and still seeing patients.

In his 25 years as an optician, the 49-year-old Mike DiNapoli has seen a lot of change.

"The business is more fashion-oriented now," he said. To compete, DiNapoli carries several exclusive lines of eyewear, the kind spotted in In Style magazine or in the metropolitan New York area. Big box stores and chains present competition, but allow private opticians to adjust pricing and stay competitive.

"Some of our competition isn't

from places you'd expect," Mike DiNapoli said. "The laser vision centers, for instance, are competitors." DiNapoli said they have formed alliances with some laser vision centers to stave off competition and to stay up-to-date on vision advances. "Because we're not medical doctors, we don't recommend for or against laser correction," Mike DiNapoli said. "But not all laser surgery is 100

percent correction, and we can still provide necessary eyewear." The Internet is another competitor, but DiNapoli is confident the business will continue to thrive. "I love the business end of things," he said. "They're always changing, we can make things look different and we can experiment with different lines."

DiNapoli's main goal is to expand service in the four stores he runs, but to keep an eye out for other business opportunities. "If the right opportunity presented itself, we might try the planned DestiNY in Syracuse," DiNapoli said.

The Delmar native would also like to get more involved in the community. In Albany, DiNapoli's supported the MS and Diabetes Walks, Toys for Tots and was part of the Lark Street Business Improvement District.

"I'll join the chamber of commerce now that we're based here," DiNapoli said. "We've always supported Little League, the high school yearbook and St. Thomas the Apostle Church."

Town workers receive a professional courtesy from DiNapoli. Mike DiNapoli graduated from Bethlehem Central High School in 1971 and graduated from SUNY Albany. He finished optical school at Erie Community College in Buffalo in 1977. He and his wife Jean, also an optician, live in Slingerlands. They have three children.

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Meeting familiar strangers is OK in small doses

By KATHERINE McCARTHY

Oh, sure, I'd e-mailed my friend Mary in March, let's go to our 25th high school reunion. Why not, I asked, when why might have been the better question.

It wasn't until another classmate — a man, at that — e-mailed to find out what my husband was going to wear that a sense of insecurity mostly disappeared over the last score made itself felt in my stomach.

"Thank you very much," I'd replied to his e-mail: "I hadn't intended to have a clothes crisis

COMMENTARY:

Mom's the Word



until the week of reunion, and you've just moved it up two weeks."

So I bemoaned the fact that I still haven't lost the weight I've meant to ever since high school and the fact that being a nearly full-time mother who works from home means that my summer dress-up clothes are khaki shorts

without mustard splashes on them. My hairdresser had to cancel the cut and color appointment I'd cleverly made for right before reunion, meaning I wouldn't even be able to have really great-looking hair to wow the people I hadn't seen since the last reunion 15 years ago. My greatest fear was that everyone would say I looked exactly the same as I did in high school — which is really only a compliment if you looked like Britney Spears during your teen years.

So, while Chris and Mike of the e-mail reached into their closets for the clothes that men wear to every event — khaki pants, a golf shirt, and a navy blazer if it's not excruciatingly hot — I hit the Slim-Fast and the malls. And had the perfect dream about what to wear. Rice Memorial High School in Burlington is a Catholic school, and we had all worn uniforms while we were there. Not the traditional plaid kilts everyone associates with Catholic school, but a green pleated jumper that we got measured for at Tina's Fabric Store, then had fitted at Mrs. Cannizzarro's house. In the mini-skirted days of the 1970s, our jumpers had to be long enough to touch the floor when we knelt down.

"Let's just wear our uniforms," I e-mailed Mary, who had spent her time since March sculpting her upper arm muscles, and thought that was a colossally bad idea. So much for equalizing everyone.

Reunions probably aren't meant to spark a crisis of any sort, and there clearly are people who look forward to them. I love my

college reunions, for instance. They always take place during an early summer weekend on a bucolic, gray-stone campus, my closest friends go, and it seems like all the other people who are there are people I enjoy seeing.

But college is different than high school. You go to the high school your parents send you to, and you're with people who live close by, some of whom you know everything about before the first day of classe. But college is a place you choose, with people from different places who've also chosen to be there. You're on your own, on your way to becoming the person you're going to be, and friends from college often remain friends forever.

Some people have lots of friends from high school. I have one that I stay in close contact with, and the Internet has put a few back into my life. There are people I enjoy meeting or running into occasionally, and I wonder why we don't stay in touch. A reunion, then, is a good chance to see people who once were part of my life in some way. So off I went (in a new linen dress, stylish shoes and subtle make-up), dragging my appropriately-clad husband with me.

Clothes crisis over, the next sense of panic came at not having become a millionaire, not living somewhere exotic and not having written the Great American Novel since graduation.

"Shall we make up an existence?" I asked Chris days before reunion. "An exotic past? Jobs of great intrigue?"

Chris gamely agreed to pre-

tend to be a refugee from an fictitious former republic of the Soviet Union, still struggling with English, but I couldn't come up with an identity I liked. We faced reality and went as middle-aged parents living in upstate New York.

Everyone that I recalled as young, thin, fat, awkward, poised, athletic, nerdy, funny, cute or really smart had all turned into middle-aged people leading lives pretty much just like ours. Some people looked the same as they had 25 years ago, but many had changed so much that it was only glancing at their name tags that revealed their identities. The reunion organizers had Xeroxed our yearbook pictures to attach to our nametags. Even bald or gray-haired, the men looked better than with their long hair of 1977; and the women looked better just because we no longer wore our hair long and parted down the middle.

We are more alike 25 years later than we were different when we graduated and time softens us into some realizations. So it's not quite Schadenfreude I feel when I see that the most popular girl in our class is now "pleasingly plump." I realize, perhaps for the first time, that she was popular because she was — and still is — always laughing and joined in on everything. Perhaps all these years of living have helped her realize why some of us often prefer the company of books to people. We weren't friends 25 years ago because we were very different, and while our differences no longer matter, we're not going to be best friends now.

For an evening, though, we can enjoy each other's company. It's fun to look across the room at the boy who once made my heart thump, and feel again a whisper of that beat. It's nice that Peter brought pictures of a long-ago summer afternoon at his family's lakeside camp, so we can see that we were just children, not the grown-ups we thought we were.

"Don't you wish we'd known then what we now know?" the basketball star turned minister asked before he offered a blessing over our reunion dinner and time together. Maybe. And maybe it's better that so many unknown things still lay ahead of us, making sure we'd have something to talk about when we gather together to capture these moments out of time.

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Haswell Farms neighbors celebrate the 4th

By JOSEPH A. PHILLIPS

The parade rounded the corner from Hasgate Drive to Corrit Drive, its tail snaking out of Barrington Court. Leading the way was a Jeep Wrangler, an American flag on a pole mounted on the tailgate, pulling a boat trailer festooned in bunting, Old Glory draped over the back.

A stationary rider, floppy hat to ward off the sun, straddled a bicycle lashed upright in the trailer bed; surrounding him, a bevy of flag-waving children, tossing candy to spectators along the street. A medley of Sousa marches pumped forth from speakers on the trailer.

Strung along behind, scores of families marched, or rather strolled and rolled — children on bicycles and scooters and afoot, parents pulling wagons and pushing strollers. A little boy in a motorized car, zipping back and forth in front of the Jeep, was chased to the curb by his mom. A girl about 10 held the leash of a dog almost as big as she. The dog wore a red-white-and-blue neckerchief; the girl, an Uncle Sam stovepipe hat.

Four fire and rescue vehicles from the Delmar Fire Co. brought up the rear a few hundred yards back, including their 1934 Mack fire engine, a fixture of more formal outings like Delmar's Memorial Day parade. No one stood on formality today: firefighters in shorts and T-shirts and baseball caps sat on the



Fun on the Fourth.

running boards and bumpers of the trucks, waving and grinning.

It was a gloriously sunny, 90-plus Fourth of July for Haswell Farms' second Independence Day parade — as parades go, a modest, joyously rag-tag affair.

By the time the parade reached the circle with a brightly-colored tent, the loudspeaker in the Jeep had rewound to where it began — "Stars and Stripes Forever" — and the candy-tossing children now seemed more intent on targeting one another with the goodies. Neighbors dragged out backyard grills that would soon sizzle with chicken, burgers and hot dogs.

Under the tent, folding tables groaned with home-made potato salad and macaroni salad, as well as sacks of pretzels and potato chips and soda for the kids; a keg of beer for the adults stood tapped and at the ready.

Pretzels and hot dogs and beer. It was straight out of a Nat King Cole ode to summer, or a small-town America of memory. This small town is a present-day subdivision, barely five years old, striving for — what?

"Community. I guess it means community," said Elaine Banach. "And American

pride. Especially this year."

Banach only moved to Haswell Farms late last July, so she missed the inaugural parade. "It seems like a really nice way to meet your neighbors," she said.

"We had one last year, and we had such a great turnout, all the kids, that we did it again," said Pete Gangel, flipping burgers at one of the grills. "It's just a neighborhood, stay-at-home thing."

Informally organized a few weeks before the Fourth by way of a flier circulated around the neighborhood, each block has been delegated to bring something.

"It's a pot-luck, everybody-chips-in kind of thing," said Marc Hiller, clutching a brew. "You bring the brownies; we'll bring the potato chips; he'll bring the beer," he said.

Children ran everywhere, crowded around the soft-drink table, clambered atop the fire-and-rescue ladder truck to pose for pictures wearing the plastic fireman's hats that the guests of

honor had distributed.

"The biggest change I see from last year is, you've got twice as many families here," said Hiller.

A snapshot of the fastest-growing town in the Capital District: in the last half-block of the parade route, two new homes are under construction. And the parade's chief organizer, Mariel Martin, wasn't even on hand: at the moment the parade rounded the corner onto Reynolds Court, she was in the hospital, in labor.

Shortly afterward, a cry went up near the pot-luck table: "It's a boy!" His name: Ethan Martin — born on the Fourth of July.



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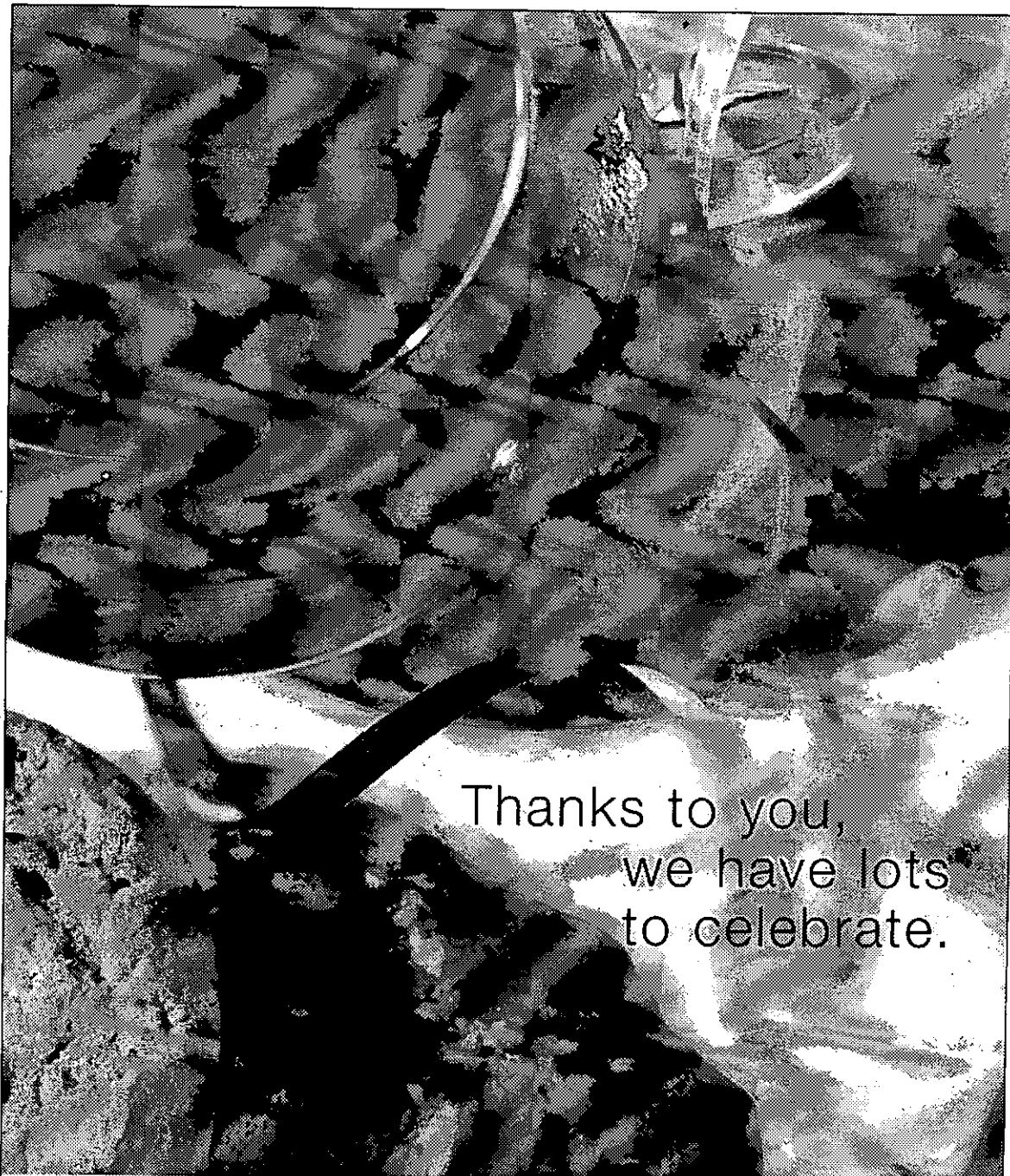
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Matters of Opinion

West Nile strategies

The state Department of Health has issued a warning about mosquito reduction strategies following identification of West Nile virus in a pool collected from the Saw Mill Marsh. That discovery, in addition to findings of 16 infected birds from seven New York counties including Albany County, suggests that West Nile virus is circulating widely in the state, increasing the potential for human illness.

The state recommends the following strategies to reduce mosquito breeding sites.

- Disposing of tin cans, plastic containers and ceramic pots.
- Removing all discarded tires.
- Turn over plastic wading pools and wheelbarrows when not in use.
- Change the water in bird baths.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs.
- Drain water from pool covers.
- Use landscaping to eliminate stagnant water that collects on property, and clean up leaf litter and organic debris.

For information about the virus, check out DOH's Web site at www.health.state.ny.us/nydoh.westnile/index.html.

Veterans park

Throughout any given day, from early morning to dusk, individuals visit the newly refurbished Veterans Park on Delaware Avenue in Delmar.

Ginny Acquario and her committee have indeed worked wonders there, even though the project is not yet complete.

The committee is urging residents to buy a brick in memory of a service man or woman to help fund the project.

We heartily support this endeavor to perpetuate the memory of local residents who served their country. The park is evolving into a place of honor and dignity, which is as it should be. The park with its lovely flowers and newly planted trees, a new sign and benches, and the bricks of dedication makes a statement about the community and its willingness to keep local history alive.

We urge everyone to buy a brick and become a part of this most worthwhile effort.

Taking magazine ideas into realities

By PHILIP SCHWARTZ

The writer is Schenectady County editor for *Spotlight Newspapers* and a founding editor of *Salvage*, a literary and visual arts magazine, which published its first issue this week.

Sometime last fall, I don't remember exactly when, I met with Marcus Anderson, a friend and former coworker, for coffee.

We got caught up and talked a bit before I got around to my brand-new idea.

"I was out for a walk the other day, and it occurred to me that I should start my own publication," I told Marcus. "And that's what I'm going to do. I'm going to start a literary and visual arts magazine."

Remarkably, Marcus replied: "That's what I was going to do. In fact, Larry Hovish (another former *Spotlighter*) and I talked about it a few months ago."

"Let's do it, then," I said.

Marcus agreed which was a good thing because, as a poet, artist and graphic designer, he was essential to what is now a reality. An hour after Marcus and I made the agreement to dive headfirst into this adventure, we coincidentally ran into Larry Hovish and pitched him the plan. Larry said he'd come aboard.

Slowly, it began to happen. The Sunday following my meeting with Marcus and Larry, we met in my downtown Albany apartment — along with Roger Noyes, a former *Spotlight* editor — to hash out what would later become *Salvage Magazine*.

Later, Duncan Campbell Crary — a Delmar native, poet and freelance writer — and Warren Craghead, an Albany artist and a graphic designer, joined us and began to lay *Salvage's* foundation — not an easy task considering that we had to define everything, from all the design aspects of the magazine to the spirit which it would embody.

It's not as if we're the only organization in the Capital District dedicated to the arts. It's just that we want to complement what's already out there, provide another venue for the remarkable amount of good work in the

Point of View

Capital District that is as yet unpublished. That's what we've been working toward for the last nine months.

Throughout all of this, I have encountered many people who are excited about the project, and the list of *Salvage* supporters is growing.

In some ways, that support is surprising. But really, it isn't, considering that Albany was recently ranked first among small cities in a nationwide index for creativity. And the editors and I have met many people who are simply thirsting for this type of arts venue.

Whose idea was it really? I haven't talked to the other editors about this. Perhaps they've been asked the same question as many times as I have.

I don't know how they respond, but this is my own answer: Everyone had the idea. Individually, each editor, just by the mere fact that he is involved in the creative process in some way, wanted this and had thought about something like it on and off for years.

Many creative thinkers seem to have this idea from time to time. I'll run into a poet or an artist at a reading or cultural event and be introduced as an editor of *Salvage*, and he or she will say, "You know, I've often considered starting something like that." Or, "I started to work toward my own publication, but nothing ever really came of it."

So the idea is out there, has been out there — and for quite some time. And to forge ahead and work toward publishing something like *Salvage* is quite common, I'm finding out, despite the fact that the idea has never flowed into a concrete, long-standing product — at least not locally (as far as I know).

Now, nine months after Marcus' and my casual agreement to proceed with a vague idea about what was then a nameless arts publication, *Salvage* made its debut this week.

In between, there were hundreds of hours of work, some headaches and countless, fervent discussions about what the magazine should become.

And this is what *Salvage* is: a magazine published on newsprint, dedicated to the local arts scene. It has a circulation of 3,000 and features the work of literary and visual artists — selected by the six editors — from the Capital District and beyond. Distributed free, *Salvage* features poetry, short stories, essays, profiles of local artists and writers, and visual art.

But those are only the facts. All the founding editors — myself included — hope *Salvage* can transcend mere facts. We hope it goes beyond that nuts-and-bolts description. We want *Salvage* to capture the energy of a rich arts community, where so many talented, passionate artists live.

We hope to be an avenue for brilliant unknowns to finally get the recognition they deserve. We hope to fill a gap and act as a

cohesive element that helps bring together a very defined and vibrant — but sometimes not completely visible — arts scene. And we hope others believe in our cause and come forth to lend their support.

We realize this is an ambitious task and at times are daunted by its scope. The name alone — *Salvage* — is ambitious, as well, inferring that real urban renewal is a lost cause without fostering growth in the arts.

Our project is centered in a region that has ties to such notables as Herman Melville, Thomas Cole, Frederic Church, Henry James, Vladimir Nabokov, Kurt Vonnegut and William Kennedy, so the name fits with our quest to highlight creative energy from the past to the present to the future. In a sense, we want to salvage that energy.

It's not that *Salvage* has cracked some sort of secret publishing formula. It took lots of hard work and perseverance, but perhaps more importantly, it took a community that would warm to this idea and move it into a reality. It took donors who believed in the board of editors. It took artists willing to submit work to a magazine which did not yet exist. It took the media to shine a light upon us and help get the word out. And it took a small (but growing) group of advertisers willing to contribute to the arts. That, we hope, really defines what *Salvage* is — a project that depends upon the community. If we get to the point where the community needs us in return, then we've begun to accomplish our goal.

The last lines of the editor's note in our first issue say it all. The mission of *Salvage* is one "that cannot sustain itself — one which depends upon our community of readers/supporters. The best way we can all salvage is to pick up this magazine, read it, talk about it, pass it on to someone else, contribute work to it and become part of the rich dialogue of the Capital District's arts community."

So yes, it will take a village. And no, it doesn't really matter whose idea it was. Let's just say it was the community's idea. Let's say the community channeled its own collective subconscious into a group of artists and writers who believed in the task at hand and then tackled it.

To find out how you can help *Salvage*, call the board of editors at 434-2250. Our Web site, currently under construction, can be accessed at www.salvagemagazine.com. From there, you can e-mail the editors, view our submission guidelines and find out how to contribute.

