

Step Up program
eases transition

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Scottish Games
kick off at fairgrounds

○ Family entertainment

DO NOT CIRCULATE
Health Care

○ Supplement inside

The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLV No. 29 Seventy-five cents

August 28, 2002

Friends pay tribute to Peter Bishko

By JOSEPH A. PHILLIPS

"I was shocked to hear it," said longtime Bethlehem Town Court clerk Barbara Hodom of the news last week of the death of former town Justice Peter Bishko. "We lost one of the best."

Bishko, 61, died on Aug. 20 after a year-long struggle with brain cancer, diagnosed just last summer. A memorial service at St. Peter's Episcopal Church in Albany, and inurnment at Saratoga National



Bishko

Cemetery took place last Friday.

"He was one of those people who you could count on, whether he was your friend, your attorney, or a husband or father," said longtime friend Bob Blackman of Delmar. "He always had an ability to do his best for you. He'll be missed by a lot of us."

Born in Ukraine to Sophia and Konstantin Bishko, Peter hailed from a large family, refugees of the dislocations in Eastern Europe resulting from World War II and the descent of the Iron Curtain.

"He and his family traveled for a number of months through Czechoslovakia and Hungary while they were escaping (the Soviets), and

□ BISHKO/page 28

Planners OK Nigro request

By JOSEPH A. PHILLIPS

"I'm sure you're gonna miss us," joked developer John Nigro before the Bethlehem planning board last week — moments after that body signed off on his request for amendments to the already-granted building project approval for Bethlehem Town Center, a proposed shopping plaza on Route 9W in Glenmont.

His quip, coming at the board's Tuesday, Aug. 20, meeting, came in reaction to the nearly two and a half years that the Town Center project has been under review in Bethlehem, and nearly two months that Nigro's latest request — for amendment of the building project

□ NIGRO/page 15

To Life savers



Tabitha Orthwein and Lezlie Heiner fight for position in a polo match in Glenville last Sunday to benefit To Life, a cancer support group based in Delmar.

Jim Franco

Getting buses rolling is herculean task

By RONALD E. CAMPBELL

How would you like to be responsible for providing more than 10,000 students rides a day over several hundred miles of secondary and rural roads? That's what Al Karam, Bethlehem Central School District Transportation supervisor and his new assistant, Cynthia A. Jurewicz, will face every school day, starting Sept. 5, the first day the 2002-2003 academic year.

Students must be collected in the morning at pick-up points throughout the district and delivered to the seven district school buildings and returned safely in the afternoon. Keeping track of each rider gets complicated, though. On some days, students might be dropped off or picked up by a parent or other family member, for a variety of reasons like an early doctor's appointment or after-school music or dance lessons.

And, younger children can be dropped after school at a babysitters or day care center if both parents work. Some children are picked up from and returned to day care centers if the parents need an early start. Some children have special needs requiring an aide to be present on their bus to provide assistance like, boarding and departing a bus.

Athletes will take late buses home after practice, and some days older students will drive to school. Also students will go to different end points



Cynthia Jurewicz and Al Karam map out strategies for BC buses.

after school than where they were picked up for part time jobs or visit a friend to study.

All of these variables complicate what becomes an enormous task of accounting for all the riders.

Add to this the district goal of organizing bus routes in such a way that no student spends more than 50 minutes on a bus trip within the district. This year's programming started in March. Seniors are moved out of the new data base being prepared for the new year, and kindergartners are added as they are enrolled. Special needs are noted, all of which leads to late summer production of a 16-page brochure. This brochure is sent to parents as a guide and shows route numbers, pick-up points and approximate time schedules for both

morning and afternoon routes.

Buses are equipped with radios to facilitate reporting or locating students who may have gotten on a bus other than the one they were assigned to. Drivers can quickly report problems, and transportation officials can provide drivers with information like special conditions on their route that would deserve extra driver caution.

Maintenance is ongoing and does not lead to a summer crunch, except to prepare and test 14 new buses to be delivered between August and October. When each new bus is ready for service an older vehicle is retired and readied for sale in the secondary markets, which is another summer activity keeping mechanics busy. Summer is a time when drivers, aides and monitors are given refresher training, with emphasis on safety.

□ BUSES/page 11



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Good Sam employee charged with theft

An employee of Good Samaritan Lutheran Home was arrested on felony charges by Bethlehem police last week following a month-long investigation of several thefts at the senior residence.

Mary Autumn Poletto, 43, of East Poplar Drive in Delmar was arrested Aug. 20 on a warrant issued by town justice Theresa Egan. Poletto was arraigned before Egan on two counts of forgery and one of grand larceny, all felonies, and two misdemeanor counts of petty larceny. She was ordered to Albany County jail in lieu of \$10,000 bail. A preliminary hearing in the case was to be conducted on Monday, Aug. 26.

The arrest stemmed from a pair of incidents on July 16 and 17, when residents of Good Samaritan, located on Rockefeller Road in Delmar, filed complaints of thefts from their rooms. In one case, about \$100 cash was removed from a purse; in the other, a credit card was stolen. Access to both rooms were limited to a small handful of staff.

Examining staffing records, Officer Jeffrey Vunck focused his investigation on Poletto, who is alleged to have used the stolen credit card for purchases at two Glenmont area businesses. Vunck's investigation served as the basis for the arrest warrant.

Poletto is due in Bethlehem Town Court on Sept. 17.

Plumfest on deck in Unionville Sept. 14

The town of New Scotland is planning the fourth annual Plum Fest to be held on Sept. 14.

The day will begin with an 8 a.m. breakfast at Union Reformed Church. There will be vendors at the church selling crafts, and members from the New Scotland Historical Association selling commemorative pottery, a Unionville driving tour booklet and other materials from the Association. There will be NHSA booths at Unionville Firehouse and at the site of the old Unionville Hotel on 443. At the site of Unionville Hotel, the postmaster will have a special cancellation from 9 a.m. to 1 p.m., and there will be a model of Unionville Hotel circa 1900.

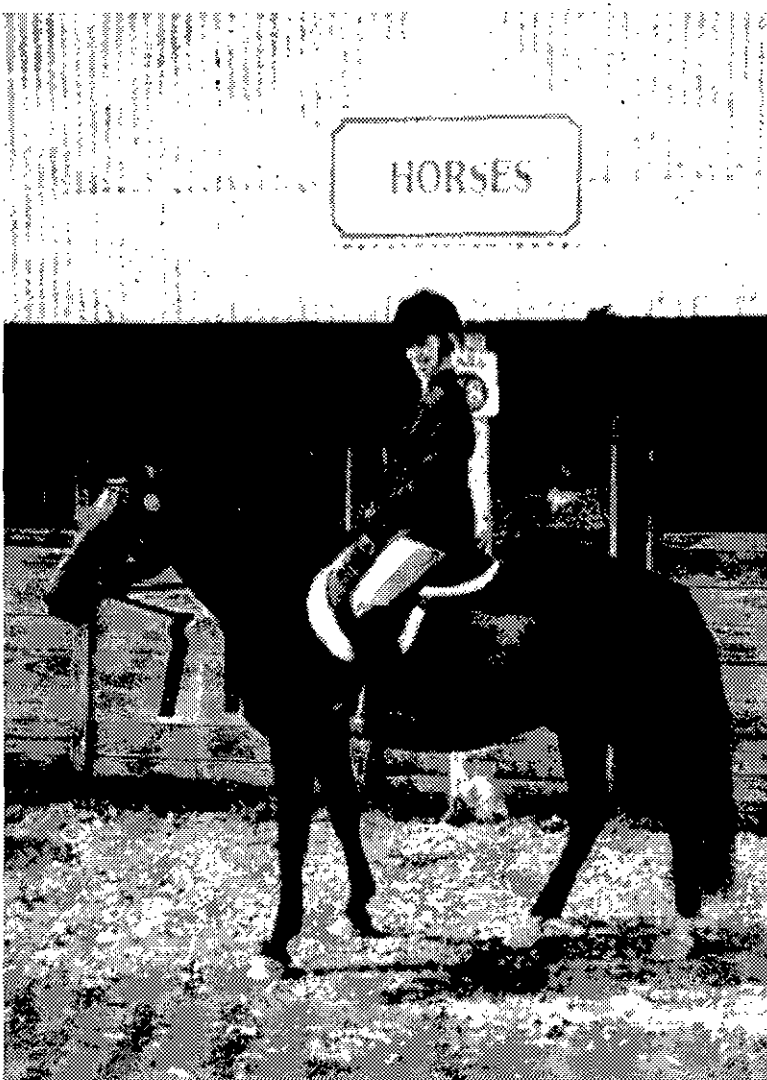
Historic homes in Unionville can be seen through a driving tour beginning at Union Church. Historical markers will be placed during the day's celebration at Union Reformed Church and at the Haase home (Allen Stone House) on Clipp Road.

Lunch will be served at the Onesquethaw Firehouse in Unionville from 11:30 a.m. to 1:30 p.m. The firehouse will also serve a chicken dinner from 4 to 7 p.m. A raffle to support NHSA will be held, with prizes awarded at the dinner at 6 p.m.

Contact Peg Dorgan for information on holding a garage sale on the day of the festival. She can be reached at 768-2852 or at mdorgan@att.net.

There will be maps of garage sales available at Unionville Church and the firehouse.

Easy rider



Stephanie Mulligan of Selkirk and her pony, Driftwinds Coolcat, won the equitation pony over fences category at the 4-H Horse Show at the State Fair in Syracuse. She also took second in working hunter pony over fences, third in equitation on the flat and sixth place in hunter pony.

Court case adjudicated

A Delmar resident facing multiple charges in Bethlehem Town Court on Aug. 20 including driving while intoxicated (DWI) pleaded guilty to a reduced count in satisfaction of those charges.

Appearing before town justice Theresa Egan, Amaris Giselle Granado, 21, of 45 Lansing Drive pleaded guilty to driving while ability impaired (DWAI) in satisfaction of a DWI charge stemming from her arrest on

Aug. 4. Additional charges of speeding and unlawfully driving on a restricted license were dismissed.

Egan ordered Granado to pay a \$300 fine and a \$35 state-mandated surcharge, and suspended her license for 90 days. Granado was also ordered to attend a Victim Impact panel and undergo a drinking-driver remediation program.

Primary day Sept. 10

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BCMS Step Up program helps ease transition

By RONALD E. CAMPBELL

The sign over the entrance to Bethlehem Central Middle School reads "There are no strangers here, only friends we haven't met."

Still, the transition must be difficult for some students.

Starting middle school means moving from one of the district's five elementary schools with a class of fewer than 100 students, to a new building housing almost 1,300 students, mostly strangers and many older kids.

Alexia Ryan, coordinator and one of the original Step Up teachers from 13 years ago, agrees. All sixth-grade teachers in the system identify students to Ryan and her team, students who could benefit most from help with the transition. These lists arrive at the middle school in the spring, so parents of prospective candidates for the program have time for discussions with the team and the students before summer vacation begins.

"This year's class of 31 students is larger than we like to work with. Normally, we get two to three times as many referrals as we can accommodate," Ryan said.

"Participation is not mandatory, and we consider students with special needs and transfers from other districts who have been identified candidates for the program by guidance counselors.

"The program was so successful," said Ryan, "that after two years, it became a district-sponsored and funded program. When the program was six years old, the district started a similar program, called Step Out, to help selected students with the transition from middle school to high school."

Ryan said a large part of the program's success is attributable to the contributions of the other teachers who work with her.

"Two have been the program since its inception like myself, Bob Salamone and Jack Rightmyer. Three other teachers have joined the program over the years — Carolyn Hejna, Mike DeAngelis and Jean Winkler. Once a teacher is in the program, they say they would never miss it," said Ryan.

"The program has no strong academic focus. We try to engage the kids, get them used to their new environment, get to know the teachers they will be working with in the coming year and get to know kids from the other schools," she added.

"To assist in getting used to the new environment, the kids will pass from homeroom to each class room as they will during the regular school year. Students rotate leading the group around the school, which helps build leadership and confidence," Ryan said.

"One activity that causes confusion sometimes is rushing to school in the morning, only to have difficulty getting the new combination lock on their locker open. We have races every day and give prizes for the best times in getting lockers open. This makes a game out of getting them comfortable with what we have observed to be

a potential stumbling block to getting to first period on time," Ryan said.

The middle school has its own Project Adventure course which the students will use the second week. During the first week they learn how to use the safety harnesses. The last day of the program is an awards ceremony and one of the awards is King Of the Catwalk, from Project Adventure, which students earn by crossing blindfolded. This part of the program, according to Ryan, "Continues building confidence, trust and camaraderie."

"This year, our students visited the State Police Academy and the local FBI field office and heard presentations from law enforcement people about leadership and good citizenship. We also walked the new Hudson River Walkway and had a picnic lunch in Corning Preserve, followed by a tour of the State Capital and Senate," she said.

One of the program highlights is a fall reunion that includes parents. Kids can show off their feats from Project Adventure, and teachers get feedback from students to help fine tune the program for subsequent years.

"Each class performs a public service project for the school during a portion of the second week, and this year we wallpapered the lower floor lavatories and stenciled the doors. They did a wonderful job in the 90-plus degree heat. These rooms are close to the cafeteria and get heavy usage by all the students. It really looks nice," said Ryan.

"We schedule the program the same two weeks each year — in the middle of August — so families can plan vacations ahead of time," continued Ryan. "In that way, kids get a little break before classes, but the confidence and enthusiasm they generate from the program will still be with them."