And you can check out the magazine and meet its editors in person. To celebrate *Salvage's* debut, the board of editors will host a publication party at Changing Spaces art gallery at 306 Hudson Ave. in Albany on Saturday, July 13, at 7 p.m. The party will feature art and photography from the first issue and readings by several of Issue No. 1's writers. The *Salvage Magazine* gallery show will run for two weeks following the party.

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Your Opinion Matters

Catholic takes issue with editorial on priests

Editor, The Spotlight:

I read the editorial of July 3 with shock and disappointment. I am disappointed in the editorial board for agreeing to print an opinion with such inflammatory rhetoric as an editorial.

Perhaps it would have read less like a policy statement if it had been printed under a column, such as Matters of Opinion.

As a Catholic who loves her faith, I know there has been tremendous pain caused by some clergy. There is the pain suffered, probably for the rest of their lives, by the victims and their families.

Though some readers may not want to hear it, the priests who were removed last weekend in the Albany Diocese have reaped a legacy of pain. Those in the pews who have seen their own priests break down in tears over the scandal caused by some of their brothers in Christ feel the pain for their church, their bishop, their priest and their deacons.

In all the reporting, somehow the public has lost sight of the fact that there are 200 priests in the Albany Diocese and that six have been removed. Six, is, of course, too many; even one is unacceptable, but we must support and affirm the many who have served us faithfully and continue to do so.

Bishop Hubbard's actions last weekend were a quick response to the charter adopted in Dallas. Whatever he and others personally believed, he voted with and has enacted the wishes of the vast majority of bishops.

Now is a time for healing, not for inflammatory statements. We need light, not heat in this most trying of times for the Catholic Church in my lifetime.

We cannot change the past, but we can do something about the future — all of us laity, religious and clergy.

Margaret Farrell
Delmar

Editorial attack on bishop was offensive, divisive

Editor, The Spotlight:

I'm writing to decry Mr. McIntyre's vitriolic attack on Bishop Hubbard.

In re-reading this oxymoronic piece, I'm appalled at his indiscriminate use of position to command the editorial corner to vent his spleen.

Nothing that I've read or heard in the media even approaches this in pure viciousness. Where is the objectivity?

I find this personal attack most offensive, and more importantly, most divisive — I can sense both the cheers and the tears. For shame!

Please don't count on me for renewal.

Charles "Bud" Reeves
Delmar

Editor's note: John McIntyre did not command the editorial space. He consulted with the executive editor beforehand.

Letters policy

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

Unsigned letters receive no consideration.

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

Truck traffic brouhaha is much ado about nothing

Editor, The Spotlight:

Enough is enough. I am sick of reading about the truck traffic on Cherry Avenue.

I have lived on Cherry Avenue almost my entire life and for the life of me cannot understand the big to-do over the traffic. The speed limit is now 30 mph, what

more do you want? Where are the trucks to go? It is one of the nicest streets in town.

In addition, very few houses are up for sale, which to me is proof positive that this is not a dire situation. Move on to a location you prefer if this isn't it.

Liz Bradt
Delmar

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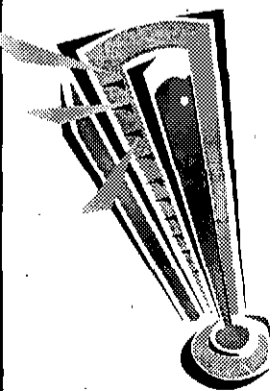
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Your Opinion Matters

BC grad grateful for graduation party

Editor, The Spotlight:
I am writing in regard to the letter warning those graduating seniors about the dangers of addictive gambling that could possibly result from this year's graduation celebration theme, "Viva Las Vegas."

As a recent graduate of Bethlehem Central High School, I was glad that parents and other members of the community, as

well as local businesses, took the time and effort to put a safe and entertaining evening together for my class to have one final night as a group before we went on our separate ways. Many people spent months preparing for the graduation celebration.

From another perspective, as the former president of BC's Students Against Drunk Driving program, the idea the night of

graduation was being saved from a tragedy as a result of excessive partying further emphasized our group's efforts through the help of our caring community.

Gambling can become an "addiction." However, I do not believe that one night of playing typical Las Vegas games is going to put an 18-year-old's financial life in danger. At our graduation celebration, we too had poker and other card games — Las Vegas style — that could be played solely to receive tickets for chances to win items that would be useful for college life. This night was taken as nothing more than that.

It is a nice idea to warn the community of the dangers of obsessive gambling, but it is not right to link it to such a highly regarded milestone as graduation. It only berates those who put enormous amounts of time, effort and money into making graduation as memorable as possible, for whom to this day I am appreciative.

Congratulations and good luck to the class of 2002!

Amy Deitz
Delmar

Gambling center chief sets record straight

Editor, The Spotlight:

Unfortunately, Ms. Berliner comprehended my letter regarding the "Viva Las Vegas" graduation celebration the wrong way. I clearly stated that we take a neutral stance on gambling — we are neither for or against it.

I also stated clearly that we are in full support of the graduation celebration held every year. As a resident of Bethlehem and an active volunteer in the community, I appreciate and commend the dedication the parents and the administration put into this yearly event.

I hope that when my now-preschool children graduate from BCHS, this event still exists.

I clearly stated that a majority of New Yorkers can gamble without any consequences. At no point in my letter did I suggest that prohibition is the answer to society's ills.

I agree with Ms. Berliner that as adults, we must teach our children that restraint is sometimes necessary when engaging in certain activities.

However, I also pointed out the fact that for some, including teens, gambling can become a devastating addiction.

I too hope that Ms. Berliner's two children do not become a part of the New York Council on Problem Gambling statistics. I also hope that as she provides education and support to her children on making informed and responsible choices, she includes the fact that gambling can become an addiction just like alcohol and drugs.

The party theme "Viva Las

Vegas" is an appropriate theme as long as the participants that engage in the various available gambling activities during the event are 18 or over.

I'm fairly certain that not every teen that participated in the various gambling activities was 18. It is illegal for anyone under the age of 18 to participate in any gambling activity except for bingo if they are accompanied by an adult.

As for Ms. Berliner's question about where my knowledge and understanding for those that want to have a good time is, I will say this: I have a wealth of knowledge and understanding for those who like to have a good time, myself included.

I also have a wealth of knowledge and understanding of what the devastating consequences a gambling addiction can cause. I see it every day at our center.

I will do everything I can to educate and prevent another person from having to walk through our doors and face the challenges they must face.

As the old saying goes, knowledge is power and prevention is the key.

Rebecca Martell
director
The Center for Problem Gambling

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Former Delmar man sworn-in as officer

Lois and Thomas Waters of Delmar joined their son Edward and his his swearing-in as a member of the 107th class of new foreign service officers of the U.S. Department of State.

The ceremony was held on Friday, June 21, in the Diplomatic Reception Rooms of the State Department in Washington, D.C.

Edward Waters will begin a two-year assignment as a consular officer at the U.S. Embassy in Manila.

Letters policy

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

All letters must include the writer's name, address and a daytime telephone number to verify the letter.

Unsigned letters receive no consideration, and letters will not be published without a signature.

Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.

*For information about letters or Point of View columns, call Sue Graves at 439-4949.

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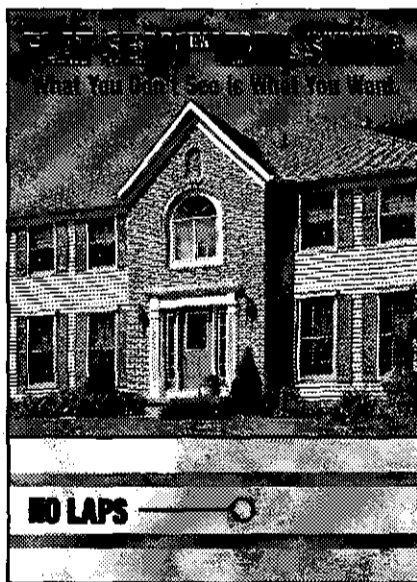
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Club to host memorial golf outing Wildcats to kick off summer music series

The New Scotland Kiwanis Club's Memorial Golf Outing honoring Peter Douglas and James Nichols will be held at the Orchard Creek Golf Course in Altamont on Friday, Aug. 9.

The memorial outing will begin with registration at 8:30 a.m., and tee-off will be at 10 a.m.

Included in the price is a buffet luncheon, dinner, awards presentation, door prizes, golf and a cart.

The registration fee is \$110 per person or \$420 per foursome. Donations toward door prizes or tee sponsorships are welcome. For information, call Peter Luczak at 765-3678 or 446-0550.

Ernie Williams to play at library

The Voorheesville Library is hosting a concert by Ernie Williams and the Wildcats tonight, July 10, at 7 p.m.

The concert will be held on the lawn, so plan to bring your lawn chairs and have a great time. This program is sponsored by the Friends of the Voorheesville Library.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



Cooperative Extension to offer classes

Cornell Cooperative Extension is offering classes on a variety of home maintenance and repair education for individuals and groups.

Printed information and a "hands-on" experience make up every Handivan workshop.

On Tuesday, July 16, from 6 to 8 p.m., a class on weatherization will be held at the Albany Public Library, Delaware Branch, 517 Delaware Ave., Albany.

Call 765-3500 for information.

Nature Center to present Nesting Birds program

Join Heidi Hartwell, environmental educator, to learn about the bird species and their nesting habits. Many bird species spend the summer raising their

young in the varied habitats of the nature center.

Meet at the Thacher Nature Center on Wednesday, July 10, at 10 a.m. Call 872-0800 for information.

Museum specialists to visit Thacher Park

Specialists from the state museum will offer programs throughout the day Saturday, July 13, based on the geology, botany, insects and animals found in the park.

Pre-register with the museum by calling 473-7154 no later than July 11.

Nature journaling at Thacher Park

Nature journaling is a way to creatively express our experiences in the natural world. Create a nature journal and take time to wander, observe, record and recreate your personal encounters with nature.

Meet at the Paint Mine parking area.

Call 872-1237 for information.

Tonight's the night for the first Together at Twilight concert of the 2002 season.

Ernie Williams & the Wildcats will be filling the evening air with their own blend of the blues at 7 p.m. on the library lawn. Bring your dancing shoes and feel free to boogie!

It's toe-tappin', brassy jazz fun when the Mother Goose Jazz Band presents "A Young Person's Guide to Jazz" at the library on

No sign-up is necessary.

July 15 is craft day at summer reading club for grades four through six. Kids should bring a plain white T-shirt for decorating.

The Junior Museum of Troy will bring sea creatures and shells for a hands-on program for grades one through three on July 17. Summer reading club registration is ongoing — it's not too late to sign up. All meetings are at 2 p.m.

"Battle of the Books" has begun for sixth through eighth graders. If you missed the first meeting, this is your last chance to sign up to compete in a team challenge to test your knowledge of three entertaining books we will be reading together.

Thursdays nights from July 11 through Aug. 15 are set aside for some special teen fun. Come on July 11 for "Fly Fishing."

Mark your calendars for July 24 to hear the McKrells on the library lawn.

For complete program information, visit the library Web site at www.voorheesvillelibrary.org.

Historical exhibit on view Sundays

The town of Bethlehem Historical Association will host an exhibit on Sundays through July and August at Cedar Hill School House Museum on Route 144 and Clapper Road in Selkirk from 2 to 4 p.m.

The displays feature artifacts from the dig at Parker-Winne House, World War I and II nurses' uniforms, as well as antique fireplace items. For information, call 767-9432.

Voorheesville Public Library

Wednesday, July 17, at 7 p.m.

Altamont Free Library is joining us in inviting families and jazz lovers of all ages to enjoy this concert on the Voorheesville library lawn.

The award-winning Mother Goose Jazz Band — created by composer, musician and educator Josh Greenberg from Albany — is captivating family entertainment that is fun and educational.

All summer concerts will be held in the Voorheesville Elementary School gym in case of bad weather. Bring your own lawn chairs to either site.

Storytimes are going on location this summer.

Every Thursday, your preschooler can enjoy stories outdoors at the Jim Nichols Village Park in Voorheesville (behind the village office) at 11 a.m. or at Tracy's Tastee Treat in New Scotland at 11:45 a.m. Regular storytimes at the library are at 10:15 a.m. on Tuesdays.



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Glenmont school community raises \$1,700 for Cancer Society

A team of Glenmont Elementary School staff members participated in the American Cancer Society's recent Relay for Life, raising more than \$1,700.

The Glenmont participants, including some cancer survivors, walked around Colonie High School's track from 7 p.m. Friday to 8 a.m. Saturday morning. The track was lighted by 125 luminaries made by students at Glenmont. Creating the

luminaries was incorporated into classes' art and math lessons, as students decorated them in honor of those with cancer and measured the sand needed to fill them.

Sales from the luminaries, as

well as pledges from Glenmont families and others, contributed to the \$1,746 total raised, the most for a new relay team. For information, contact Val Falco at Glenmont Elementary, 463-1154.

Open house slated

Cornell Cooperative Extension will be hosting its third annual open house on Wednesday, July 17, from 5 to 7 p.m.

The evening will take place at the William Rice Jr. Extension Center, 24 Martin Road in Voorheesville.



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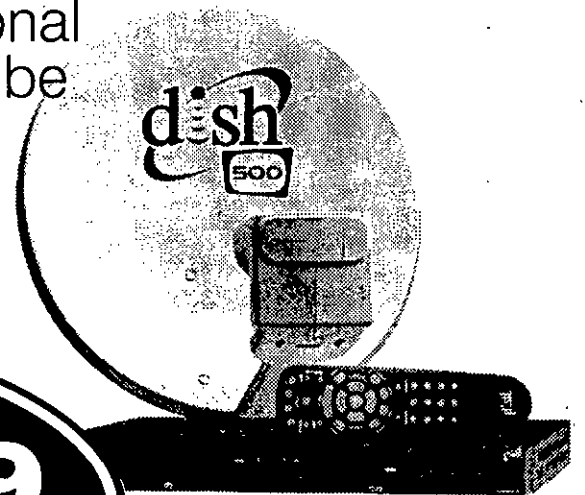
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Pelham to launch reading program

Acclaimed by folk legend Pete Seeger as "one of America's greatest songwriters," Ruth Pelham is also known in the Capital District for her pioneering work as founder and executive director of the Music Mobile.

She officially launches the library's summer reading program with "A Ruth Pelham Songfest" tomorrow, Thursday, July 11, at 7 p.m.



Known nationally as a master of song-leading, Pelham entices children and adults to join her in original songs that affirm the bonds of community and celebrate the resiliency of the human spirit.

Born in Brooklyn, Pelham put down roots in Albany in 1973. Four years later, she founded "Music Mobile" with the support of the city, the NYS Council on the Arts and numerous private and corporate donations.

The project began as a touring music program for Albany's inner city neighborhoods and schools. The venture expanded to include programs for older adults in senior citizen centers and nursing homes.

As well as establishing programs nationally, the Music Mobile was part of a friendship-building effort called "Children are the Future," which toured five cities in the Soviet Union to develop collaborative arts project with Soviet youths and artists. In 1998, Music Mobile, Inc.



Ruth Pelham

was featured in a WMHT documentary.

Pelham's diverse background also includes 10 years' work with the Havasupai Indians of Arizona. Through cultural exchanges and songwriting projects, her music was part of the tribe's efforts to protect its sacred land at the bottom of the Grand Canyon.

All the efforts of her full and generous life have striven to touch the common heart of humanity and renew hope for growth toward a lasting world peace.

Evening on the Green

The Tri-County Banjo Band performs sing-along favorites tonight at 7:30 p.m. on the green.

Admission is free. Bring a blanket or lawn chair.

The program will be held indoors if it rains.

Summer reading suggestions

Today's offerings from Pageturners, our quarterly collection of book reviews by library staff: *Jumper* by Richard Barth. An unknown criminal with unknown motives is vandalizing roller coasters. A roller coaster designer is called upon to find

the vandal.

Roller coasters are exciting enough when they work perfectly, but in this adventure, the excitement is so great that the pages almost turn themselves. Those who dare to ride can enjoy this story, and those who don't dare can find a hair-raising substitute thrill without leaving the ground.

Around America: a tour of our magnificent coastline by Walter Cronkite. Partly travelogue, partly history and partly adventure, this wonderful narration reveals America's coastline as seen from the ocean. Cronkite's voice as

writer is like the voice of the news anchor many of us grew up with. You'll want to hop aboard a sailing vessel and revisit the coast after reading this one.

Thanks to Babs Carlson and Sherry Haluska for these reviews.

Louise Grieco

Delmar cyclists join fund-raiser

Two riders from Delmar, Laurence Naviasky and Nathan Cohen, will join in the fight against cancer in the Pan-Massachusetts Challenge (PMC), presented by MFS Investment Management Aug. 3 and 4.

In its 22nd year, the PMC is the nation's top bicycling fund-raiser. More than 3,600 riders will raise \$15 million for the Jimmy Fund.

The event takes riders through 44 Massachusetts towns.

Registration is full. To become a volunteer, a virtual rider or make a financial contribution, visit www.pmc.org or call (800) WE-CYCLE.

Local boys attend Legion program

The American Legion Boys' State of New York program took place this year at SUNY Morrisville from June 27 to July 3, under sponsorship of the Albany County American Legion.

Twelve students from the Capital District were selected and were among 30,000 high school juniors who participated in the program in workshops throughout the nation.

Matthew Watson of Clayton Bouton High School and William Courtney and John Davis of Bethlehem Central High School were three of the local students who attended.

The program is a leadership action program in which qualified male high school juniors take part in a practical government course designed to instill in them knowledge of how government works, as well as the importance of citizens' participation in their own governments.

The young men who attended Boys' State were selected from students who exhibit the most outstanding qualities of leadership, character, scholarship loyalty and service to their school.

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As your child matures, make sure that you know who his/her friends are. Network with their parents.

Teach your child refusal skills. Practice them using role plays. It is not easy to say "no."

Make sure that alcohol and other drugs are not available to children in your home. Most underage drinkers report getting alcohol at home.

Be sure you know what your child is doing after school. Kids are at the greatest risk to use alcohol and other drugs from 4 to 7pm. Encourage your child to get involved in adult-supervised activities such as sports, community service, music, art or after-school clubs.

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Sports

Orioles still fighting for a berth in state playoffs

Entering the final week of the Eastern New York Connie Mack League season, the Bethlehem Orioles find themselves clinging to a state playoff berth.

The Orioles dropped into a third-place tie with Clifton Park at 14-5 in the league with a doubleheader split against Lansingburgh last Sunday. The top four teams in the ENYCMC make the state playoffs.

In the opening game, pitcher **Mark Bulger** tossed a three-hit shutout to lead the Orioles to a 5-0 victory over the Royals. Bulger had a one-hitter going until the final inning, when he gave up two singles.

"As an assistant coach at the University at Albany, I had a chance to see Division I college pitching firsthand," Bethlehem coach **Mark Lyons** said. "Bow-

doin College, a Division III school, is going to be very happy to get a pitcher with Mark's ability. He certainly has Division I talent and should do very well at Bowdoin."

John Meyer led Bethlehem's offense with an RBI double and a single. **Chris Bub** contributed an RBI single, and **Brendan Hughes** scored on a double steal.

Lansingburgh came back to take the nightcap by a score of 6-2. The Royals scored twice in the sixth and seventh innings to pull away from Bethlehem. **Jim Morrill** paced the Orioles' offense with two doubles.

Bethlehem had problems with more than its opponent in an 11-5 loss to North Colonie last Saturday. The game was delayed by a faulty sprinkler system, and then the Padres torched the

Orioles for 11 hits, including home runs by **Travis Heaphy** and **Kyle Sharp**.

Hughes singled twice for Bethlehem, which was limited to five hits by North Colonie pitchers **Tom Conlin** and **Matt Kutryb**.

The Orioles split another doubleheader last Wednesday against Adirondack (South Glens Falls). Bethlehem lost the first game 11-2 before rebounding with a 5-4 extra-inning victory in the nightcap.

Jeff Boynton led off the bottom of the eighth inning by reaching base on an error. After stealing second, Boynton reached third on Hughes' bunt single.

A walk to Bulger loaded the bases for **Matt Drislane**, who drove in Boynton with the game-winning run after his grounder

was mishandled by Adirondack's first baseman.

Jeff Young pitched the first six innings before giving way to **Conner McMahon**, who shut out Adirondack over the last two innings to pick up the victory for the Orioles.

Adirondack scored eight runs over the first two innings in the early game of the doubleheader and never looked back. Bulger had three hits in four at-bats to lead Bethlehem.

The Orioles began their most recent stretch of games by edging Twin Town (Troy) 12-11 last Monday and beating Guilderland 8-2 last Tuesday.