The program was so successful that after two years, it became a district-sponsored and funded program.

Alexia Ryan



Liz Becker and Kristen Neff enjoy skatejoering at Walden Farm in Bethlehem.

Skatejoering catches on with kids

By MARK SHAWHAN

For the many Americans who own a pair of Rollerblades, there is a new activity called "skatejoering," and it combines Rollerblading with an old European winter sport, "skijoering."

Skijoering involves a skier being towed by a horse or several sled-dogs. It has been popular in central European and Scandinavian countries for decades, and in some places has become a very competitive organized sport. Skatejoering simply replaces the skier with one or more Rollerbladers.

Locally, skatejoering has been adapted from skijoering by Karen Burrows, owner of Walden Farm, a horse farm in Bethlehem. Burrows said that two years ago, she "attended a riding clinic in Massachusetts which had a presentation on skijoering and got interested in doing skijoering" at Walden Farm. Walden is a Welsh pony breeding farm, and she planned to use those ponies to tow

rider/skiers. Burrows "got the equipment in January to try out during the winter." Unfortunately, these plans were derailed by a very simple problem: there was no snow.

Burrows said she "didn't want to wait a whole year to try the equipment out," fortunately, she realized that the towing harness could be used not only for skiing, but also for "anything which could be pulled," such as Rollerblades. As Burrows explains, "You can use Rollerblades in the summer, and they are quiet, so they don't bother the horse." She introduced skatejoering to the students in Walden's spring horsemanship program, and it proved extremely popular.

Based on its popularity in the spring program, Burrows has incorporated skatejoering into her summer horsemanship program as well. This week-long program gives students "the opportunity to try a lot of riding activities besides dressage and jumping such as carriage driving and trail riding," she said. This

summer, skatejoering has been added to the list as an optional activity and has proved as popular as the other riding activities or, for that matter, playing with one of Walden's 18 cats.

It is enjoyable both for the first-time participant and for more experienced skatejoerers as well. After skatejoering for the first time, Rebecca Jenkins said that "It was really fun; I'd do it again." Nick Lavada agreed that "It was awesome." More experienced skatejoerers Megan and Kristen Neff both called it "a lot of fun."

Skatejoering is also a good way to reinforce riding skills, particularly balancing and holding the reins correctly; as Megan Neff put it, skatejoering is a "real way to show what you've learned about riding."

When winter comes, Burrows hopes to try skijoering as well, weather willing; until then, visitors to Walden Farm on Waldenmaier Road will be treated instead to the sight of horses pulling Rollerbladers.

RE/MAX to open in Delaware Plaza

By KATHERINE MCCARTHY

The walls are still being taped and lighting still hangs from the ceiling, but Catherine Griffin sees specific rooms and a thriving business in RE/MAX Premier's future real estate offices, slated to open in Delaware Plaza by the end of the month.

"People are surprised at the size," Griffin said of the space that extends from the storefronts of Delaware Plaza to the rear parking lot. "We've taken more space than Friar Tuck, the previous occupant, had." Opening a RE/MAX office in Delmar is a new venture for Griffin, who was with Prudential Manor Homes for 15 years, most of them as vice president and office manager.

Griffin is Broker Owner of the new real estate office along with Dave Evans, who founded the Capital District's other RE/MAX Premier office on Washington Avenue Extension in Albany two years ago.

"I've been in real estate for 13 years, 11 of which were as full-time management," Evans said. "I liked the RE/MAX concept so much that I bought my own territory."

RE/MAX, Evans said, is designed to appeal to top-producing agents. He estimated that the company is growing by 1,000 agents per month, and that RE/MAX agents sell four-to-five times more real estate than other agents. "RE/MAX offers agents the benefits of a full-service company, but gives them the maximum control over their product," Evans said. "We recognize that one size doesn't fit all when you're selling a house. Our agents take more of their commission dollars, but use it to market their properties. In RE/MAX, we tell our agents that they're in business for themselves, but not by themselves."

Evans said his Albany office did \$18 million in sales during its first year in business, and \$90 million in 2001. For this year, he's targeting \$250 million.

Griffin is excited about the new space, whose homey entrance will have a brick façade, and she's also

pleased to be co-owner of a Bethlehem business.

"This is a dream come true," said Griffin, who has lived in Bethlehem for 17 years.

The Bethlehem Chamber of Commerce named Griffin its business person of the year in 2001, and she has been active in the community and with Bethlehem First for years.

"We have the best of both worlds for the consumer and agents, and we're opening a dynamic, state-of-the-art space in the town of Bethlehem," she said.

Griffin pointed out that RE/MAX agents will have their own offices at Delaware Plaza, and the drop-in customer service center just inside the door will make it easy for shoppers to stop in and check out what's up in the real estate market.

The new office will have about 12 agents and staff.

"Cathy and I have known each other for years," Evans said of their partnership. "I wanted to expand the business and concentrate as closely as possible on it, but not have to manage it myself. Having Cathy as a partner is a great opportunity."

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'Mr. Rabbit' enjoys nature's bounty

By DONNA J. BELL

I love my garden. I'm not talking about flowers, although over the past few years I have been planting a stand of sunflowers and a tiny little patch of annuals.

No, I'm talking about an eating garden. One filled with old fashioned green beans, zucchini, cucumber, pumpkin, peas, broccoli, basil, and oh yes, the queen of the garden — sweet, succulent, vine-ripened tomatoes.

Luckily my husband shares in my obsession. We begin early in the spring when it is too cold to plant in the Northeast by starting our seedlings indoors. My husband then starts slowly removing our garden tools, cages, poles, and hoses from the garage where they emerge into the thin sunshine after a full six months or more in dark storage.

Several years ago, to my delight, Roger bought me a tiny "greenhouse" that measures 5 feet long by 3 feet deep and 3 feet high — just enough room to move the early seedlings into their "halfway" house and give room to the later planting seeds to get their headstart inside.

We have little space for our garden and have to make the most of the room by growing everything up on fences, nets and poles. In early spring, there seems so much room with wide pathways between all the raised beds. The miniature plants seem lost in a sea of mulch — but I know it won't be long before we are brushing aside leaves bigger than our youngest daughter to get to the next plant.

This year we were blessed with a bumper crop of everything, with sweet cherry tomatoes being eaten right off the vine and delivered to friends in baggies and zucchini stacking up in the pantry and making its way into zucchini relish and zucchini bread.

My children have informed me, however, that there is never too much broccoli. No, not a joke, my children make daily pilgrimages to check if the heads and shoots are ready yet.

My husband's favorite meal is one I only fix for him from late August through September and that is because it is dependent on the garden for its one vital ingredient. It is a long wait from the planting of the first seedling in April until August for Roger's treasured tomato pie, with its buttery-biscuit crust, ripe red chopped tomatoes, New York sharp white cheddar, basil and the surprise ingredient — mayonnaise.

The recipe calls for six or more large tomatoes so there is a growing anticipation between seeing the first blush of pink hiding beneath the leaves to the first few to ripen to a deeper red to a full half-dozen.

This year we ran into a snag — a tiny bouncing, hopping, wiggly-nosed, cotton-tailed snag — Mr. Rabbit. Oh yes, we know that if you see one there is more but we refer to them all collectively as Mr. Rabbit.

Oh, so cute, until I went out to pick the first of the tomatoes and came up with only a half. Our friend, Mr. Rabbit had daintily scraped out the insides and left us the rest. That wasn't the worst

part—he'd taken only a nibble out of several more.

"Roger!" I yelled as I ran up the stairs. "We have a problem."

COMMENTARY:

*Mom's
the
Word*

"No problem," Roger said. That night he came home with a humane "Have-a-Hart" brand live rabbit trap.

"This will solve everything," Roger assured me. A week of munched tomatoes later, the trap goes back to the store. My 10-year-old, Kyle, said, "I think the rabbits were just standing around laughing at that trap."

Roger comes home this time with garlic-filled spikes guaranteed to keep rabbits away with its strong garlic smell. They were very aromatic, when you stood in our back yard it smelled like an Italian restaurant.

Mr. Rabbit? He must like Italian. "He probably just thought he was eating spaghetti sauce," 8-year-old, Skyler said throwing out another batch of chewed-up toms.

"Hmmm," Roger said. "I think we have a problem."

Now, I am a peace-loving gal. I see no reason we can't live side-by-side with our fellow creatures — if they stay out of the tomatoes. By now, however, I was humming the Elmer Fudd classic song, "Kill the wabbit, kill the wabbit..." (Writers note: no actual rabbits were harmed either before, during or after the writing of this piece).

Long story short, Mr. Rabbit and I recently came to an understanding. An understanding involving eight fence poles and two rolls of rabbit-proof fencing.

"It's sad," my son Kyle said a few days after the fencing was up. "He must go out there every night and hop up to the fence and look in, drooling for his tomatoes." A mental picture came to mind of a rabbit on his knees in front of the fence, head flung back, paws outstretched toward the full moon howling, "Why?"

"Oh well," I told Kyle philosophically. "It's nature's way."

Letters policy

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

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

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.

Loggin' on



Cub Scout Pack 23 from Hamagrael Elementary School recently participated in the annual cleanup activity at the school. The Scouts collected trash around the school grounds and cleared brush from the woods.

Farm bureau golf classic openings still available

There are still openings for golfers to participate in the New York Farm Bureau Foundation for Agricultural Education's "Foundation Gold Classic" on Thursday, Sept. 5, at Robert Trent Jones Golf Course, located at

Cornell University in Ithaca. The \$150 cost per golfer includes a full day of golf on the 18-hole course and all meals.

There will be an evening banquet at a cost of \$30 per person.

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Kem Cleaners opens in Town Squire Five Rivers to hold Fall Festival Sept. 14

By JOSEPH A. PHILLIPS

With the new Glenmont Price Chopper open for business barely a month, another new tenant in the newly-revived Town Squire Plaza conducted a grand opening of their own earlier this week — and more ribbon-cuttings should follow in the weeks to come, according to Bruce Ginsburg, executive vice president of Town Squire's owner-operator, Schuyler Companies of Latham.

Kem Cleaners, the Schenectady-based dry-cleaning chain with 15 existing drop-off locations in the region, opened a new 1,500-square-foot location on Monday, Aug. 26, in a storefront previously leased by Fleet Bank.

"We are opening up new locations to serve areas that are currently underserved," said Kem Cleaners CEO Bob Joel. "We have been looking for something in the Glenmont area for some time, and Schuyler had been talking to us for some time." The chain signed a lease with Schuyler early this summer.

"We like working with Schuyler Companies because they are a top-shelf landlord," said Joel. "They do things right and have quality facilities and excellent locations."

Of the choice of this location, Joel said, "Basically it's convenience. That's what we sell to our customers." Their new supermarket neighbor, he said, was a key factor.

"We have found that people like to do multiple shopping stops with a one-stop orientation while using our services," said Joel. "It's a lot more convenient for people to drop off their cleaning with us and make other shopping stops nearby."

Kem Cleaners originally hoped to open their new outlet simultaneously with Price Chopper's July 30 kickoff, but were delayed until Fleet cleared its lease, Joel said. But while proximity to Price Chopper was desirable, Kem declined to lease the space immediately next door in deference to the late-day rush-hour traffic the supermarket is likely to draw.

"We want our customers to be able to pull up curbside, pick up their cleaning and move on," he said.

The new location, he said, will be open 7 a.m. to 7 p.m. weekdays and 8 to 4 on Saturdays, and will be staffed initially by a manager, two full-time employees and up to four part-time staff. Kem Cleaners will offer express single-day service and a more typical two-day turnaround to its customers.

Cleaning will not be done on the premises but at the company's 27,000-square-foot State Street plant in Schenectady, the largest such operation upstate, Joel said. Completion of the facility last year enabled the chain to expand; Joel said another drive-up location will open soon in Rotterdam.

Schuyler executive vice-president Bruce Ginsburg welcomed the new tenant. "We take a lot of pride in our strong reputation as a quality landlord, which shows in how we build, develop and maintain our properties as well as work closely with our tenants," he said.

Ginsburg said Schuyler is "in discussion" with another new

tenant for the vacant 2,450-square-foot space between Price Chopper and Kem Cleaners, and he hoped to complete negotiations soon. In addition, "We're just finalizing an agreement with a 4,000-foot retail tenant I cannot identify yet," a business that will probably publicly announce plans to move in "probably within the next 30 to 60 days," he said.

The leasing rush is being fueled in part by the new 56,000-square-foot Price Chopper, completed in less than nine months after breaking ground. "A very strong anchor in Price Chopper is a compelling factor in tenants wanting to come here," Ginsburg said, "as well as the strong demographics of Glenmont." Residential growth south and east of Bethlehem Center is booming, particularly in the so-called "Golden Triangle" bounded by Route 9W, Feura Bush Road and Elm Avenue.

Still pending is Schuyler's proposal, presented to the town

Planning Board in April, to add nearly 34,000 square feet to the plaza. Schuyler plans three new buildings on 5.6 acres north of the existing plaza on Route 9W.

As proposed, it would include a 24,800-square-foot retail building, an adjacent 5,640-square-foot office building and a 3,500-square-foot drive-thru bank. Pioneer Bank, which has occupied a storefront in the plaza since last fall, would likely move into the latter.

"There's already a lot of strong interest in that expansion space," said Ginsburg. But the proposal is presently on hold at the recommendation of the Planning Board.

In the wake of the Price Chopper opening, "They suggested we wait until traffic patterns are better established," he said. "Now that they're open, we'll probably be back before the planning board in the next 30 to 60 days."