Against Twin Town, Bethlehem fell behind 6-1 before scoring four runs in the fifth inning and six runs in the sixth. Morrill had a leadoff home run to begin the

Orioles' fifth-inning rally, and Meyer drove in **Parker Brown** with the go-ahead run in the sixth.

Bulger allowed eight hits, including his first home run of the season, and struck out five in 4.1 innings of work before Hughes entered the game in the fifth inning and shut down Twin Town for the victory.

Against Guilderland last Tuesday, the Orioles scored all eight of their runs in the first inning and cruised to the victory.

Meyer turned in a strong pitching performance for Bethlehem. The BCHS graduate limited the Blackbirds to five hits and did not walk a batter to pick up his first win.

After playing Burnt Hills Monday, the Orioles travel to Clifton Park Wednesday and Sunday. In between those games, Bethlehem visits Colonie Thursday and hosts Burnt Hills Saturday at Line Drive Fields.

Knights hold team tryouts

The Bethlehem Knights premier soccer club will hold tryouts for its travel teams July 17, 19 and 23 at the Bethlehem Soccerplex on Wemple Road.

There are openings on all of the Knights' teams. Some of the coaches include **Jeff Guinn** (under-11 boys), **Willie Sanchez** (under-12 boys), **Roy Pfeil** (under-13 boys), **Brett Miller** (under-14 boys), **Paul Rogan** (under-12 girls), **Tom Rogan** (under-14 girls) and **Danielle Hummel** (under-16 girls).

For information, call **Bill Silverman** at 439-6465 or **MaryAnn Schubmehl** at 475-1368.

Club schedules Thacher trail runs

The Hudson Mohawk Road Runners Club will hold its annual Thacher State Park trail runs Sunday, July 21.

A 15-kilometer race will start at 9 a.m., with a 3.5-mile race beginning at 11 a.m. and a one-mile fun run for children starting at 11:30 a.m. All races will follow footpaths and ski trails in the park.

Registration will be held at the Haile's Cave Picnic Area. Runners may register up to 15 minutes before the start of each race. The entry fee is \$15 for club members and \$18 for non-members.

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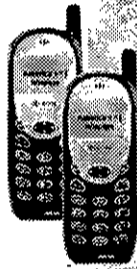
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July 10, 2002



The benefits of low impact physical activities

By RONALD E. CAMPBELL

Are you overweight, or always feel tired, or muscles and joints hurt. Maybe part of your discomfort is caused by age and part by an illness like osteo or rheumatoid arthritis.

Almost everyone can improve their health, fitness and well being with a low impact aerobic exercise program. Cindy Coughlin, Director of Life Style Wellness Center at

Sunnyview Rehabilitation Hospital, deals with many seniors. "I hear; I do not feel well, feel tired, low energy or joints and muscles are stiff. You should talk to people in one of our classes after four to six weeks in a program and they will tell you it is the best thing we have done. We feel so much better." Also Coughlin Points out, "the exercise increases the fluid in the joints which reduces pain and stiffness and increases mobility."

A medical health provider in the Southwest, Scott and White, has volumes of information on the internet about wellness. They quote the American College of Sports medicine by "recommending aerobic exercise such as walking, dance, bicycling and swimming for a minimum of 20 minutes three times a week."

Coughlin also mentioned at least 20 minutes, three times a week to get some benefit but included exercise

equipment "like elliptical trainers that are designed to let a person perform the motion of walking, get the benefit but without impact on the feet, legs or knees. She also has equipment that provides upper body aerobic exercise with no painful effect on the lower extremities if a persons legs are bad."

"We can also provide therapy in a pool that is heated to 94 to 96 degrees Fahrenheit. The buoyancy of the water helps support afflicted joints permitting a higher intensity work out than would otherwise be possible," said Coughlin.

Nick Valence, licensed Physical Therapist with Bethlehem Physical Therapy, agrees with Coughlin saying "the lowest impact and most beneficial exercise for people with disabilities like arthritis or is hydra therapy. Because of the buoyancy of water people are almost weightless

making it very safe for them to exercise." Valence points out "most school districts make pools and programs available to the public as does the local YMCAs."

"Low impact aerobic exercise, such as aerobic dance, is a good way to improve your fitness level and avoid strenuous exercise ..." - Scott & White

Aerobic dancing is often mentioned as a low impact way to exercise safely. Nia, is a form of dance that integrates dance with Yoga and some martial arts. It stands for neuro muscular integrated action. Latham resident, Laura Alperin, a certified Nia instructor as well as a lawyer by trade, said "this exercise form has been available in the country since 1983. There are 21 active classes presently in the Capital District, including five at the Guilderland YMCA. The center for Body Mind Awareness on Central Avenue in Albany also offers classes."

Alperin noted "the exercise is both aerobic and muscular and uses the whole body. Programs can be personalized to deal with individual disabilities and level of conditioning no matter the age. In fact members of my classes have included students from age ten years to people in their seventies. I have also had one elderly individual with Parkinson's disease."

"The benefits include; improved spinal alignment, posture, mental sense of well being and especially improved flexibility is noticed right away. Attrition from the program is very low. Classes are one hour and a person should attend at least once a week," said Alperin. People wanting more information on Nia can call 800-762-5762 or go to their web sit at www.Nia-Nia.com.

"Low impact aerobic exercise, such as aerobic dance, is a good way to improve your fitness level and avoid strenuous exercise when just starting a fitness program. Low-impact aerobic exercise is especially good for people who are older, overweight, or pregnant. It is also a good choice for people who are recovering from an injury," according to Scott and White and agreed to by local providers of programs of low impact fitness programs.

The importance of cholesterol testing

By DONNA J. BELL

You've heard it a million times — keeping your "bad" cholesterol levels low is important to your good health.

"High cholesterol is a risk factor for heart disease and strokes," said Dr. Seema Azam, an internist with

Community Care Physicians in Schenectady. "Basically all adults should be checked as you get older, if you have a history of heart disease, or diabetes or high blood pressure."

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. It is present in cell

walls everywhere in the body, including the brain, nerves, muscle, skin, liver, intestines and heart, but it only takes a small amount of cholesterol in the blood to meet the body's needs. If you have too much cholesterol in your bloodstream, the excess is deposited in arteries where

Cholesterol - page S12



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Proper treatment essential for allergy sufferers

By DONNA J. BELL

It almost doesn't matter what season it is; allergy sufferers seem to find something to "sneeze about" at any time of the year. Those who haven't been tested by a doctor to see if they are allergic to pollen or other allergens may wonder, "Is it an allergy or is it a cold?"

"A cold usually lasts seven to 14 days with congestion and nasal drainage," said Dr.

M. Asghar Pasha of Albany Medical Center's Allergy and Asthma Center. "Allergy

narly harmless. When your body tries to get rid of the alien invader or "allergen"

Your doctor can help you pinpoint what the causes of your allergies are and how best to treat them.

you'll soon be feeling the classic symptoms of sneezing, watery eyes and a runny, stuffy, or itchy nose. Typical allergens include pet dander, pollen, dust,

symptoms last longer than that."

and mold, Pasha said.

An "allergy" is a sensitivity to something that is ordi-

Seasonal allergies change with the seasons as different types of pollen from plants

enter the air, but year-round nasal allergies are caused by allergens like dust mites, mold spores, feathers or pet dander. You can have allergies to more than one thing, so your symptoms may get worse more often than once each year. For example, you may have difficulty in the spring due to tree pollen, but have no relief in the fall because you are also allergic to ragweed. No two people are exactly the same Pasha said, which is why over-the-counter drugs may not work for everyone.

makes them drowsy, or a they use a nose spray and get addicted to it," Pasha said. "But if the symptoms persist for more than a few weeks, they need to be seen by an allergist."

Your doctor can help you pinpoint what the causes of your allergies are and how best to treat them. Giving your doctor detailed information about your lifestyle and habits will help him or her determine your problem and provide you with relief from your symptoms.

"The treatment is to get a diagnosis of allergies and to

"People try over-the-counter medicines first, perhaps the Benadril which

Allegies - page S5

Living wills—health care proxies

By RONALD E. CAMPBELL

While people usually push such thoughts out of mind, the possibility of a calamity, leading to a medical emergency, is something that can befall any of us. This becomes more true as we age, and like a car breaking down due to worn parts, our body parts begin to wear out and fail and may leave us unable to communicate our wishes.

The thought of existing in a near vegetative state, with strangers changing our diapers, and bathing what we consider our most private body parts is a thought so repulsive we refuse to think about it. In times of personal medical crisis we have very strong feelings about how we want our situation handled, but in the middle of a crisis we may be unable to communicate our wishes.

"To insure your wishes are directing your care and treatment," according to Attorney Margaret Reed, Delmar, NY, "everyone over the age of 18 needs a Health Care Proxy." Reed continued, "a Living Will is not provided for under New York State law

so I include living will language in the Health Care Proxy."

"I would define a health care proxy as power of attorney for health care. Durable Powers of Attorney are a document an individual uses to appoint an agent an agent to deal with financial affairs if the principal is unable to act. The living will expresses a persons wishes on dealing with end of life situations as to providing nutrition and hydration or the employment of resuscitation measures when existing in a vegetative state or in excruciating pain and no hope for recovery exists," said Reed.

"These documents are readily available through most medical practices, hospitals, senior citizen centers, AARP, or lawyers," according to Reed.

The new York Public Health law web site states "the law allows you to appoint someone you trust, for example a family member or close friend, to make health care decisions for you if you lose the ability to make decisions yourself. By ap-

Wills - page S12

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Illustrate family history through old photos

By KATHERINE MCCARTHY

You might be sick of that old pile of photos in the back of the closet, but they're a potential treasure trove for future generations.

"You'd be surprised to learn that every family has one person interested in being the family historian ..."

graphs, and who's in them," said Donna Bell, a consultant for the scrapbooking company Creative Memories.

Bell recommends gathering up those photos, getting a soft red photo pencil, and writing the names of the people in them on the back of the photo. If not wanting to do that is the reason that the family's photographic history is sitting in shopping bags, Bell recommends getting the family to join in on the project.

"When you come to the point where the older generations start to pass away, younger members of the family become concerned about old photo-

"You'd be surprised to learn that every family has one person interested in being the family historian," Bell said. "They'd be grateful to undertake the project."

Gathering the family together to work on photos might serve two purposes.

"People are cocooning more since Sept. 11," Bell said. "They want to be home, and they want to relate more to family."

photo of her grandparents on the church steps, found the church, and was married there herself. Today, the family has two photos of newlyweds on those church

for acid and chemicals, though, and try to get acid-free and lignin-free paper and albums. Buffered paper also won't transfer its acid to photographs. Plastic is perhaps one of the biggest enemies of photographs, and if you've got some pictures that have adhered to magnetic sheets, you can soak them in a little water to separate the photo from the film.

As for very old photos, today's technology makes updating or preserving them possible.

"With today's digital imaging, a black and white photograph can last up to 100 years," Bell said.

You can either scan an old photo on your home scanner, or take it to photo imaging machines like those found at chain drug stores. Putting photos on a compact disc also



Also, talking about old family pictures gives the whole family a sense of itself.

"You don't have to be famous to have a story," Bell said. "The history of the family comes alive with simple stories."

Bell recalled one client who created a link to the past after seeing a wedding

steps. There are some keys to preserving those pictures of the past.

"Photos like to be kept where we live," Bell said. "Don't keep them in the attic or the basement. It should be about 70 degrees, and the No. 1 enemies of pictures are humidity, which break down the emulsion of the photos."

Pictures should also be kept out of light, preferably in a photo album. Watch out

becomes an efficient way to share images with family and friends.

"To have a photo cleaned and retreated, you need to go to a professional," Bell said. "If it's an heirloom photo, you should do the same thing."

For further information about scrapbooking, call Bell at 768-8217.

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Long-term insurance can save over long run

Regardless of your age, you could require long-term care at any time due to an accident, illness or other disability, and the cost of that care can be extremely high. For example, in the Capital District, the cost of nursing home care can run between \$70,000 and \$80,000 per year and if you happen to be downstate near Manhattan or Long Island, those numbers can be even \$20,000 higher.

Long-term care is the type of care you need when you're not able to care for yourself, and it includes institutional, home, and community based care services. Long-term care insurance can help guard your independence, and personal and financial security by providing benefits that pay for a variety of long-term care services including Home Care and Assisted Living Care.

Long-Term Care serves more than just elderly

While more than half of the people who need long-term care today are, 65 years old or older, people between the ages of 18 and 64 make up 40 percent of the people who need long-term care services. Generally speaking, the need for long-term care services can be experienced at any age. Anyone can be incapacitated by a motor vehicle accident, a stroke, heart disease or chronic illness.

Who pays the tab for long-term care?

Many people think that health insurance or government programs will pay for long-term care, but that usually isn't the case. Most group medical plans and HMOs don't cover long-term

care expenses. Currently, Medicare pays only for short-term, skilled nursing home care following hospitalization. State Medicaid programs require recipients to

term cost is paid out of pocket by individuals and their families. The result can be catastrophic. After paying for one year of long-term care, 72 percent of elderly

Our relative may be juggling a job or other family responsibilities making it difficult or impossible to carry the extra burden of caring for a family member. If you do have a family member, friend or neighbor willing to provide care for you, some LTC policies will even pay them for their services.

A long-term illness or accident can deplete a lifetime of accumulated assets very quickly and thus put a threat to your financial independence for your golden years.

spend down their assets to poverty levels to qualify for assistance. Medicaid is actually a welfare program of medical assistance jointly financed by state and federal governments. To qualify for Medicaid you have to prove that you are indigent and you have to spend down your income and assets to qualify for it. The bottom line is that a significant portion of long-

Americans are impoverished. According to one survey, 31 percent of families reported that they have depleted a large part of all their savings to pay for long-term care.

Why should I buy long-term insurance?

The reality is that many of us are living to much older ages. Depending on our spouse or relative to provide long-term care may not be a practical solution. At the time we require care, our spouse or other family member may not be able to give us the help that we need.

Protect retirement assets

As we age and come close to retirement or actually retire, it's important to make sure that retirement plans don't go astray by the devastation of needing long-term care.

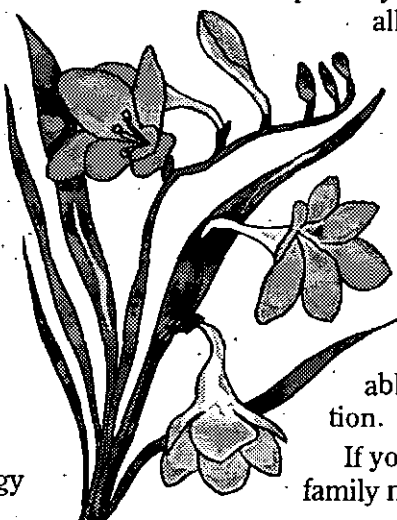
A long-term illness or accident can deplete a lifetime of accumulated assets very quickly and thus put a threat to your financial independence for your golden years. It is critical to make sure that you

Long Term - page S11

Allergies

get a skin test," Pasha said. "Once you figure out what the patient is allergic to you start with environmental controls — decreasing the amount of the allergen they are exposed to, then we may try some of the anti-histamine medications like Allerga or Zyrtec."

Pasha said the last resort would be allergy shots.



Dr. Monpano Serrano of Baptist Health Family Medical Care said that the newer allergy medications are "H-1 blockers" that work on the respiratory system. Many allergy sufferers receive treatment plans that include inhaled nasal corticosteroids and non-sedating antihistamines available by prescription.

If you, or your family members suffer

with pollen allergies, there are a few things you can do to help your symptoms. Stay indoors during the peak pollen hours, which are usually between 5 a.m. to 10 a.m. If anyone has been outside, have them change clothes or take a shower when they come in because pollen will stick to clothing and hair.

Also, an air conditioner may help keep allergens out of the air and reduce your exposure to pollen. Just don't suffer in silence. People who don't get treatment for their allergies often suffer from other ailments like asthma and chronic sinusitis, Pasha said.

Questions on Long-Term Care Insurance

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Hints why men develop prostate cancer - and what they can do to prevent it

Did you know that every three minutes, a new case of prostate cancer is diagnosed in America? Here are the facts as provided by American Cancer Society, Inc., in "Cancer Facts & Figures 2002."

* In 2002, an estimated 189,000 men will be diagnosed with prostate cancer. This represents one new case every three minutes.

* Prostate cancer continues to be the second leading cause of cancer deaths in men.

* A life is lost to prostate cancer in this country every 17 minutes. In 2002, an estimated 30,200 men are expected to die of prostate cancer. By comparison, breast cancer will kill an estimated 40,000 Americans in 2002.

* Prostate cancer can be hereditary. A man with one close relative with prostate cancer has twice the risk of

contracting it. With two close relatives, a man's risk increases fivefold, and with three close relatives, a man's risk of prostate cancer is 97 percent.

* African-American men have the highest prostate cancer incidence rates in the world. They are 35 percent to 50 percent more likely to be diagnosed than Caucasian men and are twice as likely to die of the disease.

* Prostate cancer is common in North America and Northwestern Europe and is rare in South America, Africa and Asia.

Why is Prostate Cancer so Common Here and so Rare in Asia?

Researchers wonder why Asian men don't get prostate cancer at the same rate as men in the United States. In fact less than two percent of Asian men are diagnosed with prostate cancer.

Research shows that men

on traditional Asian, Mediterranean and Latin diets, which are high in isoflavones, generally maintain normal prostate health later in life than men on a typical American diet. Isoflavones are naturally occurring substances found in many foods.

Isoflavone-rich diets are those that rely on legumes such as chickpeas, clover, lentils and beans for their source of protein. This was the way humans ate until a few centuries ago, when Western man started using meat for protein instead of isoflavone-rich legumes.

Scientists are focusing on four isoflavones common in the Asian diet for their positive impact on prostate health: biochanin, genistein, formononetin and daidzein. Soy isoflavones, contained in common American supplements, do not contain all four of these isoflavones known to show beneficial activity in humans.

New Study Appears to Confirm Theory that Certain Isoflavones Keep Cancer from Spreading

Australian researchers from Monash University in Melbourne studied 38 men with prostate cancer to determine the effects of a red clover dietary supplement that contains all four of these isoflavones. Prior to prostate

This research suggests that taking Trinovin shows great promise for Western men seeking to mimic the effects of the Asian diet on their own prostate health. Trinovin is available at many drug stores, or by calling toll free (877) TRINOVIN (874-6684).

The risk for prostate cancer increases with age,

Research shows that men on traditional Asian, Mediterranean and Latin diets, which are high in isoflavones, generally maintain normal prostate health later in life than men on a typical American diet.

surgery, a daily dose of the supplement was taken by the treatment group. After surgery the prostates were examined and compared to prostates of patients who received no treatment. The study was presented this past February at the 3rd World Congress on the Aging Male, in Berlin, Germany.

The dietary supplement, Trinovin is manufactured by Novogen, headquartered in Sydney, Australia.

For each patient, an average of 2,500 cells were counted. The incidence of cancer cell death occurred on average five times more often in the patients taking Trinovin compared to the untreated patients, specifically in regions of low-grade prostate cancer.

with men over the age of 65 at highest risk. However, 25 percent of all cases are diagnosed in men under the age of 65.

The American Urological society recommends that white American men over the age of 50 and African-American men over the age of 40 should have a prostate exam and PSA blood test as part of their annual physical.

Scientists believe that certain inherited genes predispose men to prostate cancer. Studies show that a man's risk for the disease more than doubles if a close relative has prostate cancer. With two relatives, his risk increases fivefold. With three relatives, his risk for developing prostate cancer is nearly one hundred percent.

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Estate planning is critical to avoid state intervention

There are certain things that you must do to take care of yourself and your family. One responsibility is planning for what will happen to your assets when you die.

While it might be something most people don't like to dwell on, everyone needs an estate plan. An estate plan is a blueprint for making your

assets last over your lifetime, as well as making sure that whatever is left passes along according to your wishes and in a way that leaves more to your family and less to Uncle Sam.

If you die without a will, the division and distribution of your estate is governed by intestate law, which means that the state decides what happens to your property. The chance that the state's mandate matches what you would do is slim.

For example, state law usually does not recognize the different needs of your children nor their stage in life. Most families have children with unequal needs, capabilities and requirements for care based on their age, health, education and growth. This is particularly true in blended families.

If you have minor or disabled children, do you really want the probate judge appointing their guardian? Chances are you have definite ideas about who you would like to raise your children if you are unable to. But that won't happen unless you make your choice known in a legally binding document.

However, estate planning encompasses much more than a will. You should also consider a durable power of attorney and medical power of attorney. In the event that you become incapacitated, either mentally or physically, these documents authorize someone you trust such as your spouse or adult child to act on your behalf.