Five Rivers to hold Fall Festival Sept. 14

Friends of Five Rivers and Five Rivers Environmental Education Center, operated by the state Department of Environmental Education, are co-sponsoring the annual Five Rivers Fall Festival on Saturday, Sept. 14, from noon to 4 p.m.

This year, the family fun day will celebrate the 30th anniversary of the establishment of Five Rivers as the region's first environmental education center.

Festivities will include hands-on crafts and activities; environmental displays and exhibitions; refreshments; book, plant and bake sales; music; an open silent auction; and a birthday cake.

Entertainment will be provided by Acoustic Hartland.

Dee's Reptiles and Amphibians will be back for visitors to see and touch.

The annual insect safari will take place, with nets for youngsters to capture and identify an assortment of bugs and butterflies.

True bug lovers will delight in Jerry Dievendorf's display of exotic insects from around the world.

Taury Smith's awesome exhibit of rocks and minerals will reveal discoveries about the geology of the area.

More adventurous types will be able to try orienteering. At 1 p.m., experts from Empire Orienteering Club will be available.

Festivities will go on, rain or shine. Admission and parking are free.

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Matters of Opinion

Sad precursor

The unofficial end of summer is fast approaching. On Monday, we'll celebrate the holiday that honors the nation's working men and women — Labor Day.

Most people, however, tack it on the weekend for a three-day respite from work.

Many families will head out to the lake or the beach, while many others will use the extra time to put the finishing touches on back-to-school supplies heading to malls where holiday sales make it a big shopping day.

Most kids will probably view the day as the last chance to relax, the last countdown before school begins on Thursday.

But Labor Day this year is different

On the minds of many this year is a day nine days after Labor Day the first anniversary of the Sept. 11 terrorist attacks. That day will be marked, not with a day off from work, but by memorial services being planned by several local churches and moments of silence being called for by some politicians.

The nation's recovery is slow and painful. We aren't hearing as many vague and generalized warnings about more attacks, but many wonder what form the hatred will manifest itself as next.

Biological, chemical or another act of violence against symbolic American icons causing the loss of innocent people's lives?

Labor Day this year, and probably in future years, marks that short span of time between the end of summer and 9/11, when our history was altered forever.

Back-to-school basics

For most kids, Thursday, Sept. 5, will mark the beginning of another school year.

That means school buses will be on the road, and drivers need to remember to slow down in the early morning and late afternoon hours.

Many school children walk or ride bikes to and from school, so it's essential to be on the alert at all times. Observe the lower speed limits in school zones.

If there are teenage drivers in the family, remind them of the law regarding stopping, not just slowing down when the bus' red lights are flashing. And don't just give lip service to this law. Set a good example so that teens know you mean what you say.

Strike talk drives fans batty

By ROB JONAS

It's hard for anyone to feel sympathetic for Major League Baseball players as they threaten to go out on strike — even those who hope to someday join them.

"I think it's kind of weird that they're asking for money when they're already making millions of dollars," Guilderland Babe Ruth All-Stars pitcher/shortstop Reid Moreland said.

Moreland isn't alone. Judging from the reactions at stadiums, on TV and on sports talk radio, many baseball fans are wondering if major league players are thinking of their bank accounts first and playing second.

"In the major leagues, they play to get paid," said Drew Landor, a member of the Clifton Park team that played at the recently-concluded Babe Ruth 14-year-old World Series at Clifton Common. "But at something like this (tournament), the kids play to win and because they love the game."

In many respects, the circumstances surrounding the possibility of the ninth work stoppage in the majors is no different than any of the previous ones. The players want to protect their ability to receive as much money as they can from team owners, who complain that the high salaries are forcing them to lose millions of dollars — even as they raise the price of a bleacher seat to what one could spend going to an Albany-Colonie Diamond Dogs game.

But there is an overriding difference this time. In light of the terrorist attacks in New York City and Washington nearly one year ago, people have gained new perspective on what's important. One thing that isn't important now is listening to overpaid baseball players and obscenely wealthy baseball owners complain about what each side is doing to the game.

The truth is, both sides are equally to blame for where Major League Baseball is today. Fans can't connect to the arrogance displayed by some of the current

Point of View

superstars (i.e. Barry Bonds), but they can't feel sympathetic to the owners because they don't believe for a split second that they are on the brink of bankruptcy if they have to pay another \$100 million contract.

It would help the owners' credibility if they would allow one of two things to happen: either open their accounting books to show how much money they are losing or watch some franchises go belly-up. But they have been extremely reluctant to let even a Congressional committee see their books, and they've done everything they can to keep all 30 teams afloat — to the point where it was rumored that they chipped in to help one team meet its payroll.

Of course, some teams' payrolls could help bring a third-world country into the 21st century. The New York Yankees spend more than \$100 million annually to pay their players. Granted, they get good bang for their bucks; the Yanks haven't missed the playoffs since the last work stoppage in 1994. But it's still a hefty sum, especially when other teams spend only a fraction of that amount to wind up near the bottom of their divisions.

It's that last fact that has owners coveting a luxury tax. They figure that if they can get owners like the Yankees' George Steinbrenner and Tom Hicks of the Texas Rangers (the team that gave Alex Rodriguez a \$252 million contract to be the *whole* team) to pay something back to the rest of the league, those less-fortunate franchises such as Kansas City, Florida and Montreal could afford to bring in their own overpaid free agents and become competitive. Not that spending the gross national product of Belize has helped every team be competitive. Anyone seen where the New York Mets are lately with their \$90-plus million payroll?

The players are catching heat from fans because they are making millions of dollars and in many cases are perceived to be more of a hindrance than a help to their teams. Several years ago, pitcher Kevin Brown was signed to a contract worth more than \$100 million by the Los Angeles Dodgers after helping San Diego reach the World Series. Today, Brown is pitching out of the bullpen because nagging injuries have stalled his career as an ace starter.

At least, Brown is showing some effort to live up to his contract. Some players go into the tank after receiving a hefty sum of money for their services and never return to their all-star levels (i.e. Juan Gonzalez, Mo Vaughn, Mike Hampton).

In instances where that

happens, some fans feel that those players should give back some of their money to help their teams find others that can turn their fortunes around. Though it would be a nice gesture, there aren't too many major league players who would be willing to do that. Their argument (and a good one at that) is if your boss asked you to give some of your salary back to the company to purchase new equipment, would you be willing to do that?

So if the players are unwilling to stop making hundreds of millions of dollars and if owners are adamant about finding a way to bring salaries "under control,"

Of course, some teams' payrolls could help bring a third-world country into the 21st century. The New York Yankees spend more than \$100 million annually to pay their players.

what are the fans left with? Basically, an overriding sense that the sport has deserted them and that neither side cares what happens to them. That has led to cries of "If they go on strike, I will never go to another game" and "Who

needs them when football starts next week" from the fans.

These cries would hold weight if more people stopped going to major league games. Though attendance has been down 5 percent from last year and has never fully recovered from the 1994 strike that cancelled the World Series, owners and players look at the near-capacity crowds that show up in New York, St. Louis, Los Angeles, Seattle, Boston and Cleveland and feel a sense of security. Never mind the fact that the Florida Marlins average 10,000 fans in a stadium that can hold close to 50,000 or that new ballparks aren't drawing large crowds.

The truth is if baseball fans really want to send a message to both sides, they should be staying away from all major league ballparks. People in the Capital District are fortunate that we have options nearby that offer at least a decent level of baseball for a fraction of the cost of going to Yankee Stadium. The catch is that it's not major league caliber baseball, but it is baseball.

The region was also fortunate that it hosted the Babe Ruth World Series. For more than a week, fans in Clifton Park were treated to competitive baseball played by teenage boys from across the United States who have yet to lose their love of the sport — even as their major league counterparts were talking about a strike because their ability to make millions of dollars was being threatened.

"I definitely think it affects the fans' attitudes toward the game," Landor said. "But for the players, I don't think it affects their thoughts about going to the major leagues."

At least, the major leagues can rest assured that there won't be a shortage of players in the near future. Whether there will be a shortage of fans is another issue.

The Spotlight

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Matters of Opinion

People should prevail

Editor, the Spotlight:

I have not been involved in the politics of my town beyond making sure that I voted every Election Day.

I dutifully read the pamphlets, voting for the person promising the things I wanted to hear.

For the past 20 years, I have been involved in being a wife and working mom. I felt that being the mediator between my teenage daughters and my husband was as much political involvement as I desired.

I was wrong.

This past year as a member of the Selkirk community, I realized my concerns went beyond just the needs of my family. I became concerned for my community. I saw educational opportunities for our children being compromised by a town board that used diminished school tax levies as an incentive to attract industrial development.

Now, the same town board has deemed it appropriate to allow an industry which transports, stores and maintains trash haulers and large Dumpsters to be located within a predominantly residentially-developed section of a Rural/Not Zoned area of our town.

This industry would occupy a site with access to the Hudson River and would need to extend the overburdened water and sewer districts to accommodate development. Dumpsters that would be cleaned and maintained on this site would collect not only trash, but toxic chemicals from construction and demolition debris. The site is located uphill from the aquifer that feeds the town of Bethlehem wells located along the Hudson River shoreline. The same wells that are now supplementing a weakened

Vly Creek water source.

Our elected town officials, when addressed by constituents concerned about the impact of their decisions, respond that Rural/Not Zoned means the landowner has a right to do anything that he wants to the land as long as the use is not listed in the "forbidden" use list.

Landowners' usages that fall within the approved use list of Rural/Not Zoned must comply with "zoning laws" and obtain variances. Something seems very unfair with these interpretations of zoning laws.

When residents asked the town to put a moratorium on development to have time to address concerns, the town's response was a resounding "No." We are afraid these large rich companies will sue us.

I am by no means an Erin Brokovich, but my sense of community has been awakened. I have some questions for the town's elected officials. Did they take an oath to represent the people of the communities of the town? Were they elected to override the residents' concerns, to bow to the large corporations that bully their way into our communities?

As documented in the minutes of board meetings from 1997 to the present, the board has said it wants a comprehensive zoning plan that fairly represents all of the communities within the town.

I implore Bethlehem's officials to carefully consider the precedent-setting decisions they make as representatives of the town's people. The people are the town of Bethlehem. Business will come and business will go, but the people will be here a lifetime.

Debra Henrikson
Selkirk

Lions deserve thanks for senior picnic

Editor, The Spotlight:

On Thursday, Aug. 15, the Bethlehem Lions Club held its annual Cliff Van Dyke Memorial Picnic for senior citizens of the town.

More than 150 senior citizens from all parts of the town enjoyed a delicious luncheon of hamburgers, hot dogs, salads and watermelon.

We extend our special thanks to members of the Bethlehem Lions who worked so hard to make this an enjoyable outing and to the many Bethlehem senior volunteers who helped out

Joyce Becker
assistant director of Senior Services

Thanks to businesses for fund-raising help

Editor, The Spotlight:

Eleven local merchants are selling paper sneakers for only \$1 each to benefit diabetes research. This great sneaker sale is part of the effort of our townwide team, Bethlehem Cares, that will participate in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes on Sept. 29 at Corporate Woods in Albany.

Bethlehem Cares would like to thank these businesses for supporting our quest to cure diabetes by selling paper sneakers for us: SuperValu Foods in Voorheesville; Delmar Marketplace, McDonald's of Delmar, Mr. Subb and Normanside Hair Design, all in Delmar; Grand Union, Roberta's Gift Shop and VanAllen Farms, all in Glenmont; Houghtaling's Market in Feura Bush; The

Corner Market in Selkirk; and Grand Union in Ravena. We appreciate their support.

The next time that you visit one of these great businesses, please consider making a \$1 donation. Your won't just be buying a paper sneaker. You'll be buying a hope for a lot of people that a cure will be found for diabetes and its complications.

If you would like more information on participating in the Walk to Cure Diabetes, call Bethlehem Cares at 439-6894. If you can't participate but would like to make a donation to support diabetes research, you can mail a check (payable to Juvenile Diabetes Research Foundation) to Bethlehem Cares at 65 Boylston Drive, Delmar 12054.

Tim Carey
Delmar

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Matters of Opinion

Eagle sighting is sign to protect environment

Editor, The Spotlight:

I received an unusual birthday present not long ago.

As a Bethlehem resident, I have always appreciated the ever-changing cycles of nature visible in our community. My parents were bird watchers, keeping an annual and a lifetime bird list. I learned at an early age that the presence of certain birds can indicate a healthy ecosystem. We too feed and watch the birds on our Glenmont farm.

Aug. 7 was my birthday, but I had decided to go to the public hearing at Bethlehem town hall, instead of enjoying a birthday dinner out. I went to learn more about the Waste Management situation and heard from various deeply concerned citizens on the

issue. I had wondered how this company, not commercial but service, had been tentatively approved to occupy this land which borders the Hudson River without site studies, because it is in a Rural/Not Zoned area. WM is trying to bulldoze its way into some of the most historic, pristine, well-cared-for farm land in Bethlehem.

But as the man from Bard pointed out, the disputed land is critically near the coastal ecosystem of the Hudson. He was deeply concerned about what empty, unwashed garbage containers and trucks parked on the land in question could do to its natural habitat.

He said that there are several endangered species in the area,

and it is now in a fledgling eagle habitat. The process ended with a two-week deadline for the lawyers. Good. When I heard about the eagles, I really became excited. Eagles — here?

My friend, a former pilot with EnCon, had flown wildlife management experts to count eagles farther down the river. With careful land management, he told me, the eagle counts had been slowly increasing. But, he said that he wasn't aware that the eagle population had come this far north.

Since I had a birthday dinner "raincheck," we went to Shady Harbor marina on a Friday night. We were seated by the north edge of the deck overlooking the river and the gently rocking boats moored below.

Suddenly, we saw a bird with a large wing span wheel over the water. It had white on its throat and maybe its tail — it was going fast. It flew back to the island across from the marina, but then its mate soared out, dove to the wave tops and tried to catch a fish. I said, "What was that?"

And my beau quietly responded, "Those are eagles."

Last week, amazingly enough, when I took my daughter to the marina for lunch in honor of her birthday, we also saw a pair of eagles! This time, they wheeled high over our table in an unforgettable display of grace and strength.

The town must see that this is a sign. It is the rural land that renews the environment, including our spirits, and affords space for wildlife. It is also wonderful to live near.

Bethlehem, please say no to WM — it would not be worth it. Let your grandchildren see the eagles.

Diana Ham
Glenmont

Four RCS students receive Cogen awards

Selkirk Cogen Partners, L.P. presented four scholarships totaling \$4,500 to Ravena-Coeymans-Selkirk Senior High School students during its June graduation ceremonies.

Selection of the recipients was based on academic records, career aptitudes and goals, community involvement and character references.

One winner, Anthony Ferrusi, will major in business administration at University of Tampa. Ferrusi graduated with several awards for having the highest average in the business field, as well as an award from the Mother McAuley Council Columbiettes for his essay on Sept. 11. He served as Webmaster for Scoresup.com, a Web page for RCS.

Another recipient, Jacob Hafensteiner, plans to study civil engineering at Northeastern University. Hafensteiner graduated ninth in his class, was vice-president of the National Honor Society, captain of the varsity soccer team and an award winner at a local Science Olympiad.

Sarah J. Stott will major in mechanical engineering at University of New Hampshire. Sarah was a member of the National Honor Society, the National Science Honor Society and the Science Olympiad team. She made the All-Star volleyball team and worked with children in a Saturday morning basketball program.

The fourth winner, Adam Sugrue, is pursuing engineering physics at SUNY University of Buffalo. Sugrue was a member of the National Honor Society, the Science Honor Society, the Science Olympiad Team and tutored middle school students in the subject of history. He was active in numerous sports including track, baseball and football.

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Hit show



Ryan Armstrong gets a hit from a pitch from Pam Armstrong Sunday at Elm Avenue Park in Delmar.

QUILT to meet at church

QUILT will meet at 9:15 a.m. on Friday, Sept. 13, at First United Methodist Church, located on Kenwood Avenue in Delmar.

"Giant Show & Share" and plans for the new year will be the

topics.

Those in attendance should bring their projects and bag lunches.

Call Lucy at 456-0552 for information.

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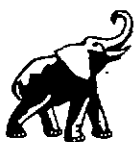
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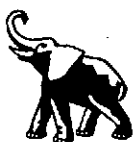
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9/11 service set at church

There will be an Ecumenical Memorial Service to remember and to reflect upon the terrorist attack of Sept. 11 on our country. This will be held at St. Matthew's Church in Voorheesville on Wednesday, Sept. 11, at 7 p.m.

The service is co-sponsored by Voorheesville First United Methodist Church, New Scotland Presbyterian Church and St. Matthew's Roman Catholic Church.

The public is invited to attend.

Wee Naturalist program set at Thacher Park

There will be a Wee Naturalist program at the Emma Treadwell Thacher Nature Center celebrating young children's innate wonder about the world around them.

These nature programs will be fun and interactive for kids and their parents, and is geared toward preschoolers ages 3 to 5. There will be a story or activity followed by a nature discovery walk. The dates for these free programs are Thursdays, Sept. 12 and 26, at 10 a.m.

Call 872-0800 to pre-register, since the program is limited to 15 children with a parent or guardian.

Kiwanis to sponsor blood pressure clinic

The Kiwanis Club of New Scotland will sponsor a blood pressure clinic on Tuesday, Sept. 10, from 9 to 11 a.m. and 6 to 7 p.m. at SuperValu Foods on Maple Avenue.

The screening is free and open to the public.

High School to hold annual barbecue

The high school will hold its

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



annual back-to-school barbecue on Thursday, Sept. 5, during regular lunch hours.

Hamburgers, hotdogs, chips and ice cream will be served. The regular lunch rate will cover the cost of the lunch, and parents who would like to help with the cooking and serving can call Molly Hoyt-Fowler at 765-3314, ext. 212.

Plum Fest slated for Sept. 14

The town of New Scotland is planning its fourth annual Plum Fest on Saturday, Sept. 14.

The day will begin with a breakfast at 8 a.m., and lunch and dinner will also be served during the day. There will be vendors selling crafts, and historic homes in Unionville can be seen through

a driving tour beginning at Union Reformed Church.

Contact Peg Dorgan if you would like to hold a garage sale on the day of the festival. She can be reached at 768-2852 or at mdorgan@att.net.

Community orchestra seeks members

The Delmar Community Orchestra is accepting new members for the 2002-03 season.

The orchestra is open to musicians ages 12 and older. All ability levels are welcome to join. No auditions are required.

Weekly rehearsals under the direction of David Beck begin Monday, Sept. 9, at 7:30 p.m. at town hall on Delaware Avenue. The orchestra plays several concerts throughout the year at a number of locations around Delmar.

For information, visit the orchestra's Web site at www.timesunion.com/communities/dco.

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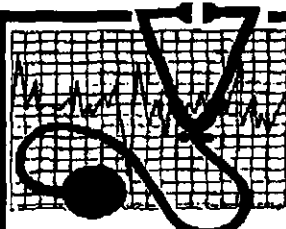
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BC to conduct census

The Bethlehem Central School District will be conducting its 2002 School District Census this September.

The biennial census, an account of all residents of the district (those with and without school-age children), is helpful to the district in projecting enrollment and development growth to best anticipate future district and school needs.

A bright orange envelope will be mailed to all district residents at the end of August. The district asks that all residents (even those without children or with children attending private schools) fill out the form and return it in the accompanying postage-paid envelope to the District Office at 90 Adams Place in Delmar no later than Sept. 20.

Library to close for Labor Day

Bethlehem Public Library will be closed Saturday, Aug. 31, through Monday, Sept. 2, for the Labor Day weekend.

Patrons may access the catalog and other online services via the library's Web site, www.bethlehempubliclibrary.org.

Kids dive into summer program

Kids — all 278 of them — signed up and accumulated 1,956 hours worth of reading as part of Splish, Splash, Read, the 2002 Summer Reading Club.

Part of the turnout may be attributed to the generosity of the Tri-City Valley Cats and Verizon who offered free baseball tickets to the first 75 participants. The library also gave a free book to each child to start out the summer of reading. A total of 2,085 books were read. In addition to reading fun, the weekly meetings offered a variety

Moore, William Miranda, Sarah Bjork, Marissa Macri, Casey O'Neill, Tori Hargrave, Kevin Connolly, Hannah Brackett, Sarah Williams and Rory Siy. Congratulations to all who participated. Readers are always winners!

Parents who encouraged their children to be part of the summer library program should also receive a pat on the back for recognizing the significance of kids being participants in the library community and the rewards of reading.

The summer concert season concluded on Aug. 21. Heartfelt appreciation goes to the Friends of the Library for their financial sponsorship of these popular evening entertainments.

Show your thanks by joining the Friends for a very nominal fee — membership envelopes are available at the library.

Friends' raffle tickets are also on sale for the beautiful handmade quilt by Nimblefingers on display in the main reading room. Take a chance for only \$1.

The autumn program season starts after the Labor Day holiday (Aug. 31 through Sept. 2). The library needlework women, the Nimblefingers, meet for their first fall session on Sept. 3 at 1 p.m. Newcomers are always welcome to bring a project such as embroidery, needlepoint or

quilting, and join this congenial group for tea and conversation. If you are interested in learning a needle art, there is usually someone there who is happy to help you. If you have questions, see Julie Stump at the library.

The book discussion group meets on Sept. 11 to discuss *Empire Falls* by Richard Russo.

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

Barbara Vink

All you can eat breakfast Sept. 15

Voorheesville American Legion will host an "All You Can Eat" breakfast on Sunday, Sept. 15, from 8 to 11:30 a.m.

The menu will feature eggs made to order, french toast, home fries, bacon, sausage, juice and coffee.

The cost is \$5 per adult and \$3 for children. Those under age five are free.

BPL's book club to meet Sept. 9

Kathleen Cambor's "In Sunlight, In a Beautiful Garden" will be discussed at Bethlehem Public Library's next 'Afternoon with Books' meeting on Monday, Sept. 9, at 1:30 p.m.

Copies of the book are available at the reference desk. New members are welcome at any time.

Call 439-9314 to register.

Diabetes team seeks members for walk

"Bethlehem Cares," a town-wide walk team that will participate in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes, is looking for individuals in a school, church, fraternal, youth and Scout groups to join their team. All proceeds from the walk, scheduled for Sept. 29 at Corporate Woods in Albany, will benefit diabetes research.

The first 175 people who register as members of "Bethlehem cares" and turn in at least \$25 for diabetes research will receive free team T-shirts. Free food and entertainment will be provided for all participants on the day of the walk.

To join the team, call 439-6894 or pre-register using walk brochures found in many Bethlehem businesses. To make a donation, mail your check, payable to the Juvenile Diabetes Research Foundation, to "Bethlehem Cares" at 65 Boylston Drive, Delmar 12054.

Voorheesville Public Library

of fun and educational programs such as the traveling veterinary hospital to entertain the young people on sultry summer afternoons.

Angela Barone made the most accurate guess on the number of seashells in the fish bowl and went home with the bowl full for her prize.

There were 13 other winners in reading-related drawings. For every five books read, the young people were allowed to fill out a coupon and choose which drawing they want to be part of.

The thirteen winners include: Cassidy Smith, Ethan Mackey, Sara Gruss, Alexis

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Saturday, Sept. 14
11 a.m. - Grand Tasting. Wines & Champagnes from more than 150 wineries around the world. Experts discuss wine subtleties. Delectables. Seminars (prices vary) for novices and connoisseurs. Silent & Live Auctions. Hall of Springs. \$60. Guest Auctioneer: Kevin Zsaly.

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Buses

(From Page 1)

Each bus is inspected every 40 days. A complete inspection occurs every five months, and more than 400 items are looked at. The department has a head mechanic who supervises an additional seven mechanics. Working in modern repair bays with special lifts, district mechanics perform repairs as needed and preventative and corrective maintenance.

Buses are inspected regularly by the state Department of Transportation, and the district aims for a pass-rate of better than 90 percent. The actual passing rate was 96.17 percent last year. The other 3.87 percent were pulled out of service by DOT for minor items, like replacing a burned out bulb in a turn signal.

Karam was relieved that his new assistant was on board to help with the summer scheduling crunch.

Jurewicz has 13 years experience in the school transportation business, most recently as assistant supervisor of transportation for the Saratoga Springs School District. Prior to that, she worked for the Niskayuna district as a driver and driver trainer. She has all the state Education Department certifications required for her present position and will be involved in all phases with Karam in managing the district transportation program.

BPL's book club to meet Sept. 9

Kathleen Cambor's "In Sunlight, In a Beautiful Garden" will be discussed at Bethlehem Public Library's next "Afternoon with Books" meeting on Monday, Sept. 9, at 1:30 p.m.

Copies of the book are available at the reference desk. New members are welcome at any time.

Call 439-9314 to register.

Computer class slated at library

"Computer for the Absolute Beginner" is a hands-on introduction to computers offered at Bethlehem Public Library on Tuesday, Sept. 10, at 1:30 p.m.

Learn how to use the keyboard and the mouse, explore the Web catalog and do basic searching.

The workshop will be repeated at 3 p.m. Each session covers the same material and is limited to six people.

Register for one session only by calling 439-9314.

Ecumenical 9/11 memorial service scheduled

Bethlehem Ministerial Association will recognize the Sept. 11 tragedies with a special ecumenical memorial service to be held on that date.

The service, entitled "A Time to Remember, A Time for Hope," will take place at 7:30 p.m. at First United Methodist Church, 428 Kenwood Ave., Delmar. This Christian service of worship will be a time of solemn remembrance, acknowledging how we have depended upon God's help

and strength through the past difficult year. It will also be a time for people of faith to dedicate themselves to making this a better world, filled more with God's peace and justice.

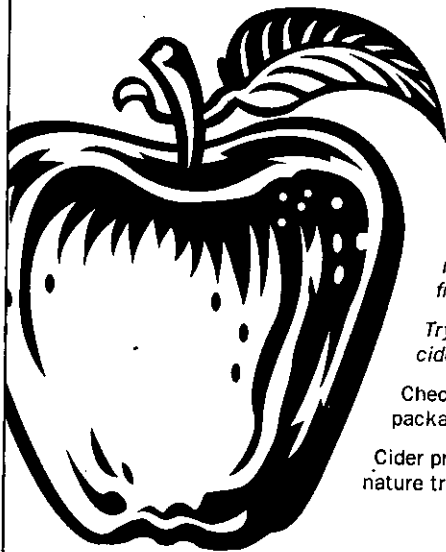
On the following five Wednesdays, beginning Sept. 18, the Bethlehem Ministerial Association will sponsor a program for study and discussion entitled "A Moral Response to Terrorism." It will be held at Delmar Presbyterian Church, 585

Delaware Ave., from 7:30 to 8:45 p.m. with area clergy leading the classes. Five topics will be examined, one each week: "The Present Darkness," "Why Did This Happen?" "Paths of Love and

Justice," "Is Islam the Enemy?" and "A Better Way to Fight Terrorism."