You may also want to consider a living will, a document that says you want the right to die a natural death free of all costly, extraordinary efforts to maintain your life when it can only be sustained by artificial means. It makes such decisions easier on the doctor, the hospital and your family. Used in conjunction

and Councils (NAEPC) offers a list of members with the special designation AEP (accredited estate planner).

Estate planning is appropriate at any stage of life — if you don't prepare for the inevitable, you could create needless heartache and loss for those left behind. Your estate plan should allow you to give

what you want to whom you want to receive it, the way you want them to receive it and when you want them to

receive it. Your estate plan should save every tax dollar, professional fee and court cost that is legally possible to save. Use a good estate planner to ensure things work the way you want.

For information on the National Association of Estate Planners and Councils or to find an accredited estate planner, visit www.naepc.org or call NAEPC toll-free at (866) 226-2224 for suggestions.

Estate planning is appropriate at any stage of life — if you don't prepare for the inevitable, you may create needless heartache and loss for those left behind.

with a medical power of attorney, this tool can spare your family a painful, drawn-out and costly process.

It might all sound overwhelming at first, but there are many professionals trained and qualified to help you make your estate planning effective. Check with your state or local bar association for a local certified estate planning attorney, or try the state CPA association. The National Association of Estate Planners



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The importance of maintaining a healthy diet

By KATHERINE McCARTHY

Dietary needs may change some for seniors, but by getting a good mix of the necessary vitamins, minerals and fiber, you can help keep your body working to its maximum capabilities.

Your body may need fewer calories as you age, but your vitamin and mineral requirements remain the same, or even increase. Additionally, risks for heart disease, osteoporosis, and diabetes increase. The American Dietetic

Association has a Web site that offers nutritional advice, at www.eatright.org/nfs/nfsbd.html.

The association recommends a breakfast of fortified cereal with skim milk.

Your body may need fewer calories as you age, but your vitamin and mineral requirements remain the same, or even increase.

The cereal will provide the fiber necessary for your digestive system, as well as needed vitamins and minerals. Low-fat yogurt with fruit or granola is another alterna-

tive; the milk or yogurt will be a good start on getting the 1200-1500 milligrams of calcium needed daily. Fiber-rich breads with low-fat lunchmeats and crunchy veggies like lettuce, toma-

atoes or peppers make a healthy mid-day meal. At dinner, try some poultry or fish, maybe coated with crushed, high-fiber cereal. Rice and

beans, a fruit salad, and a mixed green salad will add a little color, as well as fiber. Or try cooked pasta with a bag of frozen vegetables, topped with a marinara sauce or some Parmesan

cheese. At Massry Senior Living, executive chef and food services director John Piccolo provides variety and freshness to the residents of the assisted living facility on the Daughters of Sarah campus.

"There are no stoves in the residents' rooms," Piccolo said, "so they eat three meals a day with us. We provide quality, fresh food in a restaurant-style environment, and service with a smile."

In addition, Piccolo said, all the food is kosher. "This is a further health requirement, since everything is so clean," Piccolo said.

After moving into Massry, new residents meet with a nurse to discuss their dietary needs. Since Massry is an assisted living facility,

Piccolo doesn't go into diets, per se, but makes sure that many healthy alternatives are available to residents. Although he doesn't cook with salt or sugar, the food remains interesting and appealing.

"During our grand opening," Piccolo said, "we served the same desserts that we do to our residents. I thought we should let the world now how good our food is." The dietetic trifle, served in Champagne glasses, was the biggest hit, he said.

Massry residents check their names off an "I'm OK" sheet when they come to meals, and staff checks to make sure there are no problems if a resident misses a meal. In addition to providing all the necessary roughage, starches and vitamins, Piccolo introduces two new items every day.

Recent dishes included poached fillet of sole with grape sauce, and garlic-roasted shoulder of lamb.

Fresh food is a high priority for Piccolo. "A canned product isn't fresh," he said, "and it's going to be in some kind of syrup. Cooking the fruit to can it means you lose some of the natural vitamins. And, if you were offered a choice of canned peaches or a fresh peach, which would you choose?"

There are a few tips that AARP's Web site offers seniors. A British study of 14,600 adults aged 45 to 75 found that those who ate five to six times a day had lower cholesterol than those who ate one or two large meals a day. A word of caution, though: the snacks weren't things like potato chips or sugary snacks.

Recommended snacks include half a bagel, popcorn, fruit, nonfat or low-fat yogurt, low-fat cheese or peanut-butter crackers. Two separate studies by JoAnn Mason, M.D., and professor at Harvard Medical School, touted the benefits of eating fish to cut the risk of heart disease. Men without heart disease, Mason found, were 81 percent less likely to die of sudden cardiac arrest if they ate fish twice a week. Women who ate fish five times a week cut their risk of heart attack in half when they ate fish five times a week.

Fish like salmon, tuna, mackerel and herring provided high levels of omega-3 fatty acids, which lower cholesterol, and prevent blood clots and irregular heart rhythms.

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Follow these tips and protect your good name

By BARBARA WAZNY

If you suspect that you have been victimized by identity thieves, you should get yourself a notebook in which to log your efforts for what will be an arduous task of regaining your good name. Note the name, date and phone number of each person spoken to at any business, institution or authority contacted. Follow up conversations in writing documenting the problem and keep a record of any conversations or correspondence. Mail correspondence by certified mail so you have a return receipt to verify its delivery.

Should your checks be stolen or you suspect your checking account has been fraudulently accessed, notify your bank immediately. Place stop payments on your checks, even close out the account and open a new one.

Lost or stolen credit or debit cards should be immediately reported to the card issuer by phone and in writing. Although Visa and MasterCard limit your liability to the first \$50, debit or ATM cards will do so only if you file a report within 2 days of missing them. If an erroneous charge appears on your charge statement, you must dispute it in writing within 60 days of its appearance on your statement or lose your protection under the Fair Credit Billing Act to have the dispute settled within 90 days. With a bank card, any unauthorized withdrawals on your statement reported more than 2 days, but less than 60 days after appearing on your statement, increase your liability from \$50 to \$500. Beyond 60 days, you could lose all the money taken from your account up to the time you file a report with your bank.

Report fraudulent use of your checks to:

- CheckRite: 1-800-766-2748
- TeleCheck: 1-800-710-9898
- Equifax: 1-800-437-5120
- ChexSystems: 1-800-428-9623
- E-Funds/ChexSystems: 1-800-328-5121
- CrossCheck: 1-800-843-0760
- International Check Services 1-800-526-5380
- SCAN: 1-800-262-7771
- NPC: 1-800-526-5380

If your cards are stolen or you find out someone applied for credit using your personal data, immediately notify the fraud units of all three credit bureaus. Ask them each to

place a fraud alert on your file as well as a victim's statement notifying all creditors that your identity has been used to apply for credit fraudulently. Request that all creditors call you before opening or changing any accounts. Ask each fraud unit how long the alert will remain on your file and how you can renew it. Contact the fraud units at the following numbers.

- Equifax: 1-800-525-6285
- Experian: 1-888-397-3742
- Trans Union: 1-800-680-7289

Ask the credit bureaus for a copy of your credit report (free to victims of identity theft) and immediately contact any creditors with whom fraudulent accounts

have been opened. Notify each creditor in writing as well. When canceling compromised accounts, ask that the record reflect that it was closed "at customer's request" rather than due to "lost or stolen cards" which could reflect poorly on your credit standing. Get new cards with new pins and even inquire about passwords that could be asked of you before any transaction is completed. Do not use common information like your birth date, phone number or mother's maiden name. Also ask the credit bureaus to remove any inquiries resulting from fraudulent activity.

Notify your local police and ask for a copy of their report. If the crime occurred

elsewhere, you may need to notify the authorities in the jurisdiction where the criminal act took place. Be persistent in requesting a police report; you may need it. If your loss is greater than \$1,000, you may also contact the FBI at 518-465-7551.

File a complaint with the Federal Trade Commission (FTC) by calling 1-877-IDTHEFT (1-877-438-4338) or visit their web page at www.consumer.gov/idtheft. The FTC serves as a clearinghouse of information and resources for victims of identity theft and may refer you to other agencies or private organizations for assistance.

Other resources to whom

you want to report the fraudulent use of your identity:

- Internal Revenue Service: 1-800-829-0433
- Social Security: 1-800-269-0271
- US Postal Inspection Service: 518-449-4176.

Be persistent! Keep good records, not only of all your actions, but any expenses incurred for certified mailings and such. If your thief is ever convicted, you may want to seek restitution. And above all, be vigilant! Monitor your mail carefully. Be cautious with any personal information. Check your credit reports regularly. Preserve your name from further harm!

Seniors and kids win with foster grandparents

The Commission on Economic Opportunity for the Greater Capital Region announces a new Foster Grandparent program for seniors. The Foster Grand-

schools, childcare centers, Head Start programs, hospitals or other institutions serving children.

Foster grandparents work with kids 20 hours a week

and are involved in teaching, self-care, providing emotional support and assisting with the general activities of the day.

Foster grandpar-

ents receive a tax-free, non-reportable stipend of \$2.65

To sign up or get more information about this program, call the Commission on Economic Opportunity at 272-1006.

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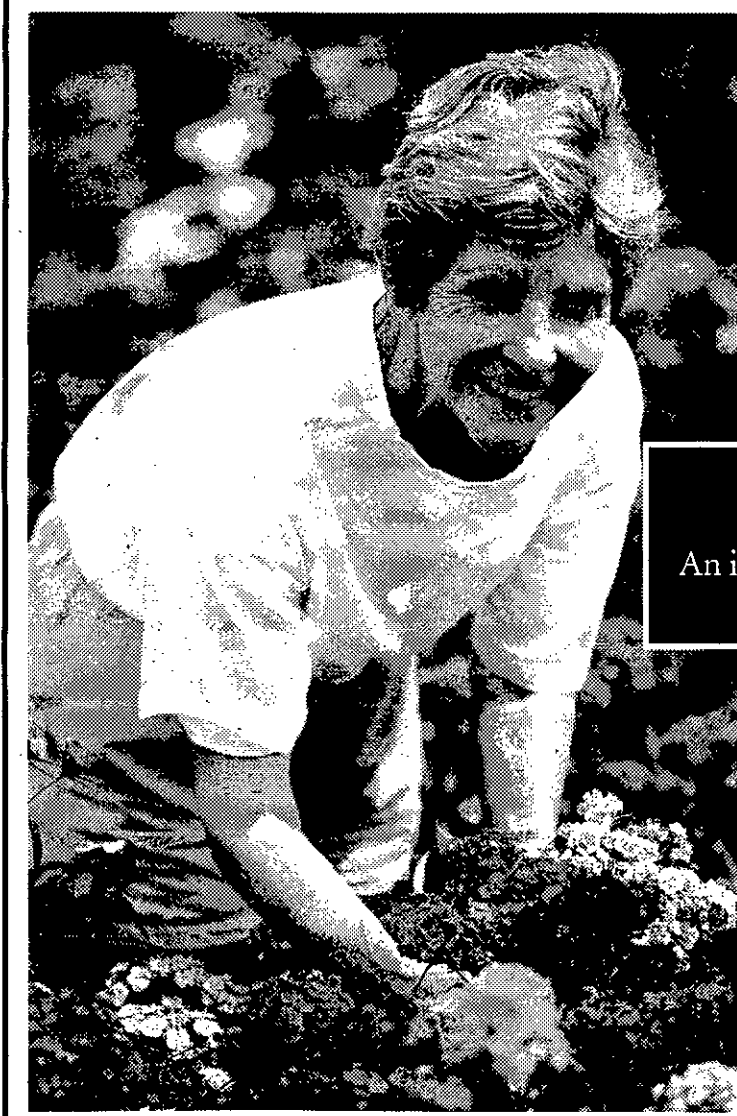
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Longtime volunteer honored with Willey Award

By CINDY MILOS

After 22 years of working for New York Mutual Underwriters, Colonie resident Patricia Stack retired in 1991.

would be a good way to do that."

Stack was honored for her hard work and dedication at CSSC's annual Volunteer Recognition Dinner on

Tuesday, April 23. The event was held at the Beltrone Living Center in Colonie and was attended by Town Supervisor Mary Brizzell and

County Executive Michael Breslin. During the dinner, Stack received the 2002 Mildred Best Willey Award. The award was established in 1994 in honor of Colonie resident Mildred Willey, who has devoted many strong and productive years of service to CSSC and the community.

"This is my 19th year that I have been actively involved with the seniors of this town," Brizzell said. "This award should be cherished by anyone who receives it."

The recipient must be at least 70 years of age and exemplify wisdom, experience, creativity, energy and leadership. He or she must also be a visionary, have strong commitment to the community and have strong

productive years of service to CSSC.

"It is a honor and pleasure to receive this award," Stack said. "I will treasure it, because it represents a woman who I have admired for many years. By being a volunteer, I accomplished things that I never thought I was capable of doing."

In addition to her time volunteering at the senior center, Stack also has tutored students from Mexico and Pakistan while they attended Shaker High School.

The time that she has spent with the children is just

as rewarding to her as it is to them she says.

"Teaching the students is very interesting and rewarding," Stack said. "I help them and in return I learn so much about their culture."

In her spare time, Stack enjoys walking, swimming, flower arranging, poetry writing, traveling and participating in a senior golf league at Mill Road Course in Latham, where she says that she enjoys the socialization.

"It's a small senior golf league, but I have a lot of fun there," Stack said. "It's a great place for seniors to be

and I specifically enjoy it because it give me a chance to walk and take in the fresh air."

Now that she has found her niche in the town, Stack has some advice for other seniors: Get out and find what kinds of activities and volunteer opportunities are available.

"There is a lot out there for people to do, it's just the fact of going out and doing it," Stack said. "Volunteering is a great way to meet people and have the advantage of being able to keep my mind alert and in tune with life!"

Volunteering is a great way to meet people and have the advantage of being able to keep my mind alert and in tune with life!

- Patricia Stack

Retirement has agreed with the Sheehy Manor resident, who spends her time volunteering throughout the town, especially with the Colonie Senior Service Center.

Stack is a mother of six, all of whom live in the area. After raising her children, the passing of her husband and retiring from her job, Stack decided that she needed to get more involved in the community.

As a result, she became an active member of the CSSC Programs and Services Committee and has been an active osteoporosis trainer for center since 1997.

"I needed to focus on something to keep from just sitting home," Stack said. "I thought that volunteering

Brochure series provides information to help ease the funeral process

Dealing with the death of a loved one is never easy. You not only face what seems like a mountain of grief, but you might have to deal with funeral arrangements and financial matters.

Needless to say, this experience can be very draining. However, the New York State Funeral Directors Association (NYSFDA) has released a series of informative brochures regarding the aforementioned issues.

First in the series is a brochure entitled: *Transitions: A Consumer Guide To End-Of-Life Issues and Funerals*. The aim

of this document is to answer questions about helping children to deal with grief, veterans benefits, the new etiquette for funerals, the hows and whys of wills and other matters that relate to funerals.

When a Death Occurs is a guide to understanding the process surrounding a death with information on the steps to be taken in the event of a loved ones passing.

Personal and Financial Affairs Checklist for End-of-Life helps in the individual planning and organization of financial, funeral and insurance preparations.

SPOTLIGHT ON SENIORS

Spotlight Newspapers, in conjunction with Senior Services of Albany, is proud to bring you *Capital District Senior Spotlight*. Right here, "at your fingertips," you will have access to information about today's hottest issues regarding health, travel, special events, and more! Plus learn what's happening in your own community.

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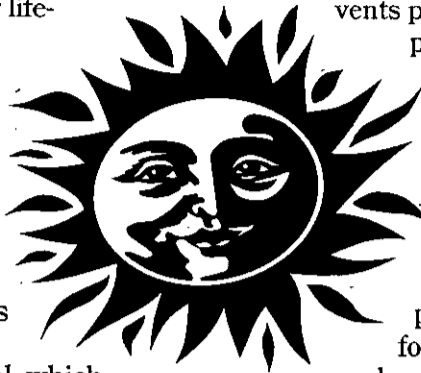
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Senior Services of Albany
A Spotlight Newspapers publication in cooperation with Senior Services of Albany
April 2002, vol. 1, no. 3

capital district SENIOR spotlight

Adjust to summer heat with a new weather index

The National Weather Service's new Mean Heat Index, which can help forecast dangerous heat waves from three to seven days before they strike, will better prepare the elderly and their caregivers for life-threatening summer conditions.



"We are pleased that the National Weather Service has developed this new weather awareness tool, which will make summertime safer for the elderly," said Susan Walter, who operates the Home Instead Senior Care office in Albany and Schenectady counties. "We'll be using this new Mean Heat Index to help both the elderly and their families stay abreast of potentially dangerous weather conditions," said Walter, whose office provides non-medical home care and companionship to the area's elderly.

"Studies indicate that high heat over an extended period creates a greater danger to the public than over a shorter period," said Ed Danaher, a meteorologist at NOAA's Hydrometeorological Prediction Center (HPC), the National Weather Service

agency that developed the tool. "That's why an extended Heat Index forecast, which measures both high temperatures and high humidity, is so important," he added. High humidity prevents people from perspiring as a way to cool down their bodies.

Summer weather awareness is important, particularly for the elderly, whose bodies cannot adjust as easily to heat extremes, said Walter.

"Seniors, who can become more easily dehydrated, are at particular risk of suffering from high humidity and temperatures. Our Caregivers are trained to help our clients and their families be more aware of weather conditions and to recognize the warning signs that a senior might be in trouble," she added.

This new Mean Heat Index will be especially valuable to the seven million long-distance family caregivers who live away

from their loved ones. A new HPC Web page allows family caregivers anywhere to monitor weather conditions throughout the country. To access this information, log on to www.hpc.ncep.noaa.gov and click on iHeat Index in the left column. A series of regional maps will appear. By clicking on the map for a

particular region and city, viewers will see a forecast average Heat Index and the

(A threshold of 85, for instance, reflects temperatures in the upper 70s to lower 80s with high humidity.)

We'll be using this new Mean Heat Index to help both the elderly and their families stay abreast of potentially dangerous weather conditions.

- Susan Walter

"With tools like the Mean Heat Index, we can alert our elderly clients to potentially

dangerous conditions and help prepare them and their homes for heat waves," Walter said.

probabilities, by percent, that the Heat Index will exceed thresholds of 75, 80, 85, 90, 95 and 100 degrees during the next three to seven days.

Long Term - from S5

have planned for the unexpected expense that needing long-term care can bring to you and your family.

Where can you get more information about LTC insurance?

Because there are so many factors when selecting a long-term care policy, and plus the fact that New Yorkers are entitled to a special program called the New York State Partnership Plan, it's important that you consult with a professional long-term care insurance agent who has the expertise and knowledge to advise

you. It's also very important to deal with an agent or agency that represents many top LTC insurance companies and not just one. It's also important not to buy from an agent who uses high-pressure tactics or makes you feel uncomfortable in the buying process. You should always ask for an outline of coverage or sample policy prior to purchasing it. Do not rely on marketing literature alone. Always compare

more than one policy from different companies and as mentioned earlier, work with an independent agent or broker who represents several insurance carriers. If you would like to receive The Long-Term Care Shoppers Guide and 5 Ways to Save on Long-Term Care Insurance Premiums, contact New York Long-Term Care Brokers in Clifton Park at 518-371-5522 ext.101 or visit its Web site at www.nyltcb.com.

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Wills - from S3

pointing a health care agent, you can make sure that health care providers follow your wishes. Your agent can also decide how your wishes apply as your medical situation changes. Hospitals, doctors and other health care providers must follow your agents decisions as if they were your own."

Reed also offered several additional thoughts. "It is important that you appoint at least one or even several alternates so your wishes can be carried out even if your primary agent pre-deceases you or is otherwise unable to act. Also it is important for a person to have a discussion with their health care agent, and alternates, concerning their wishes about their medical care if they become unable to communicate themselves."

Another comment on health care proxies on the New York Public Health web site is "you may give the person you designate as your health care agent as little or as much

"... you may give the person you designate as your health care agent as little or as much authority as you want."

- Donna Heinrichs

authority as you want." According to Attorney Donna Heinrichs, Delmar, NY, "after discussion with a client I include language to make the document as broad as the client wants with respect to authority given to an agent to make decisions concerning the principals medical treatment. For example the agent can be given specific authority to look at medical records, hire and fire health care providers, move patients from facility to facility, and donate organs."

She also points out "in New York State, hospitals are

required to provide artificial nutrition, plus hydration, to a patient in a vegetative state unless otherwise directed. An individual could exist for years like this, with no quality of life.