There will be a charge of \$7. Materials will be available after the Sept. 11 service.

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Sports

New-look Eagles hope to build on last year's title

By ROB JONAS

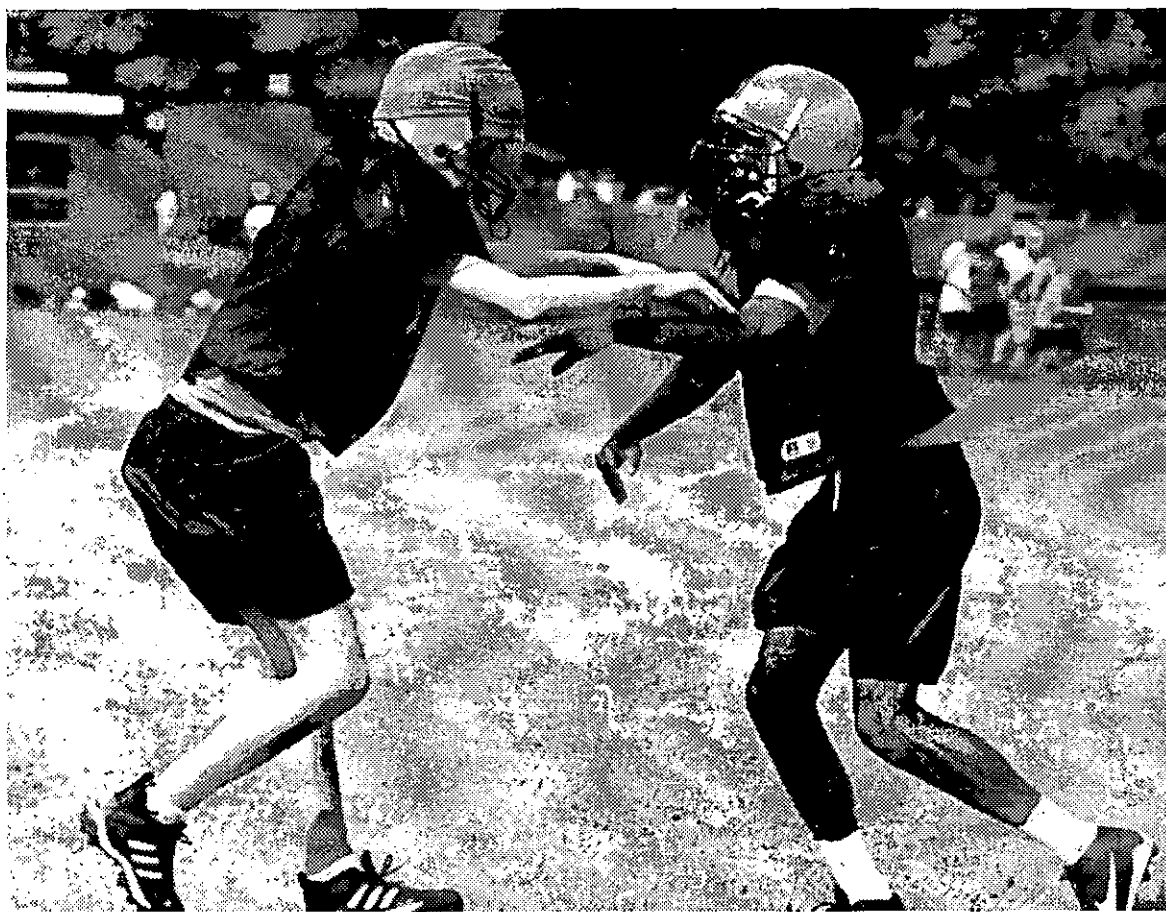
The toughest thing to do in team sports is to defend a championship. It's even tougher when few players are left from that championship team.

That's the daunting task facing the Bethlehem football team this season. With only a handful of players back from last year's Section II, Class AA championship squad and a new coaching staff, the Eagles are basically

starting over from scratch.

"People will say, 'You've lost 24 seniors,' but what they left behind will help us," said **Ron Smith**, who moves into the head coaching position after the retirement of **John Sodergren**. "We're the defending Section II champions, and that's how we look at it. We want to build on that."

Joining Smith this year are two new assistant coaches — offensive line coach **Chris Bersch-**



Darnell Douglas, right, defends against a Bethlehem teammate during a varsity football practice last Friday. Douglas, the reigning Section II champion in the 200-meter dash, is one of several newcomers trying to help the Eagles repeat as Class AA champions.

Rob Jonas

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**We're the defending
Section II champions,
and that's how we look
at it. We want to build
on that.**

Ron Smith

will depend on how quickly our
junior class gets up to speed."

The only returning starters
will be on the offensive line,
where center **Chris Tracy** and
tackle **John Pietrafesa** will try to
open holes for their new running
backs and provide pass protection
for the replacement for quar-
terback **Mark Bulger**, who
graduated in June.

"Our strength is in our
offensive line," Smith said. "We
have a lot of leadership in our
offensive line.

The Eagles' revamped running
attack includes defending Section
II 200-meter dash champion
Darnell Douglas, **Nate Pan-
nucci** and **Ryan Eder**. The battle
for the starting quarterback
position is between returning
senior **Tim Donahue** and junior
Tim Hannigan.

Douglas is one of several seniors who are playing high school football for the first time. That has helped bolster the number of players on Bethlehem's roster from 36 last year to 44 this year.

Smith credits the Eagles' playoff run for the increase in interest. "We've already prospered just by the number of kids who have turned out this year," he said.

Having that much depth will be a key for Bethlehem as it embarks on another ambitious Suburban Council schedule. The Eagles open the season at home Sept. 5 against Averill Park. After that, they host Shaker Sept. 13 before traveling to Colonie Central Sept. 20, Burnt Hills-Ballston Lake — the only Section II team to beat them last year — Sept. 28 and Shenendehowa Oct. 4. The regular season concludes with games against Columbia Oct. 11 and Saratoga Oct. 18.

"I think the league overall is going to be very balanced," Smith said. "I think Shenendehowa is going to be very good, but I think the Suburban Council will be competitive."

BYH slates fall registration

Bethlehem Youth Hockey will hold registration for the 2002-2003 season Wednesday, Aug. 21, and Thursday, Aug. 29, from 7 to 8:30 p.m. at the BIG Arena, 900 Delaware Ave. in Delmar.

The program was recently granted Tier II status by the New York State Amateur Hockey Association, which means that club travel teams will be eligible for statewide tournaments.

BYH is planning on having two travel teams in each division, — mites, squirts, pee wee and bantam. Tryouts for travel teams will be held during the week of Sept. 16.

If you have not pre-registered, please bring a copy of your child's birth certificate to either registration session.

For information, call Frank Murray at 439-3358.

Little Lady Eagles plan tryouts

The Bethlehem Little Lady Eagles girls basketball program will hold tryouts for its 2002-03 season in October at Bethlehem Central Middle School.

Tryouts will be held for two fifth- and sixth-grade teams, as well as two seventh- and eighth-grade squads. A fourth-grade team is being added to the program.

The Little Lady Eagles program is open to any girl residing in the town, regardless of what school they attend.

For information, call Jeff Gillham at 439-2332 or e-mail gillham@globalnet2000.net.

Rosetti qualifies for amateur tourney

Carlo Rosetti of the Colonie Country Club in Voorheesville is competing at this week's World Amateur Handicap golf tournament in Myrtle Beach, S.C.

Golfers from all 50 states and more than 28 countries will compete in the event, which is the world's largest on-site tournament. The event is being held at more than 70 golf courses around Myrtle Beach.



Ron Smith is in his first year as head coach of the varsity football team. He replaces John Sodergren, who retired last year. Rob Jonas

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Good Samaritan Senior Living

by Lee Bormann
President/C.E.O.

Not-so-painful news

If you think that aches and pains are an inevitable part of aging, think again. Guidelines for managing pain in older adults were first developed in 1998 by the American Geriatrics Society to help ensure that older people received effective pain management that would allow them to maintain their dignity and overall quality of life. The need for guidelines arose out of concern about causing addiction to pain medication that sometimes led doctors to treat pain less aggressively. This left many patients to experience pain needlessly. Now, there are many new pain medications available, and some have fewer side effects. Physicians have also learned that they can give elderly patients narcotics for pain without causing addiction.

Chronic pain is difficult, but not impossible, to manage and it requires the caring intervention of health care professionals. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we provide ongoing care for residents which means that we are aware of their changing symptoms and levels of discomfort so we can intervene and offer support as needed. Call us 439-8116 for more information.

Chamber schedules annual golf tournament

The Bethlehem Chamber of Commerce will sponsor its 16th annual golf outing on Monday, Oct. 7, at Normanside Country Club on Salisbury Road in Elmsmere.

The event will take place rain or shine. Registration, practice and lunch begin at 11 a.m. At 12:30 p.m., a shotgun start will occur, and a cash bar and dinner will begin at 5:30 p.m.

A golf package includes lunch, hors d'oeuvres, a buffet dinner, one round of golf, use of the practice range and locker rooms, a cart, beer and soda on the course and gifts and door prizes.

The package costs \$130 per person or \$470 per foursome.

A dinner package includes hors d'oeuvres, a hot and cold buffet dinner and a door prize drawing and costs \$30 per person.

Golf prizes include low gross, low net, high gross, longest drive, straightest drive and closest to the pin.

Sponsorship and gift donations are appreciated. All are invited to contact the chamber office for a corporate sponsor form to donate a prize.

Register for this event at the chamber, located in Main Square, 318 Delaware Ave.

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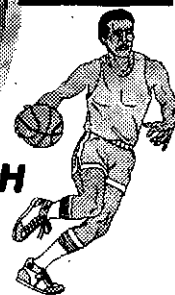
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Indians need to 'grow up fast'

By ROB JONAS

The Ravena-Coeymans-Selkirk football team is undergoing more renovations than the field it plays on.

With the graduation of several skill position players, the Indians will be counting on a group of newcomers that will have to adjust quickly to the competition level of the Capital Conference.

"We've got to grow up in a hurry," RCS coach Gary Vanderzee said. "(The competition level is) going to be as good as it's ever been."

One key will be the development of quarterback C.J. Haslam, who replaces the recently graduated Chris Cur rey.

"He worked real hard during the off-season," Vanderzee said of Haslam. "He went to the Syracuse (University) camp over the summer, and he's progressing well."

Haslam's receiving corps will mainly consist of Mike Stanton, Gary Auclair and Larry LaMountain. When he wants to keep the ball on the ground, Haslam will have the option of handing off to tailbacks Steve

Correll and Eric Vasquez, along with fullback John Dibble.

"They're going to step right in. There's no step down in terms of talent," Vanderzee said.

The offensive and defensive lines will be bolstered by the return of several starters. Brian Frangella and Mike Duker are back in their tackle positions, while Joe Orsino will be moving from center to guard on the offensive line.

Having an experienced line on both sides of the ball should help RCS as it begins another season in the large school division of the Capital Conference. The Indians hope to move up in the standings this year after finishing the regular season in the middle of the pack, but it won't be easy. Last year's runners-up, Lansingburgh, returns most of its starting lineup, while defending Section II, Class B champion Hudson reloads.

RCS is supposed to begin its season Sept. 6 with a home game against Hudson, but the site may be changed due to construction of the school's new all-weather track at the football field.

"It's supposed to be at our place, but I think we'll be moving the game to LaSalle because our field won't be quite ready," Vanderzee said.

Tough schedule awaits V'ville football team

By ROB JONAS

After spending the 2001 season as a football team without a home field, the Voorheesville Blackbirds are flocking back to renovated Buckley Memorial Field with the intent to bring a Section II title with them.

"We have a lot of guys coming back that got a lot of playing time the last two years," Voorheesville coach Joe Sapienza said. "So, we're looking at a very experienced team."

That experience will be valuable to the Blackbirds as they embark on their second season in Division I of the Northern Adirondack League. The division thinned out its bottom three teams after Tamarac eliminated its varsity program and Granville and Corinth moved to Division II.

"If you take any league and take out the bottom three finishers, it's going to be more competitive," Sapienza said. "There isn't going to be an easy game on your schedule."

One of the key players on the team will be senior Frank Catellier, who will be the starting quarterback this season.

"He's definitely ready to run

the show," Sapienza said. "He's very confident. I think he showed last year that he's got a lot of talent. I think he has the confidence to go along with that talent."

Catellier will have some speedy weapons at his disposal. Besides the return of running back Brendon Schlappi, who scored several touchdowns for Voorheesville last year, Catellier will get to throw to tight end Brian Car ey and wideouts Pat Ryan and Jeff Nelson.

"All three of those guys are threats to make big plays," Sapienza said of his receiving corps.

Providing the protection up front will be a pair of three-year varsity players, Tom Cocca and Mike Car r, along with seniors Chase Campbell and Matt Neri.

All of that experience will be put to the test right away. Voorheesville opens its season Sept. 7 against Mechanicville at its temporary home, Shenendehowa High School.

"Mechanicville is a perennial powerhouse. They've had as much success in Class C football as anybody," Sapienza said. "We have to be ready for the first game, but like I said, you have to be ready for every game because there isn't an easy game on the schedule."

Voorheesville's first home game at Buckley Field will be Sept. 21 against Schuylerville.