Most people want it clear that they do not want their life continued under these conditions. So it is important to get end of life lan-

guage in the Health Care Proxy so an agent can follow the principals wishes if the event occurs."

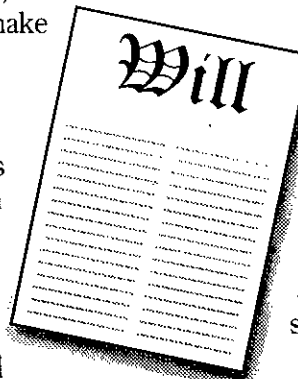
"Another important issue," according to Heinrichs, "is the law has been recently broad-

ened to permit a Mental Health Care Proxy. People with some mental health disabilities are perfectly fine when on their specific medication, and are competent to make designation of an agent in a Health Care Proxy."

Heinrichs points out "while a Health Care Proxy from some one with mental disability can give an agent the ability to attend to the principals medical care it does not give the right to commit the principal to any mental health care facility."

Also both attorneys point out as does the information on the Public Health web site an attending physician cannot serve as a persons agent under a health care proxy. Rules also apply about staff members in a health care facility like a nursing home so be sure to check to law if you are dealing with that situation.

Clearly it is not a pleasant subject, but if you do not have a health care proxy it should be on your list as the next thing to do.



Cholesterol - from S2

it contributes to the narrowing and blockages that cause heart disease. Knowing your cholesterol numbers should be an essential part of your health program, and knowing those numbers isn't hard.

"It just takes a blood test," Azam said. "For a regular cholesterol check you don't even need to fast."

Cholesterol can be both good and bad, so it's important to learn what it is, how it affects your health and how to manage the cholesterol levels in your blood. Under-

standing the facts on cholesterol will help you take better care of your heart and live a healthier life, reducing your

"Depending on what your numbers are, there are a series of steps to take, initially diet and exercise and then if that is not effective, there are lots of medications to help."

- Dr. Seema Azam

risk for heart attack and stroke.

When you receive your cholesterol numbers from your doctor, there will be a breakdown of LDL (bad cholesterol) and HDL (good

cholesterol). The reason the levels of HDL cholesterol and LDL cholesterol in the blood are measured is to evaluate the risk of having a heart attack. When too much LDL cholesterol

circulates in the blood, it can slowly build up in the walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can clog those arteries.

The "good" or HDL cholesterol is known as such because a high level of HDL cholesterol seems to protect against heart attack. Medical experts think that HDL tends to carry cholesterol away from the arteries and back to the liver, where it is passed from the body. Once you know what your numbers are, you and your doctor can sit down to make a plan to protect your health.

"Treatment depends on your risk factors," Azam said. "Depending on what your numbers are, there are a series of steps to take, initially diet and exercise and then if that is not effective, there are lots of medications to help."

Some of the risk factors are your age — starting at 45 for men and 55 or premature menopause without estrogen replacement therapy for women — and your family history, which includes anyone having a father, brother or son with a history of coronary heart disease before age 55 or a mother, sister or daughter with coronary heart disease before age 65.

Smoking is another factor, including anyone who lives and works every day around people who smoke. Other potential signs of trouble are blood pressure of 140/90 or higher measured on two or more occasions, HDL cholesterol level of less than 40 or people with diabetes.

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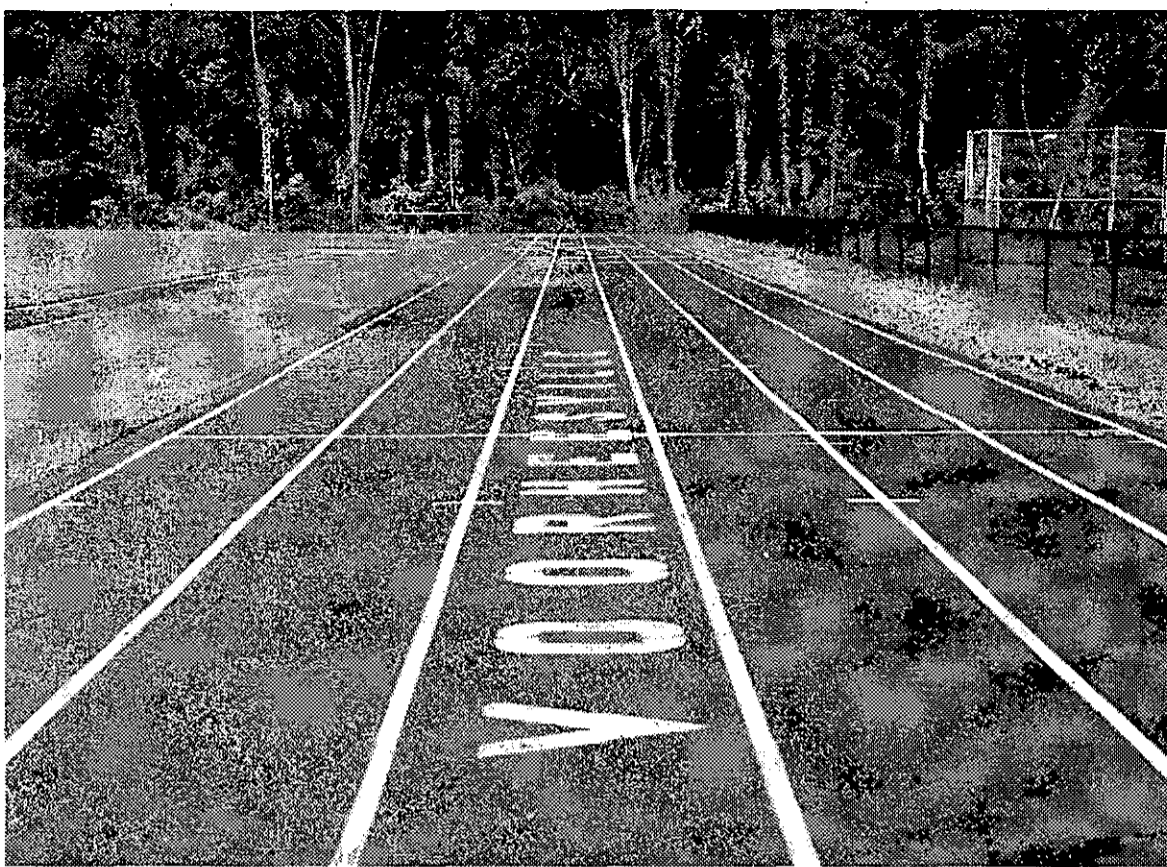
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The all-weather track at Buckley Memorial Field in Voorheesville is part of the new additions to the athletic facilities at Clayton A. Bouton Junior/Senior High School. *Rob Jonas*

Voorheesville's facilities take shape

By ROB JONAS

When the high school sports season kicks off in September, teams at Clayton A. Bouton Junior/Senior High School in Voorheesville are going to have some new facilities to show off to the rest of the Colonial Council.

Most of the athletic facilities at the school are either completed or are in the final stages of preparation for the 2002-03 season.

That has allowed athletic director Joe Sapienza to start scheduling true home games for his teams — a marked difference from this past season, when many Voorheesville teams were forced to play off school grounds.

"It's a huge relief for myself, my coaches (and) the transportation department," Sapienza said. "We really lucked out getting things back because with Guilderland (high school) starting their construction project, I know that we would have had to share places like Nott Road (Recreation Fields) with them, and Nott Road was already maxed out last year."

The centerpiece of the \$17 million project — which also includes new classrooms, a new auditorium and a new bus garage — is the new gym and pool building being built at the back of the high school. The new gym will be roomier and seat more spectators than the old gym, while the six-lane pool is handicapped accessible and will be deep enough for diving competitions to be held — two features the old pool did not have.

"Everything is well-designed," Sapienza said of the gym. "It's not only functional, but it's also nicely designed."

Outside, the athletic fields have taken shape. The new all-weather track at Buckley Memorial football field was in place for the spring season, the new softball diamond has already been laid out and the varsity soccer field has been sodded.

"The one good thing about our old soccer field was it was maximum sized, and this one will be maximum sized," Sapienza said. "In fact, it might be a little wider than the old one."

Both the varsity softball and

baseball diamonds will have clay infields, which will allow for greater water absorption.

"It could rain for a week, and you won't get any standing water on this," Sapienza said.

A short distance up Route 85A from the school, the new athletic complex is also nearing completion. When finished, there will be four soccer fields for practice, as

well as junior varsity and modified games, and a baseball field for JV games.

The project has taken more than a year to reach the point it's at, but when the student athletes return in the fall, everything should be in place, Sapienza said.

"I can't even tell you how excited I am and how excited the kids are," he said.

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Bethlehem advances to championship game

The Bethlehem Babe Ruth 13-year-old All-Stars advanced to the District 5 championship game with a 14-13 victory over Colonie last Sunday at Line Drive Fields in Delmar.

Kris Manilenko had three hits to lead Bethlehem (2-0), which survived several lead changes to reach Monday's title contest against Colonie.

Bethlehem won its first-round game by handling Central of Albany 10-7. Manilenko drove in four runs with three hits, while Eric McLeer and Jason Urschel contributed two hits apiece.

With a victory over Colonie Monday, Bethlehem advances to the Eastern New York state tournament in Beacon.

Bethlehem's 15-year-old All-Stars rebounded from a 19-12 loss to Guilderland with a 9-4 victory over Central last Sunday to remain alive in the district tournament.

Pitcher Brian Trombley helped his own cause by stroking a pair of hits in the victory over Central. Paul Parker and Andrew Stanton also had two singles apiece.

The previous day against Guilderland, Bethlehem received two hits each from Trombley, Andrew Hasselbach and Geoff Wilcox.

The 15-year-old All-Stars played Guilderland again Monday for the right to face Colonie in the finals.

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Obituaries

Carol Beardsley

Carol Rossiter Beardsley, 84, of Dyersburg, Tenn., and formerly of Slingerlands, died Thursday, June 27, in Dyersburg.

Born in Tarrytown, she was educated in Albany public schools.

She had lived in New Jersey and Scotia before moving to Slingerlands.

Mrs. Beardsley was a homemaker.

She was the widow of Alling P. Beardsley.

Survivors include two daughters, Suzanne B. Albani of Nantucket and Mary Louise Beardsley of Eden Prairie, Minn.; a son Alling P. Beardsley III of Dyersburg; a brother, William H. Rossiter of Menands; and five grandchildren.

Services were from the Tebbutt Funeral Home in Delmar.

Burial was in Albany Rural Cemetery in Menands.

Sarah McNitt

Sarah G. McNitt, 96, of Santa Maria, Calif., and formerly of Delmar, died Monday, July 1.

Born in Dunkirk, Chatauga County, she was a former teacher in the Bethlehem Central School District.

Mrs. McNitt was also a longtime member of First United Methodist Church in Delmar.

She was the widow of Robert McNitt.

Survivors include a son, David McNitt of Rochester; a daughter, Ann Penk of Santa Maria; seven grandchildren; and five great-grandchildren.

Services were from the Magner-Maloney Funeral Home.

Burial was in Memory's Garden in Colonie.

Contributions may be made to Hospice Partners of the Central Coast, 227 South St., Suite R, San Luis Obispo, Calif. or the American Cancer Society, Santa Maria Valley Unit, 220 S. Palisade Drive, Suite 103, Santa Maria, Calif. 93454.

Robert Reed

Robert E. Reed, 73, of Voorheesville died Monday, July 1, at Community Hospice of Albany County at St. Peter's Hospital.

Mr. Reed earned his bachelor's and master's degrees from Columbia University. He received a doctorate from the State University of New York at Binghamton.

He was an Army Air Forces veteran.

He was an associate professor of mathematics and computer science at SUNY Oneonta before he retired.

Mr. Reed belonged to the American Mathematical Society and Mathematical Association of America.

He was a former member of the Albany Musicians Association Local 14. He played trumpet and vibraphone with local groups and led the Original Swing Band and the Contemporary Jazz Trio.

Survivors include his wife, Florence Reed; a son, David Reed of Buffalo; a daughter, Laura Walsh of Billerica, Mass.; and a granddaughter.

A memorial service will be held at a later date.

Arrangements were by the Meyers Funeral Home in Delmar.

Contributions may be made to Community Hospice of Albany County, 445 New Karner Road, Colonie 12205, the Resident Activity Fund, Albany County Nursing Home, 780 Albany Shaker Road, Loudonville 12211, the American Heart Association, 4440 New Karner Road, Colonie 12205 or The College of Saint Rose, Office of Institutional Advancements, Att: Paula Gargiulo, 432 Western Ave., Albany 12203.

Ruth Youmans

Ruth M. Roberts Youmans, 92, of Ravena died Sunday, June 30, at Good Samaritan Lutheran Health Care Center in Delmar.

A longtime resident of Ravena, she worked in the family business, Roberts' Grove Pavilion in Warners Lake. She retired from the former A&P Co. in Ravena.

She was a member of the former Ravena PTA, The Women's Club and Congregational Christian Church.

She was the widow of Lester D. Youmans.

Survivors include a son, Craig Youmans; three grandchildren; two stepgrandchildren; and seven great-grandchildren.

Services were from the Babcock Funeral Home in Ravena.

Contributions may be made to Congregational Christian Church, 175 Main St., Ravena 12143 or the Ravena Rescue Squad, PO Box 144, Ravena 12143.

Students host historical tours

In conjunction with the Upper Hudson Library System's "I Spy My Hometown" project, Bethlehem Public Library has devised historical driving tours of the Delmar area for families of children in grade three and up.

Tours will be offered on Saturday, July 20, and Friday, July 26. Tours depart from the youth services area at 10 a.m. each day. Participants must take their own cars.

Volunteers from the library's youth advisory council, aided by the Bethlehem Historical Association and youth services staff, will conduct local history lessons at stops along the route. Tours last about 90 minutes and end at a picnic area. Participants can choose the village tour, the farm tour or the river tour.

Online tours of local and regional sites can be found at www.uhls.org/ispyspy. The project is supported by federal LSTA funds granted to the Upper Hudson Library System by the NYS Library.

Call 439-9314 to register.

Garden publications available at extension

Increase your gardening and lawn care know-how by purchasing publications from Cornell Cooperative Extension of Albany County.

"Common Wild Flowers of the Northeast" (\$2.50) includes drawings of common wildflowers and descriptions of the flowers' characteristics, locations and uses.

"Sequence of Bloom of Perennials, Biennials and Bulbs" (\$2) lists garden flowers by scientific and common names, and then shows the months during which the flowers bloom.

"Rock Gardens" (\$4) gives information about planning and constructing a rock garden and lists and describes 50 plants suitable for rock gardens.

Checks should be made payable to Cornell Cooperative Extension. Send payment and a letter requesting publications to: Horticulture Department, Cornell Cooperative Extension, PO Box 497, Voorheesville 12186.

Historical exhibit on view Sundays

The town of Bethlehem Historical Association will host an exhibition of historical items every Sunday through July and August.

The exhibits take place at the Old Cedar Hill School House Museum, located on Route 144 and Clapper Road in Selkirk, from 2 until 4 p.m. The displays feature artifacts from the dig at Parker-Winne House, World War I and II nurses' uniforms and as antique fireplace items. For information, call 767-9432.

Water

(From Page 1)

tell them we're really serious about this," he said.

"As long as we behave rationally and make rational (enforcement) decisions about this, I think people will understand our concerns," he said.

One factor in Bethlehem's continuing shortfall: the state Department of Environmental Conservation in June rejected the town's application to continue to use its third-stage diversion system to direct water from Onesquethaw Creek to the reservoir during the months of May and June.

That diversion system — the source of as much as 65 percent of the water flowing into the reservoir after the peak snow melt season — is in operation from July through April every year. But in the creek's highest-volume months in late spring, DEC bans its use, concerned for the aquatic wildlife that spawn and develop in the creekbed at high water.

"We could have been full by now, but for one reason or another, we couldn't persuade them to allow us to continue that diversion for May and June," Secor said. His department will continue to seek emergency authority to operate the diversion

Park

(From Page 1)

"It sounded like somebody was making this a reality," Bob Conti said of the VFW's willingness to be involved with the project. Delmar Sign Shop made the wooden sign that makes the park noticeable from Delaware Avenue. Einhorn Yaffee & Prescott architect Mark Warner volunteered his time to design the park's layout, and Sandra Walck of Sandra S. Walck Garden Designs contributed her time to put in the new gardens.

Next up for the park is a row of black metal fencing in front of the trees that shelter the park from the railroad tracks. Each segment of fence will bear a symbol of the different branches of service. A railing from Delaware Avenue up to the park will be installed, and a brick path to the park's flagpole will memorialize the nation's military engagements. Ray Houghton of Cybert House has become the project's historian, creating a descriptive brochure with some of the quotations that will become part of the flagpole path.

"We'd like to bring the history of the wars into the park," Houghton said. "We'd like to link this with the middle school and high school," Acquario said. "We're still meeting about it, but perhaps we could create a handout and make it interactive with the schools."

year-round in the event of future emergencies, he said.

In the meantime, the Watervliet Reservoir, Guelderland's principal water source, remains at capacity, and Albany's Alcove Reservoir has recovered from its low levels of late winter, so purchases from both communities should remain steady throughout the summer, he said. And the town's emergency draw of surface water from the Hudson, authorized by the DEC, has enabled the town to keep the Clapper Road treatment plant producing more than 2 million gallons a day to supply the town's industrial customers.

A long-range study of the town's future water needs and sources, to be conducted by consultant engineers O'Brien & Gere and authorized by the town board in May, should be getting under way soon. Late November is the target for a final report of its recommendations to the board. The firm awaits a formal permit from DEC to undertake the study.

"Hopefully we'll have an answer by the end of July, beginning of August," said Secor. "Assuming that, they're ready to jump in with the permit and move forward."

Town board member George Lenhardt has been handling the ordering of bricks, which are still available for veterans and non-veterans to buy. Although there is a sponsors' circle and the flagpole path will be a lesson in military history, bricks with the names of the town's veterans inscribed on them will be the focus of the park.

"Every time I walk through the park, I see somebody else I know and learn about when they were in the service," Conti said.

A four-inch by eight-inch brick, with three lines of print costs \$50, and an eight-inch by eight-inch brick, with six lines of lettering costs \$100. Each line can have 14 characters in it.

The town has maintained the park in the past, and will continue to do so in the future. Acquario said all volunteers are welcome, whether they want to spend time weeding, caring for the park, or making a donation. Although the renovations weren't prompted by Sept. 11, Acquario said the tragedies of that day have brought the park more to the forefront.

"This really brings the community together," Acquario said. "There are people in the world who are very giving."

To purchase a brick in the Bethlehem Veterans Memorial Park or to make a tax-deductible donation, contact Lenhardt at 439-7704; Acquario at 439-7132; or Town Hall at 439-4955, extension 164.

Five Rivers to host frog observation

An observation of frogs will take place Tuesday, July 30, at 7 p.m. at Five Rivers Environmental Education Center.

In the summer, frogs line the ponds and sing in the evenings. Meet at Five Rivers to search for frogs to observe.

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.

The family of Edward M. Rosenberg, M.D.

wish to thank all their relatives and friends for all your cards, letters, and donations.

— Your kindness and sympathy were greatly appreciated. —



Ashley Roberts and Matthew Coon

Roberts, Coon wed

Ashley Roberts, daughter of Donna and George Roberts of Delmar, and Matthew Coon, son of Patricia and Dale Coon of Rochester and Staatsburg, Dutchess County, were married June 1, 2001.

The Rev. Warren Winterhoff performed the ceremony at Bethlehem Lutheran Church.

A reception at Western Turnpike Golf Course in Guilderland followed the ceremony.

Emily Fireovid was maid of honor.

The bridesmaids were Megan Marshall, cousin of the bride, Leigh Marshall, cousin of bride,

Student wins scholarships at SUNY Cortland

Laura Nicholson of Selkirk received a Donnal V. Smith Presidential Scholarship at the recent honors convocation that took place at SUNY Cortland. The award is presented to second-semester sophomores and juniors with 3.2 averages or better who have contributed to the college community.

Nicholson has also received other scholarships this year including an Arethusa Scholarship, a General Alumni Scholarship, a Residential Services Scholarship, and the Student Government Campus Leadership Scholarship.

She has also been named a Harry Dewitt DeGroat Scholar.

Sandy Coon, sister-in-law of groom, and Brooke Marshall, cousin of the bride.

Christina Coon, sister of the groom, was the flower girl.

Scott Coon, brother of the groom, was best man.

Ushers were Charles Robinson, Adam Roberts, brother of bride, Chris Nutting and Matt Madden.

The bride is a graduate of Bethlehem Central High School and SUNY Plattsburgh.

She is a fifth-grade teacher for the Watertown Public Schools.

The groom is a graduate of Watertown High School and SUNY Plattsburgh.

He is a high school counselor for Litchfield Public Schools in Litchfield, Conn.

Following a western Caribbean cruise, the couple lives in Bantam, Conn.

Class of '02

Liberty University
Elizabeth Wilcox-Suarez of Delmar.

Pace University
Magan Sellnow of Delmar and Warren Joscelyn of Slingerlands.

Western New England Law School
Jason Thomas of Delmar (juris doctor).

Cornell University
Lucy Dunne of Delmar (bachelor's in textiles and apparel design).

The Sage Colleges
Christine Cedilotte of Glenmont (master's in physical therapy).

Moravian College
Katherine McKee of Delmar (bachelor's in Spanish).

Bucknell University
Cynthia Reed of Voorheesville (bachelor's in accounting).

James Madison University
Megan McDermott of Glenmont.

Colby College
Megan Laird of Slingerlands (bachelor's in psychology).

Harvard Law School
Nathaniel Dorfman of Slingerlands.

Syracuse University
Kevin Relyea of Voorheesville (master's in information resource management).

Manhattan College
James Barker and Erica St. Lucia, both of Delmar.

New York Medical College
Kathleen Stornelli of Delmar (doctor of medicine).

Concordia University
Brian Davies of Delmar (bachelor's in theology/biblical languages).

Bryant & Stratton Institute
Daniel Schamberg of Voorheesville (associate's in occupational studies in information technology) and Trisha Seaburg of Feura Bush (associate's in occupational studies in information technology).



Megan Marshall and Frederic Presbrey

Marshall, Presbrey married

Megan Marshall, daughter of Linda and Richard Marshall of Delmar, and Frederic Presbrey, son of Janice and Frederic Presbrey of Hyannisport and Barnstable, Mass., were married on Dec. 15.

The Rev. Stanley Key performed the ceremony at Loudonville Community Church.

A reception followed at Glen Sanders Mansion in Scotia.

Brooke Marshall and Leigh Marshall, sisters of the bride, were maids of honor.

Bridesmaids were Ashley Coon, the bride's cousin, and Katherine Wylie, the groom's sister.

Aaron Presbrey, the groom's brother, was the best man.

Ushers were Paul Wylie, groom brother-in-law, B. Gregory Jacobson, groom's cousin, Adam Roberts, bride's cousin, Todd Robichaud and Christopher Smith.

The bride is a graduate of Bethlehem Central High School, Word of Life Bible Institute and Liberty University.

The groom is a graduate of Barnstable High School, Deerfield Academy and the University of New Hampshire.

He is currently the vice president of sales for Click Action in Palo Alto, Calif.

Following a wedding trip to the western Caribbean, the couple lives in New Canaan, Conn.



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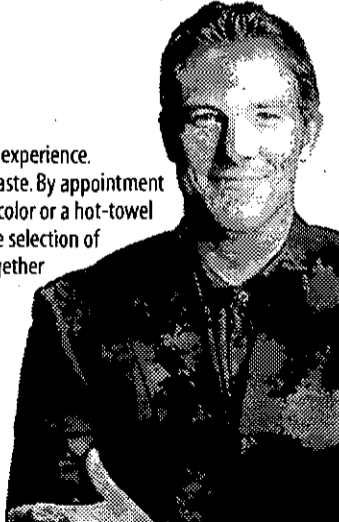
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Community



Parks and Recreation to present
'The Last Dragon'

The town of Bethlehem Parks & Recreation will sponsor "The Last Dragon," presented by the Puppet People, on Tuesday, July 16, at 7 p.m.

The presentation includes a seven-foot dragon as well as a life-sized knight who rescues Princess Winess.

Admission is free. In case of rain, the event will be held at Delmar Reformed Church on Delaware Avenue.

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SPOTLIGHT ON Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

New exhibit showcases eclectic regional arts scene

By BILL FONDA

Art lovers who believe variety is the spice of life will be at home at the 2002 Exhibition by Artists of the Mohawk-Hudson Region, on display through Aug. 25 at the Albany Institute of History & Art.

Museum spokeswoman Penny Vavura said the juror and exhibit designer, Fogg Art Museum associate curator for contemporary art Linda Norden, picked items for the exhibit with no real theme.

"It's very much what the juror perceived as best of the best," she said.

The 119 works are from 67 artists residing within a 100-mile radius of the Capital District. Local artists include Andrea Hersh Bartfield, Lisa Lytle, Dan Mehlman and Elisabeth Vines of Delmar, Gail Kort of Niskayuna, Marie-Louise McHugh of Guelderland and Deborah Zlotzky of Menands.

Museum visitors will encounter the exhibit from the time they enter, as works in the lobby include Troy artist Jim Lewis' cedar piece "From the Mind of a Single Long Vine One Hundred Opening Lives (Suite)." The piece part of the set for an Ellen Sinopoli dance number, which she will perform Aug. 14.

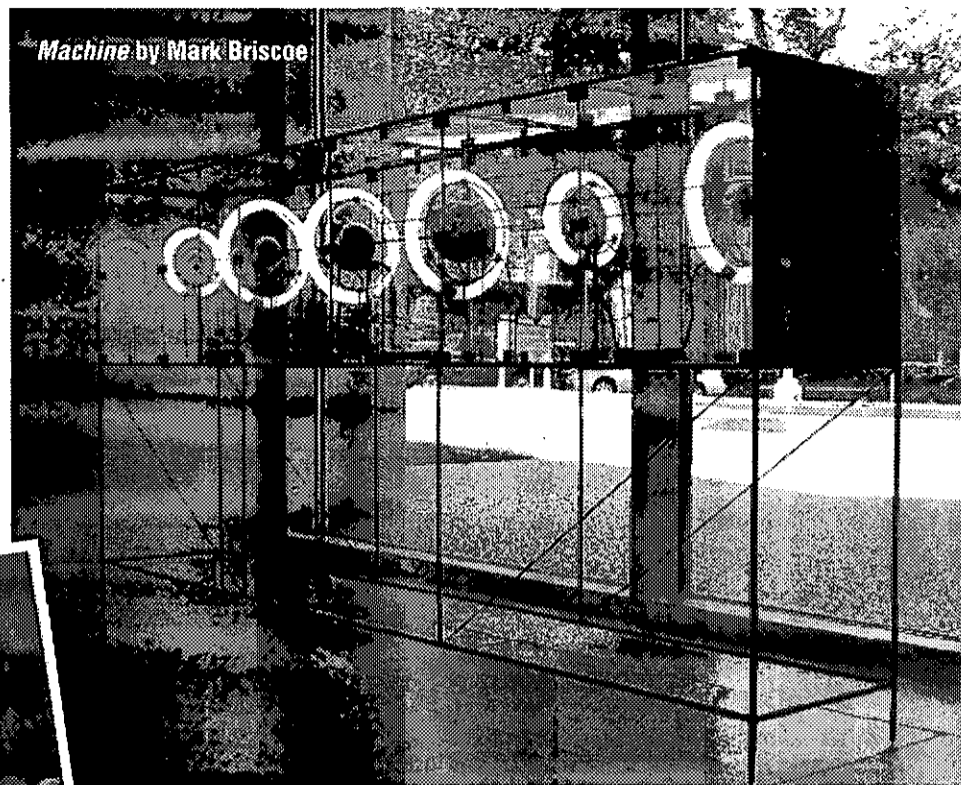
"It's not just art for art's sake," Vavura said.

There is even an item between the doors to the restrooms — "Birdy," a piece made of cotton

swabs and hot glue by Kristine Taylor of North Adams, Mass.

In the galleries themselves, "Home (Kitchen, Bedroom, Meditation Room, Bathroom, Cleaning Room)" by Louanne Genet Getty of New Hartford may look like wheels sticking out of the wall, but peering into the center reveals miniature renditions of household implements.

"Sixteen Parking Lot Color Schemes No. 1 (Albany, NY)" by Richard Garrison of Albany, along with its companion "Sixteen Parking Lot Color Schemes No. 1 (Albany, NY)," is the color schemes of various parking lot arrangements throughout the city.



Machine by Mark Briscoe

Teping Lin of Albany contributed "Heart and Soul," a painting on several computer circuit boards.

"It must have been interesting to paint on them," Vavura said.

Vavura cited the exhibit's photography as a strong point, ranging from the traditional "Security Guard, Hyde Collection" by George Simmons of Albany to the more playful series of untitled works by Warren MacMillan of Albany.

"You'll see a number of different collages throughout the show that have photography in them," she said.

Most of the wall hangings are in a horizontal formation along the wall, but Norden set up one of the walls in a salon style, with several works at different levels.

"It was a very popular way to install art works," Vavura said.

Norden selected several larger works on canvas, including paintings by Ellen Nieves of Boiceville, Marsha Gregory of Delanson, Laura Colomb of Glens Falls, Mark DeLeonardis of Albany and Marje Derrick of Troy.

"She was really drawn to them by their colors," Vavura said.

The small room outside the

museum's open storage viewing room is home to cigar box art titled "Villa de Cuba" by Charles Steckler of Schenectady and "Syzygy," a seven-minute video by Michael Oatman of the center gallery is dominated by 1999 regional juror Michael Glier of Hoosick Falls, who painted "Peonies and Wasps."

"He painted directly onto the gallery wall," Vavura said.

Although it may look like Alexis Bhagat of Petersburg is displaying a tape recorder, pressing the play button reveals "Whitman Death Songs," readings of death poems by Walt Whitman.

In the third-floor gallery, Troy artist Ray Felix "Alter I" takes viewers to a fully-stocked medicine cabinet and a shock of hair in the sink and Abraham Ferraro of Albany is part of his own piece, "Occupational Hazard: Pencil Pusher Pushing Pencils."

"Abe Ferraro actually climbs into this contraption with his helmet on," Vavura said.

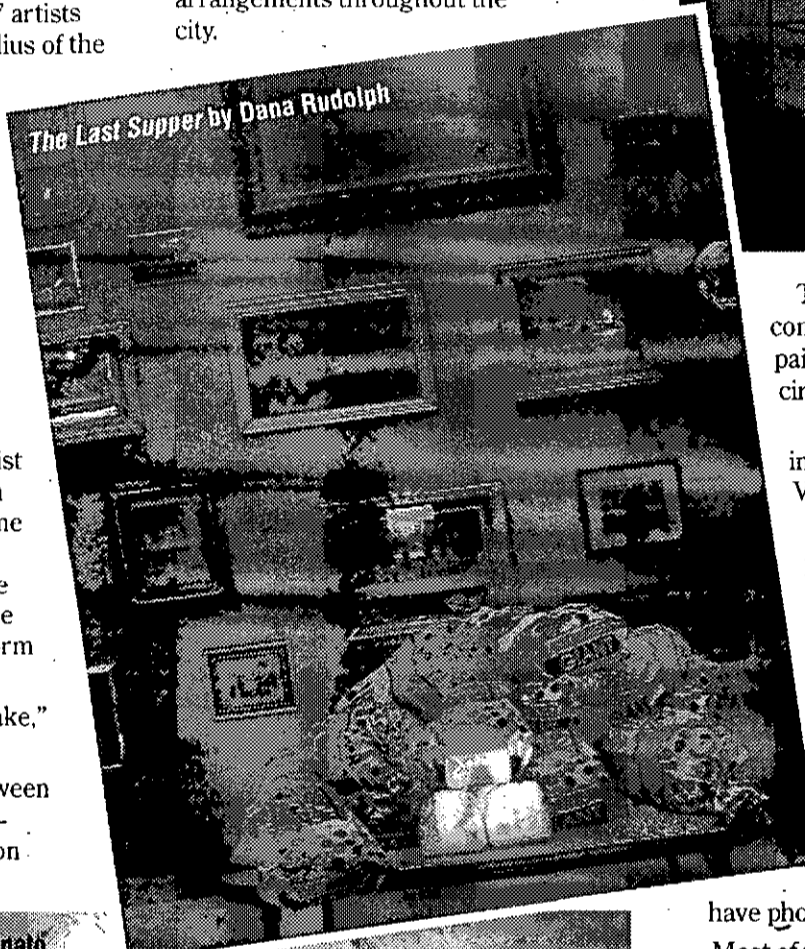
The museum's Rice Gallery features "The Last Supper" by Dana Rudolph of Albany. It includes more than 60 versions of the famed Michaelangelo painting, and in the center of the room, there is a table with a pile of Wonder Bread and a film being shown on a piece of bread.

With the exception of the installations, the items in the exhibition are for sale, and a price list is available at the museum's front desk. Vavura said the exhibit has shown strong local appeal, as its recent opening drew almost 500 people.

"We saw a lot of parents and friends coming to look at friends' work," she said.

Admission to the museum is \$5 for adults, \$4 for senior citizens and students, \$2.50 for children 6 to 12 and free to members and children under 6.

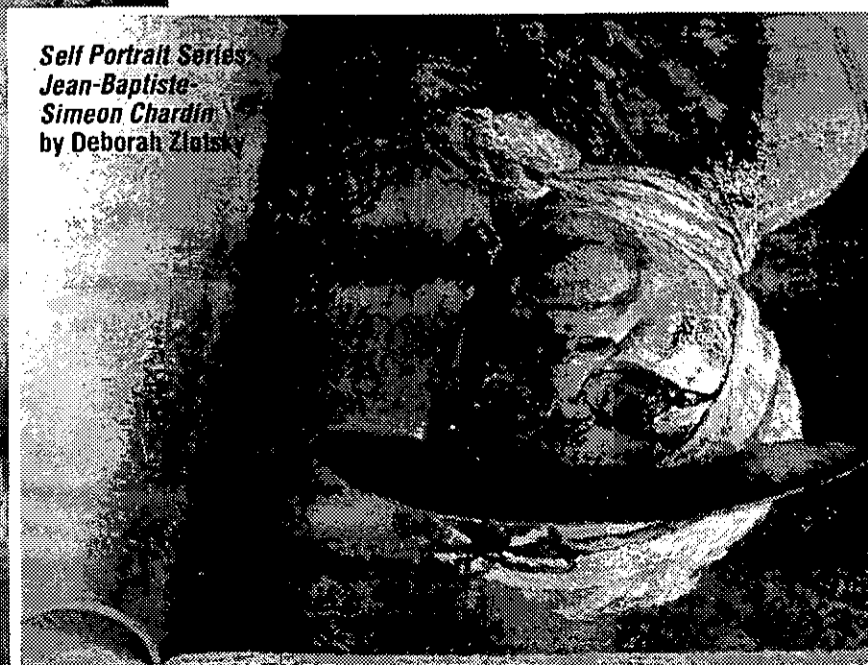
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The Last Supper by Dana Rudolph



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1940s musical mystery, Capital Repertory Co., 111 N. Pearl St., Albany, through July 18, \$28 to \$38. Information, 445-7469.

GEORGE MI

Yankee Doodle Dandy musical, Park Playhouse in Washington Park, Albany, through Aug. 18, reserved seating — \$12 and \$10, amphitheater seating free. Information, 434-0776.

ONCE IN A LIFETIME

Williamstown Theatre Festival, Route 2, through July 14, \$35 to \$45. Information, 413-597-3400.

THE ODD COUPLE

female version, Curtain Call Theatre, 210 Old Loudon Road, Latham, through Aug. 17, \$15. Information, 877-7529.

1776

musical, MacHaydn Theatre, Route 203, Chatham, through July 14, \$19.90 to \$21.90, discounts for children under 12 and senior citizens. Information, 392-9292.

DIRTY BLONDE

Mae West comedy, Stageworks at the North Pointe Cultural Arts Center, Route 9, Kinderhook, through July 28, \$20 to \$25, \$14 for previews, half price for students, \$1 off for seniors. Information, 822-9667.

DIAL M FOR MURDER

The Theater Barn, Route 20, New Lebanon, through July 21, \$18, \$16 for Sunday matinee. Information, 794-8989.

AT HOME IN AN ALIEN LAND

Adirondack Theatre Festival, 217 Glen St., Glens Falls, through July 14, \$19. Information, 798-7479.

Music

LAKE GEORGE OPERA CO.

Spa Little Theatre at Saratoga Performing Arts Center, "The Daughter of the Regiment" on July 11 at 7:30 p.m. and July 13 at 2 p.m.; "The Abduction From the Seraglio" on July 10 and 12 at 7:30 p.m. and July 14 at 2 p.m., \$33 to \$58. Information, 587-3330.

GAELIC STORM

with Glengarry Boys, Tricentennial Park, Albany, July 11, 5 p.m., free.

FLEET BLUESFEST

Empire State Plaza, Albany, with Bo Diddley, Jimmie Vaughan, Sue Foley, Kenny Neal, et al., on July 13 from noon to 10 p.m., local blues favorites on July 12 from 7 to 10 p.m., free.

DERVISH

Music Haven stage of Schenectady's Central Park, July 14, 3 p.m., free. Information, 382-5088.

MELISSA ETHERIDGE

Saratoga Performing Arts Center, July 14, 7:30 p.m., \$82.50, \$32.50 lawn. Information, 587-3330.

FEMI KUTI

with Nii Ayite Quaye, Washington Park Lakehouse, Albany, July 15, 7:30 p.m., free.

THE BLUEHOUSE

Music Haven stage of Schenectady's Central Park, July 16, 7:30 p.m., free. Information, 382-5088.

JOAN JETT AND THE BLACK-HEARTS

with Antigone Rising, Empire State Plaza, Albany, July 17, 7 p.m., free.

Dance

NEW YORK CITY BALLET

Saratoga Performing Arts Center, July 10 — "Raymonda Variations," "New Diamond Project Ballet No. 1" and "Fancy Free," 8:15 p.m.; July 11 — All American: "Interplay," "Fancy Free" and "Who Cares?," 2 p.m., "Serenade," "New Diamond Project Ballet No. 1" and "In G Major," 8:15 p.m.; July 12 — All Stravinsky: "Jeu de Cartes," "Agon" and "Firebird," 8:15 p.m.; July 13 — "Raymonda Variations," "Interplay" and "Firebird," 2 p.m., "Serenade," "Fancy Free" and "Jeu de Cartes," 8:15 p.m.; July 16 — "Ancient Airs and Dances," "New Diamond Project Ballet No. 2" and "Firebird," 8:15 p.m.; July 17 — All Robbins: "Circus Polka," "Interplay," "Opus 19/The Dreamer" and "I'm Old Fashioned," 8:15 p.m., \$17.50 to \$52.50, \$14.50 lawn. Information, 587-3330.

Visual Arts

NEW YORK STATE MUSEUM

Focus on Nature VII, through Sept. 9, Great American Circus, through Jan. 5, plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Mohawk/Hudson Regional, more than 100 works by local visual artists, plus exhibits on Hudson River School painting, the Albany Army Bazaar of 1864, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

ALBANY CENTER GALLERIES

recent works by Sharon Bates and Paul Miyamoto, through July 12, 161 Washington Ave., opening reception on June 6, from 5:30 to 8 p.m. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Private Eye II, intriguing local collections, through Sept. 9, 737 Albany-Shaker Road, Colonie. Information, 242-2241.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, "Spring Into Summer," through July 31, Wednesday to Sunday. Information, 786-6557.

MORNINGSIDE GALLERY

Newton Plaza, 588 Loudon Road,

Latham, recent etchings and paintings by Helen Frank, through Aug. 31, reception — July 27 from 5:30 to 8 p.m., gallery open Monday to Saturday. Information, 783-8763.

OTTER HOOK GALLERY

121 Adams St., Delmar, "More About Eve," prints by Sheila Laidlaw-Radford through July 14, Thursday to Sunday. Information, 439-4339.

Call for Artists

AUDITION

for October-November production of "The Mousetrap" at Curtain Call Theatre, 210 Loudon Road, Latham, July 15, 7:30 to 9 p.m. Information, 877-7529.

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, Rextford. 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.