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Health Care

- *Are you ready for spring "Asthma Season"? — pg. S2*
- *Protect yourself from colon cancer — pg. S3*
- *West Nile virus risk spreads in 2002 — pg. S4*
- *Bacterial imbalance leads to digestive problems — pg. S6*

Are you ready for spring "Asthma Season"?

Blooming flowers, budding trees and greener grass signal the long-awaited transition from winter to spring. For many, these are commonly welcome signs that warmer weather is just around the corner.

revealed that for people with allergic asthma, these allergens play a significant role in causing the airway inflammation that leads to asthma symptoms.

Expenses related to allergic asthma, from missed school days to physician and emergency room visits, added up to \$6.2 billion in 2001. It is important for people

treatments for allergic asthma which have proved highly effective and there is no reason for people who have allergies or asthma to suffer with the symptoms," said Jonathan Corren, MD, of the Allergy Research Foundation. "Physicians trained in allergy and asthma care can develop treatment plans that will alleviate and control their symptoms."

Current asthma therapies include oral and inhaled corticosteroids, long- and short-acting beta agonists, and leukotriene modifiers. These therapies decrease ongoing inflammation and reduce bronchial constriction in asthma. Allergen immunotherapy (or allergy shots) reduces the reaction people have to allergy triggers.



who suffer from allergic asthma to work with an asthma specialist to find the best treatment options. Approximately 60 percent of people with asthma have allergic asthma, causing common asthma symptoms, including inflammation of the airways, wheezing and shortness of breath, chest tightness, persistent coughing and recurring or lingering colds. While these symptoms may appear year-round, changes in the environment during the spring and fall will cause allergic asthma symptoms to peak more dramatically during these seasons.

"There are a number of established and emerging

A new drug currently under review by the Food and Drug Administration (FDA), known as anti-IgE, revolves around the theory that an imbalance in the immune system may contribute to the development of allergic

disease. Anti-IgE therapy stops the allergic reaction before it starts, allowing the patient to avoid allergy symptoms, which also often trigger an asthma attack or lead to the development of asthma.

However, for millions of Americans across the country, these changes mark the beginning of allergy season. And for a significant number, these changes also signal the start of asthma season.

Asthma is a chronic disease that affects more than 17 million Americans. According to the National Institute of Environmental Health Sciences, 10 million individuals suffer from allergic asthma, a type of asthma that is associated with allergies and triggered by allergens. There are several allergens that trigger allergic asthma, including dust mites, pollens, molds, animal dander, grass and weeds. Research has

What's really aging your skin?

Take a close look in the mirror. Do you see fine lines, wrinkles and age spots on your forehead, cheeks and around the eyes and mouth? They may be the result of all those hours spent in the sun. In fact, some believe that up to 90 percent of skin aging can be attributed to the sun. But it's not the only culprit.

Recently, scientists at Olay teamed up with the Women's Dermatologic Panel on Aging Skin to find out what other factors play a role in skin aging. According to cosmetic dermatologists, visible signs of aging are often evidence of 'skin sins' activities that may age skin prematurely. While we know about the damaging effects of the sun, there are other factors we haven't previously considered.

So, what are some of the other factors?

• **Smoking:** It's the second biggest skin aging offender. Smokers are more likely to have wrinkles around the eyes and mouth, damaged cells and reduced blood flow.

Skin can take longer to heal, which increases the risk of complications during surgery.

• **Nutrition:** Don't panic about having a candy bar here or there; it won't age your skin. However, eating plenty of fruits and vegetables filled with essential vitamins like A, B3, C and E may help keep wrinkles away.

• **Sleep:** Getting ample shut-eye affects skin's appearance, right? Wrong! It's not how many hours you get, rather the position you sleep in that's more important. If you sleep in the fetal position every night, you may begin seeing creases on your face and chest. Over time, those temporary creases can turn into wrinkles.

• **Osteoporosis:** Did you know there's an association between having osteoporosis and sagging facial skin? The loss of bone density occurs in facial bone structure too. As the facial bones become smaller, skin drapes differently.

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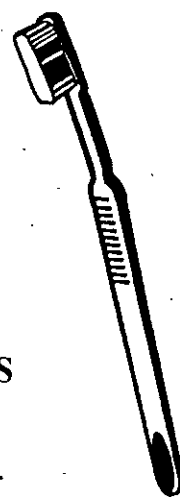
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Protect yourself against colon cancer

The principal causes of colon cancer are diet-related—so says an international panel of cancer researchers who reviewed thousands of studies that looked at the relationship between diet and various cancers. The American Institute for Cancer Research puts an actual number to how much of an influence diet has on colon cancer. They estimate that up to half of all cases could be prevented by eating healthfully.

For years, the relationship between colon cancer prevention and food focused on fiber. Fiber is still important, but there are also several other substances that may help reduce colon cancer risk. Take a look.

Fiber—Fiber is known for its ability to move matter through the intestinal tract. This “cleaning” action may help limit the time potentially harmful substances are exposed to the colon. Animal studies have also suggested that certain components within fiber may decrease the formation of cancer-promoting materials and slow the growth of abnormal cells.

Nutritionists continue to recommend a diet rich in fiber. Such eating plans are associated with a lower risk of colon cancer. Aim for 25 to 35 grams a day. Eating plenty of fruits, vegetables, beans and whole grains will help you meet the goal.

Folate—Emerging

research indicates this vitamin may protect cells from being damaged by cancer-causing substances. The recommended daily amount: 400 micrograms. (See table)

Low-Fat Dairy Foods—Researchers believe calcium, vitamin D and perhaps other substances in dairy foods may bind to cancer-causing substances thereby making them less able to do damage to the colon. They may also help reduce the recurrence of polyps which could otherwise turn cancerous or slow the growth of certain cells that can lead to cancer. A recent study found that people who consumed 700 to 800 milligrams of calcium a day, the equivalent of two to three servings of dairy foods, had a lower incidence of colon cancer than people who had less calcium in their diet. Goal: two to three servings of low-fat dairy foods each day.

Antioxidants—There is an entire arsenal of antioxidants that may affect cancer risk. Lutein, found in spinach, Romaine lettuce and other greens, and sulforaphane, found in broccoli, are just two of the many that may help protect healthy cells and reduce the risk for cancer.

Scientists believe people who are insulin resistant may be more likely to develop colon cancer. Insulin resistance occurs when cells in the body do not respond to insulin the

way they should. Maintaining a healthy weight, eating a fiber-rich diet, plus staying physically active can help improve insulin sensitivity.

A Great Start Toward Total Nutrition—Give the spotlight to plant foods—fruits, vegetables, beans and whole grains. Plan meals using these foods first.

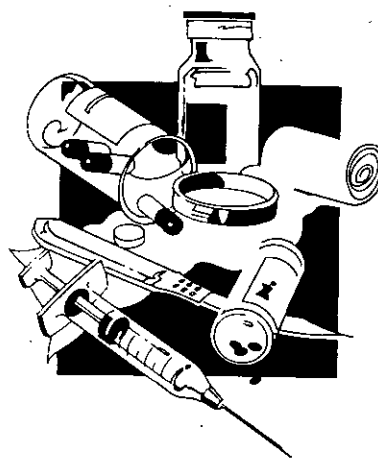
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Diabetes and you

With more than 16 million people in the United States currently living with diabetes, the disease is reaching epidemic proportions. Traditionally, it has been perceived as a lifestyle-limiting condition—one that prevents people from eating their favorite foods and engaging in their favorite activities. Yet, recent studies show that treatment is no longer an issue of what should or should not be eaten, but about how much food should be eaten and at what intervals. Furthermore, according to new guidelines, physical activity helps insulin work better, improves blood glucose levels, and helps people with diabetes manage their condition.

There are two different types of diabetes. Type one diabetes, which is insulin dependent, accounts for five to ten percent of all diagnosed cases of diabetes. The majority of people with

diabetes, however, have type two, which is non-insulin dependent and commonly transpires in



adulthood. While both types of diabetes require strict attention to blood glucose/sugar levels, physical activity and diet, people with diabetes can still enjoy their favorite foods and pastimes.

People with diabetes can enjoy a variety of foods, but they should monitor fat and carbohydrate levels in their meals. When monitoring

the diet, it is important to manage fiber and fat intake—not just sugar levels. Whole grain and fiber-rich foods boost nutrition and manage blood glucose levels. Nutrition experts suggest a fiber intake of 20 to 35 grams per day. Other healthy choices include “fat free” or “light” foods. Drink plenty of water and other sugar-free beverages.

Food is vital to diabetes management, so every person should obtain a personalized meal plan for his or her lifestyle needs. Kraft Diabetic Choices offers a new, interactive meal planner that does just that. By visiting www.kraftdiabeticchoices.com, users can access the first meal-planning program that caters specifically to the diabetes lifestyle. Following questions on health, exercise and lifestyle habits, the meal planner designs a full week of meals and an easy reference grocery list.



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West Nile virus risk spreads in 2002

There's good and bad news about the West Nile virus—a mosquito-borne disease that can be fatal to humans, birds and other animals.

The good news is that by controlling swarms of mosquitoes, communities may be able to reduce their risk of exposure to the disease.

The bad news is that the virus is spreading across the U.S. faster than scientists had expected.

West Nile virus can cause West Nile encephalitis, an inflammation of the brain that can cause severe illness and death among those with compromised immune systems and the elderly.

Transmitted through the

bite of an infected mosquito, the virus has been found in humans, birds and horses. There is currently no West Nile vaccine for humans, and in its first three years in the U.S., the virus killed at least 20 people.

Initially, the West Nile virus was detected by health officials only in mid-to-late summer. This year, health officials confirmed the presence of the virus in birds and horses as early as February, indicating that the virus could be poised to spread much earlier than expected.

"The key to managing the spread of West Nile virus is for communities to have an

integrated mosquito management program in place," said Dr. Lyell Clarke, medical entomologist and president of Clarke Mosquito Control, a provider of mosquito control and surveillance services, products, equipment and education. "We are working with thousands of communities around the country to identify gaps in their mosquito control strategies, to increase their existing

most effectively handled through preventive measures," said Dr. Norman Gratz, retired member of the World Health Organization. "Everyone was caught by surprise when West Nile was discovered in the U.S. in 1999. That should never happen again. Health officials

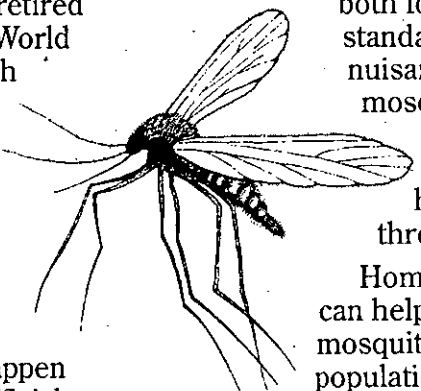
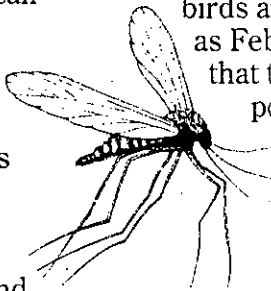
ask about the current mosquito control programs in area communities—both for standard nuisance mosquitoes and in the event of a health threat.

Homeowners can help reduce mosquito populations by eliminating standing water and other common mosquito breeding grounds.

The following yard and home checklist can be used as a guide:

- Report any dead birds or birds acting strangely (disoriented, not moving) to the health department.
- Discard any containers around the yard that might hold standing water.
- Cover trash containers to keep out rainwater.
- Empty plastic wading pools at least once a week and store them indoors when not in use.
- Change the water in bird baths and plant pots or drip trays at least once a week.

In addition, individuals can protect themselves from exposure to mosquito bites by remaining indoors at dusk and dawn, applying mosquito repellent according to label directions and wearing long sleeves and pants when outdoors.



West Nile virus can cause West Nile encephalitis, an inflammation of the brain that can cause severe illness and death

programs and to provide products and equipment to reduce overall mosquito numbers." Many international experts agree.

"With the disease beginning to spread across the nation, West Nile is

across the country should and must be prepared."

The first step in protecting yourself from West Nile virus is to be informed. Listen to media reports if the virus is detected in the area, and

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ARA KAYAYAN, M.D.



Dr. Kayayan received his medical degree from Damascus University. He completed his internship and clinical residency in Internal Medicine at Our Lady of Mercy Medical Center and New York Medical College in New York City. He is Board Certified in Internal Medicine. Dr. Kayayan will be joining the internal medicine practice of Drs. Flesh, Rappazzo, Drislane, Carley, Hoenzsch, and Kopff at 4 Palisades Drive, Suite 100 in Albany, New York and is accepting new patients beginning in September.

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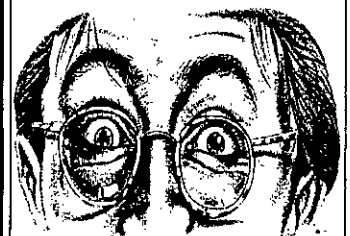
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Top five ways to prevent child abuse and neglect

At one time or another, most Americans have witnessed child abuse and neglect in their neighborhoods, schools and grocery stores. They've seen the desperation on the face of a struggling parent or the sadness in the eyes of an abused or neglected child. They've seen it and felt helpless to do anything about it.

According to Prevent Child Abuse America, 32 percent of Americans report having witnessed physical abuse of a child, and 47 percent report observing neglect. Yet, nearly half report having done nothing, in large part because they did not know how to respond.

"People think prevention just means reporting child abuse and neglect, but it doesn't... Prevention means stopping abuse before it ever starts," said A. Sidney Johnson, III, president and CEO of Prevent Child Abuse America. "With more than 1 million confirmed cases of child abuse or neglect each year, our need for prevention becomes even more crucial. Fortunately, there are many things we can do to prevent child maltreatment in our communities."

Prevent Child Abuse America offers the following five R's for preventing child abuse and neglect:

1: Reach out. Anything you do to support kids and parents can help reduce the stress that often leads to abuse and neglect. For example:

- Offer to babysit or run errands for a stressed out parent.
- Give your used clothing, furniture or toys for use by another family.
- Support parenting programs.

2: Raise the issue. By educating yourself, and others, you can help your community prevent child abuse and neglect.

3: Remember the risk factors. Child abuse and

neglect occur in all segments of society, but the

community and substance abuse problems.

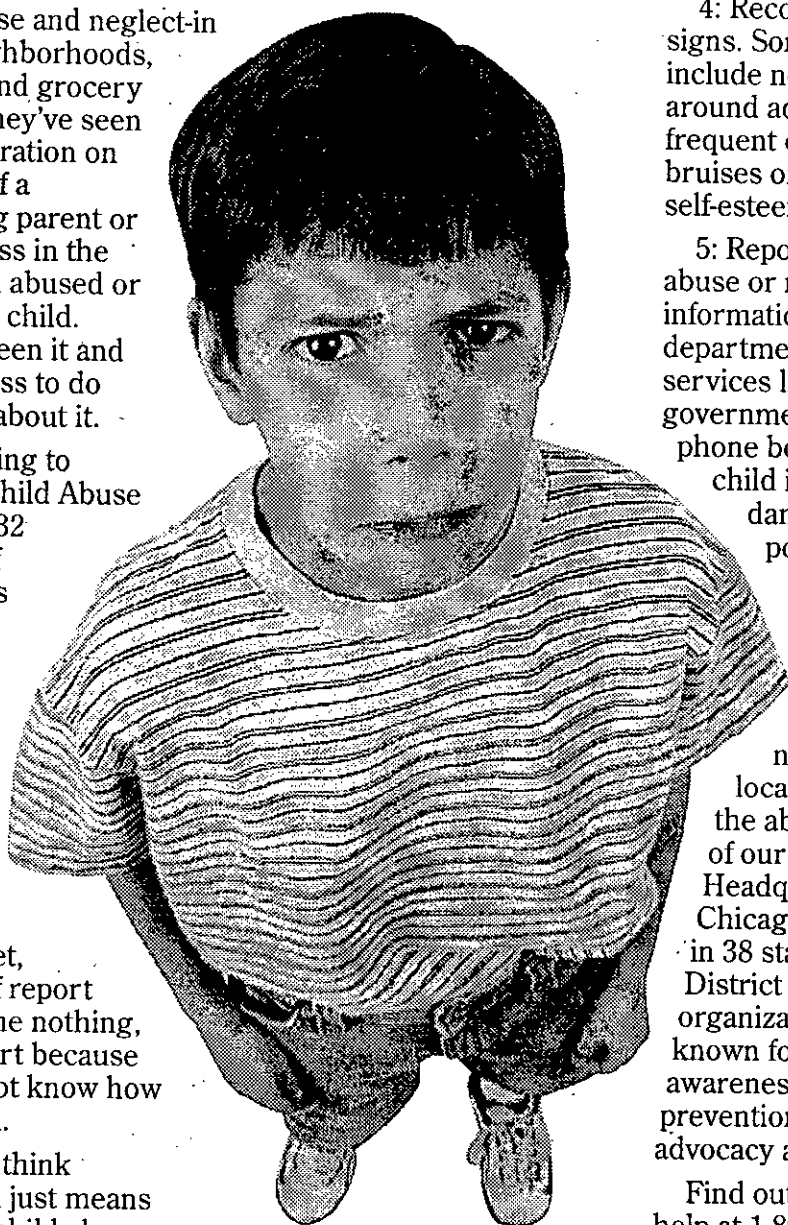
4: Recognize the warning signs. Some of the signs include nervousness around adults, aggression, frequent or unexplained bruises or injuries, and low self-esteem.

5: Report suspected abuse or neglect. Call information or contact the department of social services listed under government agencies in the phone book. If you think a child is in immediate danger, call the police.

Prevent Child Abuse America is the leading organization working at the national, state and local levels to prevent the abuse and neglect of our nation's children. Headquartered in Chicago, it has chapters in 38 states and the District of Columbia. The organization is widely known for its public awareness, education, prevention programs, advocacy and research.

Find out more ways to help at 1-800-CHILDREN or online at www.preventchildabuse.org.

risks are greater in families with economic hardships, isolation from family or



Protecting kids' eyes

It's almost second nature for parents to make their child wear a helmet when riding a bicycle. Unfortunately, many do not insist upon the same

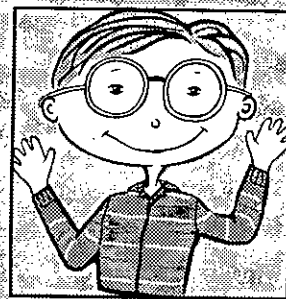
protection for their kid's most important asset: their eyes.

According to a recent study by the Vision

Council of America, parents know the importance of protective sports eyewear, but kids are nearly twice as likely to wear a bike helmet than protective eyewear.

Chicago ophthalmologist Susan Taub, MD says, "You can injure every structure

in the eye with an external blow. Protective eyewear can transfer the force of the blow away from the eye itself, to the surrounding area."



Baseball/softball is the leading cause of sports-related eye injuries among young children in the U.S. More than 4,700 baseball/softball-related eye injuries

resulted in trips to the emergency room in 2000. As this season begins, visit your eye doctor today for an exam and to learn how to protect your little slugger's eyes from injury.

For more information, consult your physician.

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Don't let food-borne illness spoil outdoor cookouts

Although Americans are eager to spend time outside barbecuing and picnicking with family and friends, heat and humidity speed up the spoilage of foods and the proliferation of harmful bacteria such as E.coli and Salmonella—which can often lead to food poisoning.

More than 250 known diseases are transmitted through food, and the Centers for Disease Control and Prevention (CDC) estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from food-borne illness.

Proper food handling techniques and hygiene habits can help to significantly reduce the chances of being hit by food poisoning. The CDC has observed a 23 percent overall drop in bacterial food-borne illnesses since 1996, thanks in part to food safety educational programs and the adoption of better hygiene habits.

Here are some useful tips to help you keep food-borne illnesses at bay:

- Start with your hands: To avoid the spread of germs, wash your hands thoroughly with soap and water before and after

handling and preparing foods.

- Heat things up: Use an instant-read thermometer to check if food is thoroughly

meat, where bacteria can spread during grinding, to at least 160°F. Also make sure to insert the thermometer in the thickest

parts of the meat and in several places to ensure that it is cooked throughout.

- Wipe away the germs: Use a disinfectant to prevent cross-contamination in the kitchen and around the grill area. Cross-contamination is the accidental spread of germs from food to surfaces, like cutting boards and counters, or to other foods that are not cooked, like salads, vegetables and breads.

- Keep meats and vegetables separate: To avoid cross-contamination, when

the juices from raw chicken or meats are left on a cutting board or plate, use separate ones for vegetables and fruits.

- Don't forget to rinse: Bacteria that cause food poisoning aren't just limited to meat products. Before enjoying the summer's bounty of cantaloupes, peaches, and tomatoes, and more, thoroughly wash all produce. This includes fruits and veggies with rinds you don't eat.

- Keep cold foods cold and hot food hot: Chill and refrigerate leftovers immediately and make sure that hot foods remain hot.



cooked. According to the CDC, cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness. Cook ground

**More than
250 known
diseases are
transmitted
through
food**

Bacterial imbalance leads to digestive problems

With the word "antibacterial" increasingly becoming a term attached to everything from hand soaps to children's toys, we sometimes forget that not all bacteria are bad. In fact, while some bacteria are harmful, others are actually beneficial, including "friendly" bacteria found in our intestinal tract.

But stressful on-the-go lifestyles, changes from our normal diet and other factors may

change the healthy balance of bacteria in the intestinal tract. This may allow an opportunity for the bad bacteria that people have, or are exposed to, to cause gastrointestinal (GI) tract changes. Because of this imbalance, digestive function may be affected.

"Contrary to popular belief, not all bacteria are bad or cause illness," explains Joy Bauer, M.S., R.D., nutritionist and author of *The Complete Idiot's Guide to Total Nutrition*. "Probiotic bacteria, found in foods such as yogurt containing active cultures, and in

probiotic supplements, can provide support when there's an imbalance of bacteria in your digestive system. These probiotics help restore the bacterial balance in the GI tract by inhibiting the bad bacteria and stimulating good bacteria."

To help maintain a healthy balance of bacteria in the digestive system, Bauer recommends that consumers consider taking a probiotic supplement. Probiotics, from the makers of Imodium(R), provides the body with

naturally occurring Lactobacillus reuteri — a beneficial type of bacteria that naturally resides in the GI tract.

"Consumers can be proactive in combating life's everyday stresses by taking probiotics to help maintain a healthy balance of bacteria," Bauer said.

Other good habits Bauer encourages are regular exercise, drinking plenty of water, eating an adequate amount of dietary fiber from sources such as fresh fruits, vegetables and whole grains, and looking for ways to reduce or manage stress throughout the year.

"Contrary to popular belief, not all bacteria are bad or cause illness,"

— Joy Bauer

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Eat right, work out, sleep better

In today's fast-paced world, moving at full speed isn't an option, it's a way of life. Finding the energy to keep up has led many Americans to improve their diets and increase their activity and exercise. Yet many people are missing the third vital component to a healthy lifestyle — a good night's sleep.

"Committing to improving overall health requires ambition, focus and knowledge," says women's health researcher Joan Shaver, Ph.D., RN, professor and dean of the College of Nursing at the University of Illinois at Chicago. "We should think of a healthy lifestyle as a triangle, with the three points of proper nutrition, exercise and sleep. If we fail to fulfill any one of these points, we are missing the potential for optimum health."

The requirements of eating a balanced diet will vary from individual to individual, but it is vital that all major food groups are included. Many of today's diets may help improve weight loss, but often leave the body begging for vitamins and other essential nutrients. Eating a diet full of fruits, vegetables, breads, and fibers will help to give the body more energy for exercise and taking on the events of a busy day.

"Getting in shape" means exercising at least three days a week for 30 minutes or more — not necessarily all at once. Exercise doesn't have to be boring or rigorous — it can be as simple and fun as a morning walk or an evening bike ride. In fact, yard work is considered a great workout and long summer days allow for plenty of time outside. Since exercise will raise the body's temperature and heart rate, be sure to complete exercise at least three hours before bedtime to allow the mind and body to wind down.

According to Dr. Shaver, several lifestyle factors must be considered to benefit from a better night's sleep. First, evaluate the sleep environment — ensure that your room is cool, dim and quiet. Reserve the bedroom for sleep — avoid bringing work to bed or watching television in the bedroom.

Next, allow enough time for sleep — on average, the National Sleep Foundation (NSF) recommends eight hours for adults. But, in the 2002 NSF "Sleep in

America" poll, 39 percent of respondents said they were sleeping less than seven hours at night on weekdays. And most only slept 7.5 hours on the weekends.

Finally, ensure that each sleep partner is comfortable by finding a mattress that meets individual needs. According to the NSF, 91 percent of people say their sleep surface is important in helping them get a deep, restful night's sleep. And 89 percent of those

surveyed in 2002 agree that a better quality mattress provides a better night's sleep.

One alternative to traditional innerspring mattresses is The Sleep Number Bed by Select Comfort. It allows individuals to adjust the bed to their ideal level of personal comfort — their Sleep Number. A Sleep Number is a number between zero and 100 that represents each individual's

ideal setting for mattress firmness, comfort and support. With dual-adjustable air chambers, sleep partners can independently adjust the firmness on their side of the Sleep Number bed without disrupting their partner's desired comfort level.

In studies conducted at Stanford University and Duke University, participants fell asleep faster and experienced better quality, more

restorative sleep on the Sleep Number bed than on a traditional innerspring mattress. Stanford University researchers also found that 87 percent of those who slept on the Sleep Number bed experienced a greater percentage of REM sleep with fewer disturbances. The Sleep Number bed also provides more proper spinal alignment and 93 percent of participants reported back pain relief.

Hypertension remains widespread health concern

According to a recent study published in the Journal of the American Medical Association, today's middle-aged and elderly Americans have a 90 percent chance of developing hypertension, also known as high blood pressure. Currently up to 50 million Americans have hypertension, whether or not they are receiving treatment; over 40 percent do not have their blood pressure adequately controlled.

Blood pressure has natural rhythms throughout

any 24-hour period, and because of a genetically present system, automatically starts increasing in the early morning hours—the time when most people begin the day.

Because of this natural rise in blood pressure, patients diagnosed with high blood pressure can benefit from a medication that provides continuous 24-hour control. Failure to control hypertension may increase the risk of cardiovascular events. According to the Sixth

Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC-VI), therapies that provide continuous 24-hour efficacy with a single daily dose are the optimal treatment choice.

Blood pressure can be regulated with a variety of medications that use different methods for lowering blood pressure. One group of drugs, angiotensin-converting enzyme (ACE) inhibitors, work by interfering with the

conversion of the hormone angiotensin I to the artery-constricting angiotensin II. Blocking the production of angiotensin II results in reduced blood pressure.