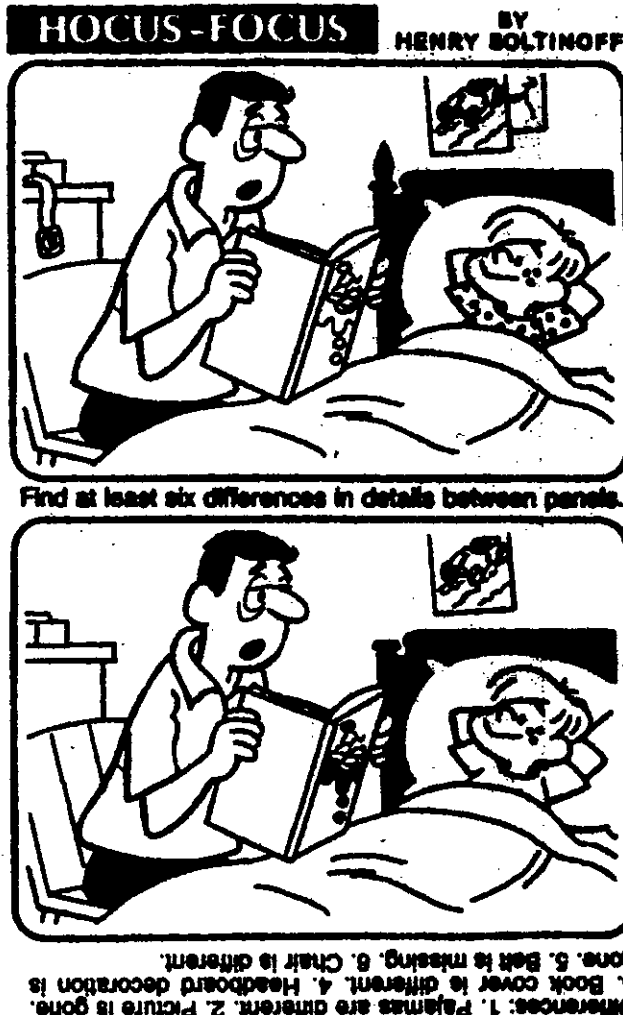
MONDAY MUSICAL CLUB

MAGIC MAZE ● FEDERAL —

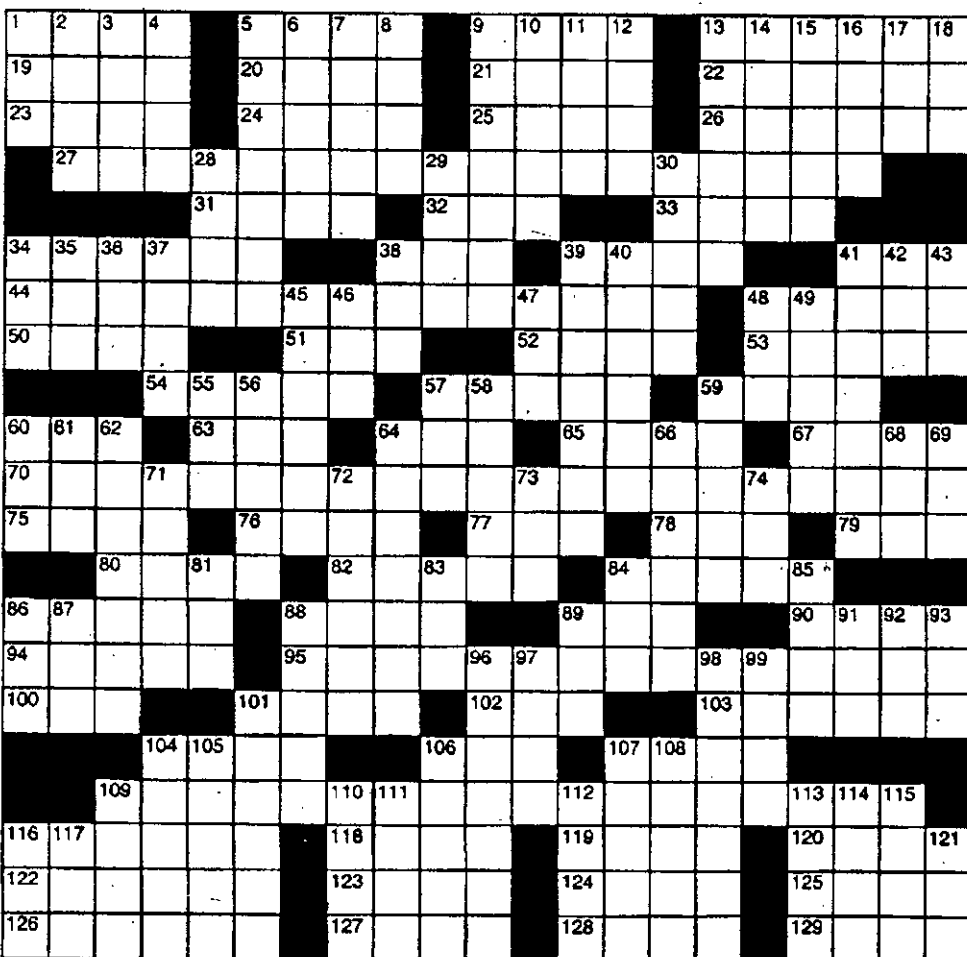
V S Q N K E H E B Y R W T R O
 L J G E P B D Y T E E W U R P
 W S N K I R G O T I G D B Z X
 V O P S Q O I S C M U K I G E
 C A R O Y W I S U X L C S Q P
 N L J K O G T H O F A E R C A
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 Q P N O I S S I M M O C W N M
 K J C H B F E C Y C N E G A B
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

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

- | | | | |
|------------|------------|-------------|----------|
| Agency | Courts | Law | Tax code |
| Case | Government | Prison | Troops |
| Circuit | Holiday | Register | Workers |
| Commission | Jobs | Regulations | |



The Super CROSSWORD



- ACROSS**
- 1 From the top
 - 5 Pride of the pumped-up
 - 9 St. Louis team
 - 13 Dirty
 - 19 118 Across' mistress
 - 20 Way off base?
 - 21 Director Kazan
 - 22 Agenda item
 - 23 Ercee's site
 - 24 Melodious McEntire
 - 25 Monastery dweller
 - 26 Kindle
 - 27 He became a Realtor because...
 - 31 Form a cylinder
 - 32 Broad st.
 - 33 Savage sorts
 - 34 Alarm
 - 38 It may be strapless
 - 39 Emulates Simon
 - 41 Hibiscus gariand
 - 44 She became a pharmacist because...
 - 48 — squash
 - 50 Tropical tree
 - 51 Wrinkly dog
 - 52 Diva Destin
 - 53 Halloween happening
 - 54 Raptor feature
 - 57 Texas landmark
 - 59 Out of gas
 - 60 — Na Na
 - 63 Scold and scold
 - 64 Bolted the beans
 - 65 Formerly
 - 67 Dispel
 - 70 He became an explorer because...
 - 75 Get wind of
 - 76 Cad
 - 77 Watching machines?
 - 78 Season
 - 79 Rock's — Leppard
 - 80 Formal ceremony
 - 82 Backslide
 - 84 Exhausted
 - 86 Euripidean tragedy
 - 88 Lhasa —
 - 89 Clarke or West
 - 90 Model Carre
 - 94 Simpson of fashion
 - 95 She became a baker because...
 - 100 Horde of humpbacks
 - 101 Not that
 - 102 Oil apparatus
 - 103 Least light-hearted
 - 104 Wet blanket
 - 106 Address abbr.
 - 107 — vu
 - 109 He became an electrician because...
 - 116 — out (aided)
 - 118 Hammett hound
 - 119 Small businessman?
 - 120 Vociferate
 - 122 Elevated
 - 123 Author Uris
 - 124 " — She Sweet" (27 song)
 - 125 Cooper's tool
 - 126 Size up
 - 127 Drops the ball
 - 128 Family members, to many
 - 129 Part of Q.E.D.
 - 90 Model Carre
 - 94 Simpson of fashion
 - 95 She became a baker because...
- DOWN**
- 1 Clause connector
 - 2 Wordy Webster
 - 3 Part of HOMES
 - 4 Cleanse
 - 5 Excuses
 - 6 Tom of "Baretta"
 - 7 Computer language problem
 - 8 Thin strip
 - 9 Dislodgment
 - 10 Isolated
 - 11 Ho Chi —
 - 12 Literary pen name
 - 13 Poet
 - 14 Heaney
 - 14 Senator Hatch
 - 15 Jeremy of "Waterland"
 - 16 Praise
 - 17 USNA grad
 - 18 HST's successor
 - 28 Schipa solo
 - 29 Writer
 - 30 With diffidence
 - 34 "For shame!"
 - 35 Palindromic cry
 - 36 "Fantasia" frame
 - 37 Nab a gnat
 - 38 Plead
 - 39 Exercise expert
 - 40 Cashew kin
 - 41 Couldn't stand
 - 42 Directional suffix
 - 43 Calligraphy supply
 - 45 Highest point
 - 48 Pantyhose problem
 - 47 Soup veggie
 - 48 Gibbon or gorilla
 - 49 Vulgar
 - 55 Comic
 - 56 Woodworking tool
 - 57 From — Z
 - 58 Boxing blows
 - 59 Neutral tone
 - 60 "Quiet!"
 - 61 TV's " — Haw"
 - 62 Bestowed
 - 64 Reference volumes
 - 66 " — of Love" ('64 smash)
 - 68 Grand —
 - 69 Mistaken
 - 71 Historian
 - 72 Oracle site
 - 73 " — had it!"
 - 74 Rock's — at
 - 81 — kwon do
 - 83 Neighbor of Ger.
 - 84 Dejected
 - 85 Soybean product
 - 86 Traveler's aid
 - 87 Maestro de Waart
 - 88 Grate stuff
 - 89 Ryan or Foster
 - 91 Knot ft
 - 92 — and outs
 - 93 NCO
 - 96 Dondi and Annie
 - 97 "Ars longa, — brevis"
 - 98 Protests
 - 99 "There oughta be —!"
 - 101 Exchanges
 - 104 Contradict
 - 105 61 Down host
 - 106 Play boy?
 - 107 D.D. Emmett tune
 - 108 Happening
 - 109 They're sometimes hugged?
 - 110 Auction
 - 111 — -friendly
 - 112 Act like an antelope
 - 113 Basra's locale
 - 114 Pianist Lupu
 - 115 Signor Ferrari
 - 116 Hard word
 - 117 Center and Unser
 - 121 TV's "Father —"

LEGAL NOTICE

LEGAL NOTICE

Notice of filing of articles of organization of a limited liability company ("LLC") named 128 Tivoli Realty, LLC. Articles filed with NY sec. of state ("SOS") on 6/25/02. Office location: Albany County, SOS, designated as agent for service of process, shall mail copy of process to: The LLC, 128 Tivoli Street, Albany, NY 12207. Purpose: any lawful business purpose. (July 10, 2002)

LEGAL NOTICE

441 Realty LLC, Art. of Org. filed Secy. of State (SSNY) 5/30/02. Office location: Albany County, SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process: The LLC, 137-66 75th Road, Kew Gardens, NY 11367. Purpose: any lawful purpose. Latest date 12/31/2007. (July 10, 2002)

NOTICE OF ORGANIZATION OF 75 WATERVLIET AVENUE HOLDING COMPANY, LLC

First: The name of the Company is 75 Watervliet Avenue Holding Company, LLC. Second: The Articles of Organization were filed with the Secretary of State on May 23, 2002. Third: The county within the State of New York in which the company's office is to be located is Albany. Fourth: The Secretary of State is designated as the Company's agent on whom process against the Company may be served. The post office address within or without the State of New York to which the Secretary of State will mail a copy of any process against the Company is PO Box 6268, Albany, NY 12206. Fifth: The Company's purpose is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL. (July 10, 2002)

NOTICE FOR PUBLICATION

PURSUANT TO NY LLC LAW SECTION 1203(c) The name of the professional service limited liability company is ADVANCED ENERGY SOLUTIONS, LLC. The date of the filing of the Articles of Organization with the Secretary of State was May 30, 2002. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly & Gable, P.C., c/o Carl H. Kempf, III, 255 Washington Avenue Extension, Albany, New York 12205. The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. (July 10, 2002)

LEGAL NOTICE

Agro-Invest LLC was filed with the SSNY on 05/30/02. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose. (July 10, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Albany Smiles, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on April 18, 2002, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 1816 Western Avenue, Albany, New York 12203. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL. (July 10, 2002)

LEGAL NOTICE

ALTIN, LLC Notice of formation of the above Limited Liability Company ("LLC")

LEGAL NOTICE

Articles of Organization filed with the Secretary of State of NY ("SSNY") on 03/13/2002. 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 each process served to: the LLC, 744 Broadway, Albany, New York 12207. Purpose: any lawful business purpose. (July 10, 2002)

NOTICE FOR PUBLICATION

PURSUANT TO NY LLC LAW SECTION 1203(c) The name of the professional service limited liability company is ANDERSON, MOSCHETTI & TAFFANY, P.L.L.C. The date of the filing of the Articles of Organization with the Secretary of State was June 21, 2002. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly & Gable, P.C., c/o Timothy E. Casserly, 255 Washington Avenue Extension, Albany, New York 12205. The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of ARC Housing LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/16/02. Office location: Albany County. LLC formed in Delaware (DE) on 4/12/02. 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: 600 Grant St., Ste 900, Denver CO 80203. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of Arnold Worldwide Partners LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/22/02. Office location: Albany County. LLC formed in Delaware (DE) on 12/28/01. 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. Principal office of LLC: 101 Huntington Ave., Boston, MA 02199. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of BELLSOUTH MOBILITY, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/4/02. Office location: Albany County. LLC formed in Georgia (GA) on 9/30/00. 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, registered agent upon whom process may be served. GA address of LLC: c/o Cingular Wireless, 5565 Glenridge Connector, Suite 1700, Atlanta, GA 30342. Arts. of Org. filed with GA Secy. of State, Corps. Division, Suite 315, West Tower, 2 Martin Luther King Dr., SE, Atlanta, GA 30334. Purpose: telecommunications. (July 10, 2002)

LEGAL NOTICE

BST ADVISORY NETWORK, LLC Notice of formation of BST Advisory Network, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 5/6/02. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to invest in operating companies offering financial services such as accounting, tax, and various consulting services, and also providing

LEGAL NOTICE

wealth management services, life, health, and group insurance products, as well as providing personal and corporate asset management services, and to own and operate real estate. (July 10, 2002)

LEGAL NOTICE

Articles of Organization for Capital Overhead Doors, LLC, were filed with the New York Secretary of State ("SOS") on May 21, 2002. LLC's office is located in Albany County. SOS shall mail a copy of process against LLC c/o John D'Angelo, 159 Wormer Road, Slingerlands, New York 12159. LLC shall terminate on December 31, 2050. Purpose: any lawful act or activity for which limited liability companies may be organized. (July 10, 2002)

LEGAL NOTICE

CENTRAL FLORIST, LLC, Notice of formation of a domestic Limited Liability Company (LLC). Articles of Organization filed with the New York Secretary of State on May 22, 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 117 Central Avenue, Albany, New York 12206. (July 10, 2002)

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

The name of the LLC is COLUMBIA ALBANY DEVELOPMENT GROUP, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on June 19, 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 302 Washington Avenue Extension, Albany, New York 12203. (July 10, 2002)

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

The name of the LLC is COLUMBIA WATER ST. GROUP, L.L.C. The Articles of Organization of the LLC were filed with the New York Secretary of State on June 20, 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 302 Washington Avenue Extension, Albany, New York 12203. (July 10, 2002)

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on TUESDAY, July 16, 2002, at the Town Offices, 445 Delaware Ave., Delmar, New York at 7:30 p.m., to take action on the application of 467 Delaware Avenue, LLC (Henry and Kevin Klersy), with offices at 413 Kenwood Ave., Delmar, NY 12054, for approval to Amend Building Project Approval No. 30 in Planned Commercial District No. 5, Delmar Place Assisted Living (AKA CMI Senior Housing), at 467 Delaware Ave., Delmar, NY as shown on map entitled, "DELMAR PLACE ASSISTED LIVING, Site Preparation Plan, 467 Delaware Avenue, Town of Bethlehem, County of Albany, State of New York", dated March 28, 2002, revised to 6/21/02, AS FURTHER REVISED, sheets 1-8, and made by ABD Engineers & Surveyors, 411 Union St., Schenectady, NY 12305.

Douglas Hasbrouck Chairman, Planning Board NOTE: Disabled individuals who are in need of assistance in order to participate in the public hearing should contact the Parks Dept. at 439-4131. Advance notice is

LEGAL NOTICE

requested. (July 10, 2002)

NOTICE OF FORMATION OF LLC

Dodson Group, LLC, filed Articles of Organization with the New York Secretary of State on June 11, 2002. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Dodson Group, LLC, 286 Waldermaier Rd., Feura Bush, NY 12067. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of Duke Energy Schenectady, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/18/02. Office location: Albany County. LLC formed in Delaware (DE) on 5/23/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: 5400 Westheimer Court, Houston, TX 77056. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: merchant power plant. (July 10, 2002)

LEGAL NOTICE

ELITE TITLE & ABSTRACT, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 03/26/2002. 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 each process served to: the LLC, 744 Broadway, Albany, New York 12207. Purpose: any lawful business purpose. (July 10, 2002)

NOTICE OF FORMATION OF FOUR SEASONS PROPERTY SERVICES, LLC

(Pursuant to Section 203 of the Limited Liability Company Law) NOTICE IS HEREBY GIVEN that the Certificate of Formation of FOUR SEASONS PROPERTY SERVICES, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 3, 2002. The Company is being formed to engage in providing maintenance, repair services of all kinds in connection with real and personal property and any activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLCL. 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, New York 12207. (July 10, 2002)

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 24th day of July, 2002 at 8:00 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows: AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-10, Schedule VII, Stop Intersections as follows: ADD: Stop signs on Hague Boulevard at its intersection with Guilder Lane; Stop sign on Guilder Lane at its intersection with Hague Boulevard; Stop sign on Windmill Drive (east) at its intersection with Hague Boulevard; and Stop sign on Holland Court at its intersection with Bernard Place. All interested persons and citizens

LEGAL NOTICE

will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact Nan Lanahan at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
KATHLEEN A. NEWKIRK, CMC, RMC
TOWN CLERK

Dated: June 26, 2002
(July 10, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Janell Holdings, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on May 20, 2002, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 41 East Claremont Drive, Voorheesville, New York 12186. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL. (July 10, 2002)

LEGAL NOTICE

JP 370 Realty LLC, Art. of Org. filed Secy. of State (SSNY) 4/30/02. Office location: Albany County. SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process: 137-66 75th Rd., Kew Gardens, NY 11367. Purpose: any lawful purpose. Latest date 12/31/2092. (July 10, 2002)

LEGAL NOTICE

Notice of Formation of Just What The Doctor Ordered LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/31/02. 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: any lawful activity. (July 10, 2002)

LEGAL NOTICE

Notice of Formation of Komax Realty, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 6/11/02. 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: The LLC, 152 Central Ave., Albany, NY 12206. Purpose: any lawful activity. (July 10, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is Main Square, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on May 10, 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 the designated 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 is 318 Delaware Avenue, Delmar, New York 12054. (July 10, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: MASSTRANS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/19/02. 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, c/o Jeff Feinman, Post Office Box 1428, Albany, New York 12201. Purpose: For any lawful purpose. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of Mays-Captree, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/22/02. Office location: Albany

LEGAL NOTICE

County, LLC formed in Indiana (IN) on 4/23/02. 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. IN address of LLC: Mays-Captree, LLC, 5611 E. 71st St., Indianapolis, IN 46250. Arts. of Org. filed with IN Secy. of State, 201 State House, Indianapolis, IN 46204. Purpose: any lawful activity. (July 10, 2002)

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

The name of the LLC is MONTICELLO MALL DEVELOPMENT GROUP, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 28, 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 302 Washington Avenue Extension, Albany, New York 12203. (July 10, 2002)

LEGAL NOTICE

Notice of Formation of Mr. Bouncety Bounce, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 4/25/02. 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: The LLC, 1258 Central Ave., Albany, NY 12205. Purpose: any lawful activity. (July 10, 2002)

LEGAL NOTICE

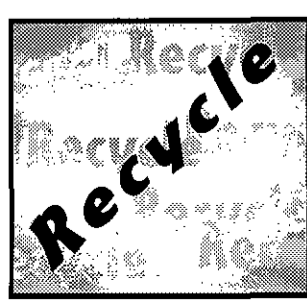
Notice of Formation of Murphy & Mariotti Properties LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/31/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: 599 Watervliet Shaker Rd., Latham, NY 12210. Purpose: any lawful activity. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of Mutual Service Mortgage, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/4/02. Office location: Albany County. LLC formed in Delaware (DE) on 4/11/02. 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 Home Campus, MAC X2401-049, Des Moines, IA 50328. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. (July 10, 2002)

LEGAL NOTICE

Notice of Qualification of New Dance Initiative, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/10/02. Office location: Albany County. LLC formed in Delaware (DE) on 5/13/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Jessica Lang, 725 W. 184th St., Apt. 7E, NY, NY 10033, registered agent upon whom process may be served. Principal office of LLC: 725 W. 184th St., Apt. 7E, NY, NY 10033. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. (July 10, 2002)



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LEGAL NOTICE

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING
Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on **TUESDAY, July 16, 2002**, at the Town Offices, 445 Delaware Ave., Delmar, New York, at 8 p.m., to take action on the application of the Nigro Company, 20 Corporate Woods Blvd., Albany, NY 12211, for approval to subdivide 75.30 acres in Planned Commercial District No. 2 (PCD#2) into five (5) parcels, and Amend Building Project Approval No. 33 for Bethlehem Town Center, NYS Rt. 9W and Bender Lane, Town of Bethlehem, Albany Co., NY, as shown on map entitled, "INTE-RIOR LOT DIVISION" sheet SE IL 1, dated 5/24/2001, revised to 2/28/02, and made by Sear Brown, 109 Great Oaks Blvd., Albany, NY 12203-7905.

Douglas Hasbrouck
Chairman, Planning Board
NOTE: Disabled individuals who are in need of assistance in order to participate in the public hearing should contact the Parks Dept. at 439-4131. Advance notice is requested.
{July 10, 2002}

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 24th day of July, 2002 at 7:30 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows:

AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-11, Schedule VIII, Yield Intersections as follows:

REPEAL: Yield signs on Oldox Road at intersection of Paxwood Road, Delmar And

AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-10, Schedule VII, Stop Intersections as follows:

ADD: Stop signs on Oldox Road at its intersection with Paxwood Road; and
Stop signs on Paxwood Road at its intersection with Oldox Road.
All interested persons and citizens will have an opportunity to be heard at the said hearing.

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact Nan Lanahan at 439-4131. Ad-

LEGAL NOTICE

vanced notice is requested.
BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
KATHLEEN A. NEWKIRK, CMC, RMC
TOWN CLERK.
Dated: June 26, 2002
{July 10, 2002}

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: PHILLIPS FAMILY REALTY ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/16/02. 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, 1157 Central Avenue, Albany, New York 12205. Purpose: For any lawful purpose.
{July 10, 2002}

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: PHILLIPS REALTY ASSOCIATES II, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/28/02. 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, 1157 Central Avenue, Albany, New York 12205. Purpose: For any lawful purpose.
{July 10, 2002}

LEGAL NOTICE

PIREWILL MGMT, LLC
Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 03/13/2002. 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 each process served to: the LLC, 744 Broadway, Albany, New York 12207. Purpose: any lawful business purpose.
{July 10, 2002}

LEGAL NOTICE

PRO TITLE AGENCY, LLC
Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY

LEGAL NOTICE

("SSNY") on 03/26/2002. 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 each process served to: the LLC, 744 Broadway, Albany, New York 12207. Purpose: any lawful business purpose.
{July 10, 2002}

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: ProTrac USA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/19/02. The latest date of dissolution is 12/31/2102. 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, 427 Consaul Road, Schenectady, New York 12304. Purpose: For any lawful purpose.
{July 10, 2002}

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

The name of the LLC is SCHUYLER CONSTRUCTION COMPANY, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 7, 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 596 New Loudon Road, Latham, New York 12110.
{July 10, 2002}

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

The name of the LLC is SHADE TREE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 1, 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 104 Seraf Lane,

LEGAL NOTICE

Schenectady, New York 12303.
{July 10, 2002}

NOTICE OF CONFIRMATION OF LIMITED LIABILITY COMPANY

SKIN ESSENCE, LLC
Articles of Organization filed with the Secretary of State on June 25, 2002. Office location: 52 Staffords Crossing, Slingerlands, New York 12159. SSNY designated as LLC upon whom process against it may be served. SSNY shall mail copy of any process to: 52 Staffords Crossing, Slingerlands, New York 12159. The parties to engage in any lawful activity.
{July 10, 2002}

VILLAGE OF VOORHEESVILLE

PUBLIC NOTICE
PLEASE TAKE NOTICE that the Planning Commission of the Village of Voorheesville will hold a Special Use Permit Public Hearing for a SERVICE GARAGE AND AUTO DETAIL BUSINESS proposed to be located at 13 Drywall Lane. The service garage will service primarily school buses. The hearing will be July 17th, 2002 at the Village Hall at 7:30 pm. By Order of the Planning Commission

John Schachne - Chairman
Dated: July 2nd, 2002
{July 10, 2002}

NOTICE OF FORMATION OF LLC

Articles of Organization for SUPPLY SOLUTIONS OF N.Y., LLC were filed with the Secretary of State of New York on May 8, 2002. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 80 Wolf Road, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law.
{July 10, 2002}

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC)

Name: T & M Enterprises, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 5/24/02. Office location: Albany County, SSNY designated

LEGAL NOTICE

as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC - 546 Boght Road, Cohoes, NY 12047. Purpose: any lawful activity.
{July 10, 2002}

LEGAL NOTICE

Notice of Qualification of Thanexus Financial Services, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 4/29/2002. Office location: Albany County, LLC formed in New Jersey (NJ) on 10/13/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: P.O. Box L, Manasquan, NJ 08736. NJ address of LLC: 1977 Highway 34, Wall Township, NJ 07719. Arts. of Org. filed with NJ Dept. of Treasury, Div. of Revenue, Business Services Bureau, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful activity.
{July 10, 2002}

LEGAL NOTICE

Notice of formation of U.K. REALTY LLC a NYS limited liability company (LLC). Formation filed with SSNY on 6/20/2002. 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, 2705 Coney Island Ave., Brooklyn, NY 11235. Purpose: All Lawful purposes.
{July 10, 2002}

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 24th day of July, 2002 at 7:45 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows:

AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-10, Schedule VII, Stop Intersections as follows:

ADD:
Stop sign on Village Drive at its intersection with Longwood Drive; and
Stop signs on Tierney Drive at its intersection with Village Drive.

All interested persons and citizens will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for

LEGAL NOTICE

the disabled. Disabled individuals who are in need of assistance in order to participate should contact Nan Lanahan at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
KATHLEEN A. NEWKIRK, CMC, RMC
TOWN CLERK
Dated: June 26, 2002
{July 10, 2002}

NOTICE OF FORMATION OF LLC

Wagoner Realty, LLC, filed Articles of Organization with the New York Secretary of State on June 6, 2002. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Wagoner Realty, LLC, 22 Vanessa Court, Albany, New York 12205. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.
{July 10, 2002}

LEGAL NOTICE

Notice of Formation of Watergate II Properties, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 6/21/02. 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, registered agent upon whom process may be served. Purpose: any lawful activity.
{July 10, 2002}

LEGAL NOTICE

Notice of Formation of Watergate II Properties, L.P. Certificate filed with Secy. of State of N.Y. (SSNY) on 6/21/2002. Office location: Albany County, SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Name/address of each general partner available from SSNY. Term: until 12/31/2052. Purpose: any lawful activity.
{July 10, 2002}

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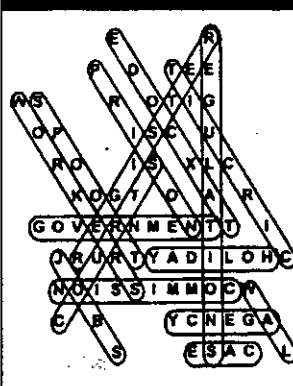
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DELMAR, 123 MURRAY AVENUE, TUESDAY, July 16th, 9AM-3PM.
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A	L	P	I	N	E	L	E	O	N	A	I	N	T	A	D	Z	E			
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The Spotlight Newspapers' **REAL ESTATE CLASSIFIEDS**

Automotive CLASSIFIEDS

Repowering can add years to your car's life

Remember when a car's body and upholstery became so shabby that it was ready for the scrap heap at an early age? Today, thanks to advancements in the plastics, steel and paint industries, most vehicles look good and run well for hundreds of thousands of miles. The active word is MOST. When circumstances call for it, repowering becomes necessary, and, because the vehicle still looks good and other components have many miles left in them, repowering should happen. Someone, either the present owner or the next one, will give that vehicle new life.

The options are:

Overhaul The Existing Engine

The technician strips the engine down to its block, does necessary reboring and other machining to the block, crankshaft, cylinder

heads, camshaft and valves, replaces piston rings, gaskets and other necessary components and reassembles the engine. Many shops perform this service with a parts kit that includes all necessary components. Depending upon how much needs to be done, this job can be performed with the engine in the vehicle or it can be removed.

Install A Used Engine

The down side of this is the risk factor. A salvage yard takes limited responsibility for the engine. Warranty, if any, is very limited. Further, because replacing an engine is labor intensive, you're probably dollars ahead to investigate a "reman".

A Remanufactured Engine

A remanufactured engine is an increasingly popular option.

In this case your vehicle is fitted with a

are inspected, resurfaced and/or renewed.

Quality control in manufacturing is critical among most of these suppliers. The warranty usually is excellent.

Excessive Oil Consumption

Excessive oil consumption usually is because of worn piston rings or valve guides. Your technician's test and inspection procedure can isolate the cause if it's something else. A faulty PCV valve, for example, can cause oil burning and can be replaced for a few dollars. A black, sooty deposit on the inside of the tail pipe usually indicates oil burning.

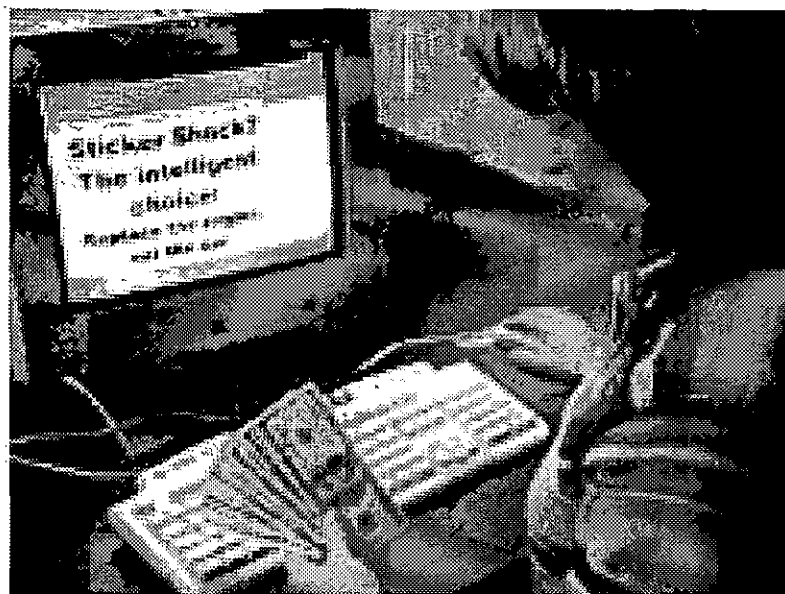
Unusual Noises

Unusual noises, such as a rhythmic thumping at certain engine speeds, indicate major engine wear. Ticking valves or rattling bearings are also bad omens. Power loss, due to leaking piston rings or valves, also may be accompanied by decreasing gas mileage.

In addition to those more common signs of major engine problems are: antifreeze in the oil or oil in the cooling system, either of which can mean a cracked cylinder head or block or, hopefully, nothing more serious than a leaking gasket. Oil fouled spark plugs are a sure sign of oil burning.

The reasons for repowering vary widely. It could be as simple as abrasive grit entering the system through a leak in the air filter; dirty oil, overheating; a broken timing belt or a combination of several of the above. High mileage, of course is the most common reason an engine wears out.

Motorists interested in finding out more about rebuilt engines, the intelligent alternative, can log on www.repower.org. For STICKER SHOCK!, a free, informative brochure, call toll free 1-866-4REPOWER (473-6937).



production line engine identical to or better than the original one. It has been completely disassembled; the cylinder head, block, camshaft and crankshaft

A New Engine

A new engine is the ultimate option for the owner who can afford it. The benefits over an overhaul or remanufactured engine are limited, however, seldom justifying the additional cost.

A magic bullet for automotive safety? Women say, "Yes"

What do you equate with automotive safety? Is it air bags, seat belts, crumple zones, ABS brakes? At recent Women's Consumer Shows, the answer was overwhelmingly, automotive maintenance and repair.

"Having scheduled maintenance and needed repairs performed is not a magic bullet against wrecks or injury, but it's a decisive start in the right direction," says Car Care Council Women's Board Director Donna Wagner. "All it takes is a broken drive belt or a blown radiator hose and your vehicle is out of business. In other words, by ignoring scheduled maintenance, you're setting yourself up for an accident."

Surprisingly, even small items can spell trouble for motorists, according to Wagner. "For example, traveling during a driving rain can be disastrous without good wiper blades. Or, consider an undetected power

steering fluid leak. Now envision yourself maneuvering through rush hour traffic without power steering. Both of these maintenance items cost just a few dollars, but could prevent a serious accident." Business people are fond of saying, "You never get what you EX-pect, only what you IN-spect." The same holds true when it comes to car repair. Perhaps that's why 96% of the respondents surveyed at women's shows deemed an annual vehicle physical a good idea.

Wagner suggests that motorists get the best, most inclusive inspection they can afford. "Don't be afraid to ask what the evaluation includes," she adds. "You don't want a simple tire kicking. You want an in-depth evaluation."

"In the end, it's just good common sense. Motorists who have their cars inspected each year are stacking the odds in their favor."

Want to know more? The Car Care Council offers a free brochure that discusses annual inspections. For your copy, send a stamped, self-addressed envelope to Car Care Council, Dept. XI, 42 Park Drive, Port Clinton, OH 43452. For more information, log on www.carcarecouncil.org.

Brought to you as a public service by Car Care Council. Visit their site at: www.carcarecouncil.org.

Automotive CLASSIFIEDS

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Probe

(From Page 1)

Gibson, 20, of 156 Morey Park Road, Schodack, who resided with Joyce at the time of their deaths. Both were last seen alive at about 6 a.m. on the morning of July 1 — but their disappearance went unreported until Joyce's father contacted park police three days later.

According to Tuffy, park police began searching the area along the Helderberg escarpment at about 3:30 p.m. on July 4 and discovered "what appeared to be a human body," badly decomposed, directly below the

Overlook area, at about 9:30 the following morning. Joined by members of the State Police Mobile Response Team, they then found the bodies of both Joyce and Gibson.

Both were pronounced dead at the scene by Albany County coroner William Loetterle.

An autopsy ordered by Loetterle and conducted Saturday at Albany Medical Center Hospital concluded that the two died of shock and massive hemorrhage due to falls off the promontory. Toxicology reports that might confirm the victims'

blood-alcohol content have not yet been completed, Tuffy said Monday.

"Our investigation and interviews do not lead us to believe any criminality was involved," said Tuffy. "We believe at this point it was accidental in nature. But alcohol played a part in everything." Investigation of the incident is continuing.

Tuffy said the two had driven with three acquaintances to the overlook before dawn on Monday. The three companions told police they then left Joyce and Gibson alone in the car and went for a walk, and when they returned, the pair was missing — but the friends neglected to report them gone.

"We're talking about a bunch of kids, half of whom do not live at home, drifting in and out," said Tuffy. "No one thought it was unusual they were gone. They assumed they'd made other arrangements, or hitchhiked or were otherwise occupied."

Joyce's father, an Albany resident, contacted his son's friends upon not hearing from

him for several days — and also contacted park police, also giving them information that Gibson was also missing.

The park is officially closed at the hour the two went missing, but the road through the park is a frequently-travelled state highway.

A short stone wall, clearly marked with signs warning of the steep drop below, separates the Overlook parking area from the precipice, just a few yards away.

Police do not believe there were any witnesses to the accident. "We're still interviewing people, and there's people we'll go back and re-interview," Tuffy said.

If the deaths prove to be accidental, they are the first since Feb. 1991, and the fourth in the last quarter-century, resulting from a fall from the Helderberg Escarpment.

Injuries from falls from the cliff edge and the Indian Ladder Trail below are more frequent, the last coming just a year ago.

Box City Project Replicates 1800s

In "Community In A Box," students in grades four through eight will design a 19th century small town on Tuesday, July 23, at 7 p.m. at Bethlehem Public Library. By making buildings out of boxes, participants will learn basic facts about structural stability and desirable location within a community.

Presenter Caryn Canfield is a community educator with experience in housing, tourism and economic development, sustainable architecture and cultural heritage.

This program is part of the "I Spy My Hometown" project, supported by Library Services and Technology Act funds granted to the Upper Hudson Library System by the New York State Library. Call 439-9314 to register.

Writing program set at Thacher Park

"Discovering the Wild" is a series of nature journaling workshops being offered at Thacher Park. No writing or artistic skills are necessary.

Participate on one or more of the following dates: July 13 at 2 p.m., meet at the Paint Mine parking area (\$5 parking fee); July 20 at 2 p.m., meet at the Nature Center; July 27 at 2 p.m., meet at the Hop Field parking area (\$5 parking fee). Bring your own blank journal or paper, or purchase paper from the park for a small fee. Preregistration is suggested.

Call Thacher Park at 872-1237 for information.

Jewish service

Rabbi Nachman Simon of the Chabad House of Delmar, 109 Elsmere Ave., will conclude a tractate of the Talmud on Monday, July 15, at 6 p.m.

A barbecue will be served, and vegetarian hotdogs will be provided.

For information call 439-8280 or e-mail DelmarChabadSimon@juno.com.

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The Auction Gallery
 Joan Bohl and Jon Lee present

An Outstanding Antiques Collectibles Auction
 Sunday, July 14th, 11:00 a.m.
 Household and Tray Lots at 9:30 a.m.
 Preview: Saturday, 10 a.m. until 4 p.m.
 Sunday, 9 a.m. until sale or by appointment at the Auction Gallery, 11D River Road, Glenmont (Albany), NY

This auction will consist of over 400 lots from homes in Freehold, Albany and Glenmont to include a large selection of period Empire, Victorian, French, oak and 19th C. country furniture including French 6 pc. Bedroom suite, French settee, Empire server and sofa, 19th C. shoe foot cupboard, early chests, many chairs, stands, tables, many decorative items inc. large tintype of Civil War soldier, Beverwyck Brewery photo, decorated stoneware, over 60 Hummel figurines, early clocks, sterling and plated silver, chandeliers, full size 19th C. oak pool table, early door stops, collection of porcelain oyster plates, old American Flyer and Lionel trains, lots of glass and china, artwork including prints, paintings, plus much more.

TRAY LOTS AND HOUSEHOLD LOTS TO BE SOLD OUTSIDE AT 9:30 A.M.
 Due to the large volume of antiques and collectible items found in this auction, we will be selling the box lots, household furniture, lamps, garden items, tools, and decorative stoneware outside with the regular auction to follow.

INFORMATION: Call Joan Bohl or Jon Lee at The Auction Gallery at 518-426-1353 for photo flyer and complete listing, or you may visit our web site www.auctiongallery2.com for complete listing and photos. You may also e-mail us at auctions@mybizz.net for flyer.

TERMS OF SALE: Cash or Approved Check. All items sold "as is" and all merchandise purchased must be picked up by Monday following the sale. 10% Buyer's Premium. Refunds available.

DIRECTIONS: NYS Thruway to Exit 23, immediate right on route 9W South, go 2 traffic lights, left at 2nd light on route 32 and proceed to the bottom of the hill. Auction Gallery on left hand side. From North and East, route 787 to South Pearl Street Exit, go 1st light, turn right on Albany, 1 mile South of Pepsi Arena.

Water Use Restriction Effective Now!
 All Water Customers Served By Bethlehem Water District Town of Bethlehem and Town of New Scotland

- 1) Use of the public water supply for outside watering of lawns, shrubs, flowers, gardens, etc. is allowed only during the hours of 6 a.m. to 9 a.m. on an odd and even basis. (Properties with odd numbered addresses may water on odd numbered days and properties with even numbered addresses may water on even numbered days.)
- 2.) All new lawn installations that are watered from the public water supply, must comply with the odd and even watering restrictions as stated above. Property owners should consult with the builder or landscaper to try to select grass seed that is more drought resistant and consider using straw mulch (or other methods recommended by the lawn installer) that will help the grass seed succeed with the odd/even water restrictions.
- 3.) New swimming pools — permit for any new pool to include condition that water to fill the pool is trucked in from a private source.
- 4.) Existing swimming pools may be filled using public water supply.
- 5.) New underground sprinkler systems installed in 2002 (unless permit for this year) can not be used until the emergency water restrictions are lifted.

The Town prohibits the use of the public water supply for nonessential uses, such as but not limited to: No washing down of driveways or walkways. (Use a broom or leaf blower); No washing of the exterior of buildings, unless required as preparation for painting.

Visit our website at: www.townofbethlehem.org for additional information

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