The ACE inhibitor, ACEON® Tablets (perindopril erbumine), provides steady, 24-hour control without peaks and troughs in the level of medication.

People at risk for hypertension should speak with their health care providers about the benefits of 24-hour blood pressure control.

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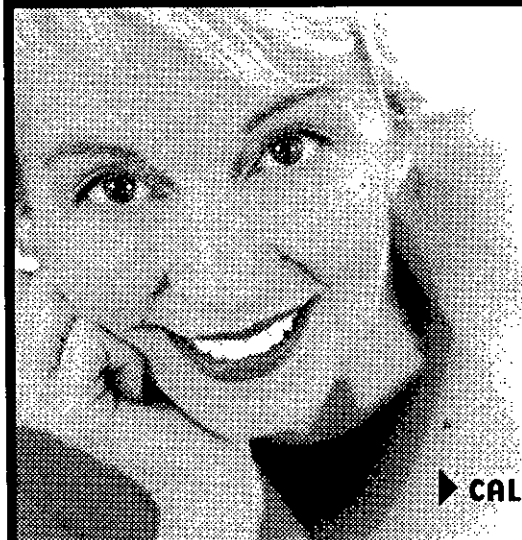
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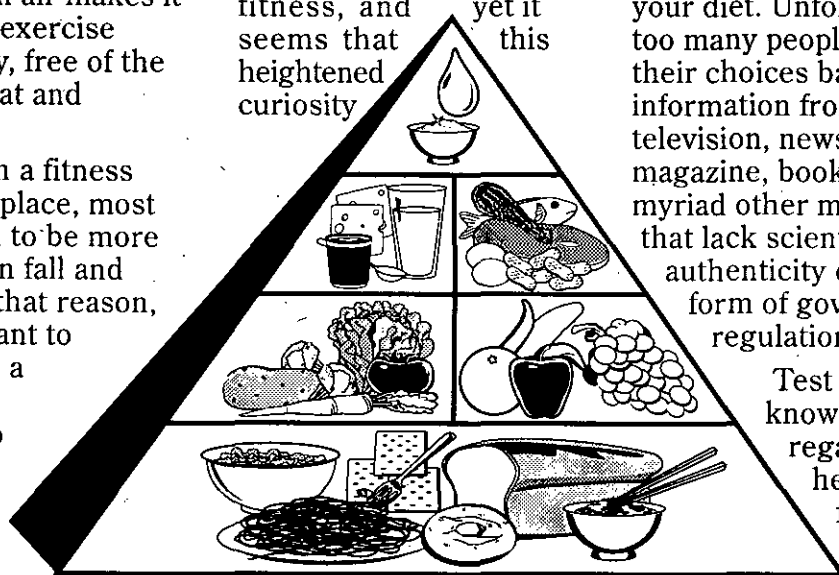
Boost your metabolism for fall

As the balmy late-summer days give way to the cool breezes of autumn, many people are inspired to tackle their fitness routine with new vigor. With kids back in school, parents have more time to get to the gym, and the crisp fall air makes it possible to exercise comfortably, free of the summer heat and humidity.

Even with a fitness regimen in place, most people tend to be more sedentary in fall and winter; for that reason, it is important to incorporate a balanced approach to diet and nutrition into your plan. For example, most people don't eat the recommended four to five servings of fruits and

vegetables each day. But our health, energy, muscle development and more are all directly linked to the whole foods, vitamins and supplements we ingest each day.

As a society, we are very interested in health and fitness, and yet it seems that this heightened curiosity



has become our worst enemy. We constantly fall

victim to the quick fix approaches promised by many diet and exercise companies. In doing so, we misunderstand our body and how it really works.

Accurate information is imperative when considering a change to your diet. Unfortunately, too many people make their choices based on information from television, newspapers, magazine, books and myriad other mediums that lack scientific authenticity or any form of governmental regulation.

Test your knowledge regarding health, fitness and nutrition by answering the following true or false questions:

1. A fat-free diet is good for you.
2. You can lose fat around your mid-section by performing sit-ups or leg lifts.
3. Eating late at night is bad for you.

Helping to cut through the clutter of misinformation, Life Time Fitness, the country's fastest-growing health and fitness company, has launched an educational tool designed to help consumers obtain accurate and practical information regarding fitness and nutrition.



Entitled "Master Your Metabolism," this unique video program helps dispel many of

4. A slow metabolism is a result of your genetic disposition.
5. An all-protein diet is a safe and effective way to lose weight and keep it off.
6. You can lose weight more quickly if you combine exercise and an extremely low-calorie diet.
7. When you go on

the myths and misconceptions surrounding health and fitness, while providing viewers with valuable insight into how the body functions and responds to exercise and what we eat. The 90-minute program summarizes years of biochemistry and exercise physiology research to provide a comprehensive understanding of how

a very low-calorie diet, your body will use its own fat for energy.

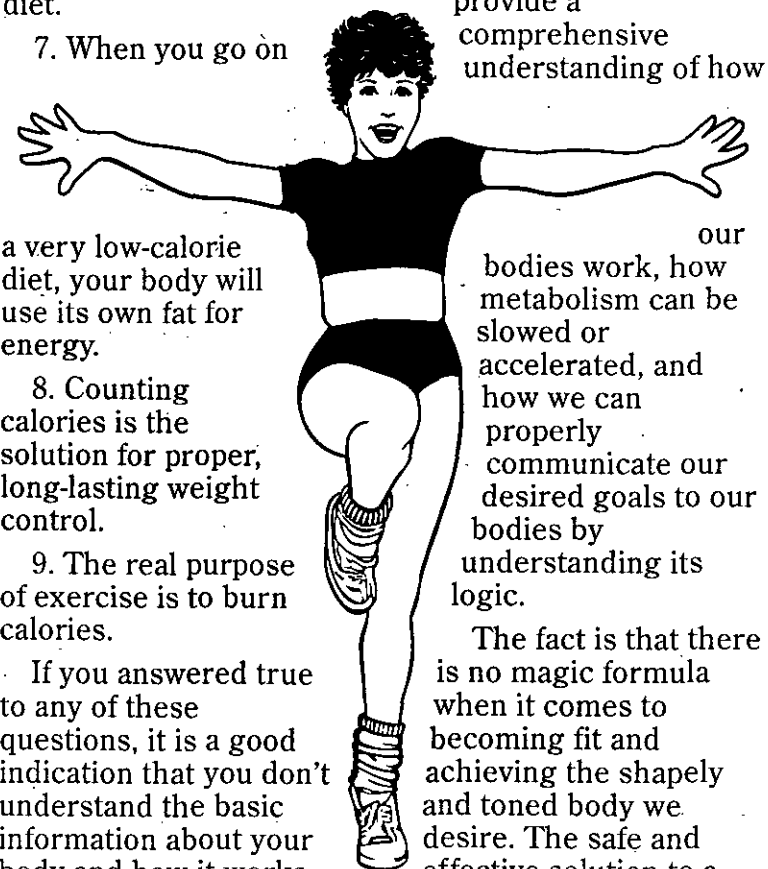
8. Counting calories is the solution for proper, long-lasting weight control.

9. The real purpose of exercise is to burn calories.

If you answered true to any of these questions, it is a good indication that you don't understand the basic information about your body and how it works. Don't feel bad; you aren't alone. Most Americans share these misconceptions.

our bodies work, how metabolism can be slowed or accelerated, and how we can properly communicate our desired goals to our bodies by understanding its logic.

The fact is that there is no magic formula when it comes to becoming fit and achieving the shapely and toned body we desire. The safe and effective solution to a long-term healthy lifestyle is simply gaining a big-picture understanding of how our bodies work.



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"Home Safety and Personal Care"

Tuesday, October 15, 2002, 7:00-8:30 p.m. Location to be announced.

*Maintaining a loved ones safety at home and providing personal
care are two of the biggest challenges caregivers face. The focus
this session will be how caregivers can provide for the safety and
care of their loved one.*

"Long Term Planning and Legal Assistance"

Tuesday, October 29, 2002, 7:00-8:30 p.m. Location to be announced.

*Knowledge is the best tool when helping a parent faced with
important legal decisions in later life. In this session we address
what you need to know when helping a loved one plan for their
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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 Region, 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

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

to provide care for you, some LTC policies will even pay them for their services.

Protect retirement assets

As we age and come close to retirement or actually retire, it's important to make sure that your 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 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, Ltd. in Clifton Park, New York at 518-371-5522 ext.101 or visit their website at www.nyltcb.com.

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.

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 needing long-term care today are, over 65 years old or older, people between the ages of 18 and 64 make up 40% of the people needing 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 HMO's don't cover long-term care expenses.

and assets to qualify for this program. The bottom line is that a significant portion of long-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% of elderly Americans are impoverished according to The Case For Self-Funding, Corporate Sponsored, Employee Paid Long-Term Care Benefits, May/June 1995. According to one survey, 31% 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. 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

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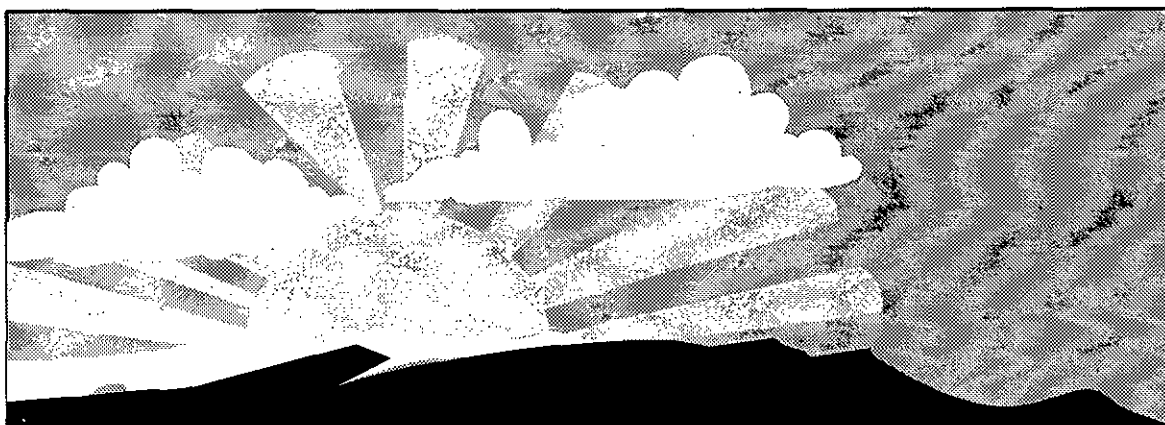
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Home use medical devices: benefits and challenges

The rapid growth in sales of medical devices used at home represents one of the "hottest" emerging areas in health care. Well-known trends are converging to increase the role of home use devices. They are:

- a changing population, in which there are decreasing numbers of nurses and an increasing geriatric patient population.

- insurance company practices, which encourages patients to leave hospitals earlier and to continue medical care at home.

- sophisticated new products being designed into smaller and less expensive packages.

Examples of advanced medical technology used at home include medical delivery devices, implanted pacemakers and defibrillators and "telemedicine" devices that transmit information about patients—such as weight,

blood pressure, body temperature, blood oxygenation, blood glucose and lung function—from their homes to the doctor's office.

Some of the devices that patients will be taking home in the near future would have looked like science fiction a few years ago.

- "Smart bandages" will be able to detect signs of infection and "recommend" treatment.

- Exoskeleton systems and functional electrical stimulation (FES) systems will restore use to the paralyzed limbs of quadriplegic patients.

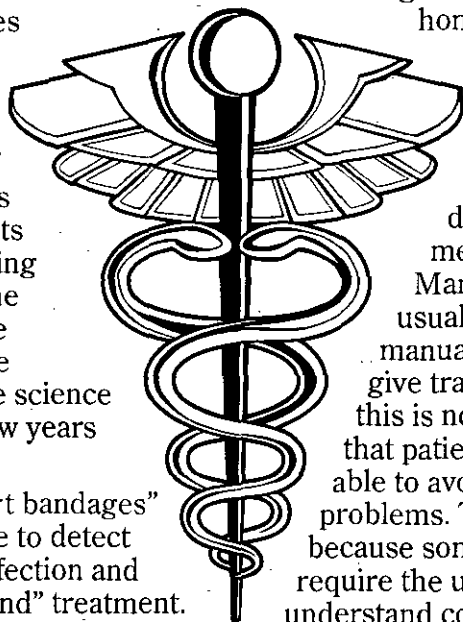
- A biosensing toothbrush will check patient's blood sugar and levels of bacteria during toothbrushing.

As these complicated and more capable devices are being introduced, they challenge the ability of home users

who often lack familiarity with high-technology devices and medical care. Manufacturers usually include

manuals and may give training, but this is no guarantee that patients will be able to avoid problems. This is because some devices require the user to understand complex processes and terminology.

These are called "human factors" problems and they are well-known and problems in hospitals, despite the fact that medical devices are being operated by well-trained health practitioners, with on-site service, and the support of other doctors and nurses.



The FDA's Human Factors Program helps ensure that manufacturers are making human factors part of the design and testing of their new medical devices. When a dangerous problem ("adverse event") with a medical device—a serious injury, death, or near miss—is reported to the FDA, members of the

Human Factors Group help investigators find out if the event was caused by human factors or shortcomings in the design of the device.

The FDA is working hard to keep up with the rapid changes in the design and sale of home use medical devices. To learn more, visit www.fda.gov.

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It may come as a surprise to many Americans but one of the most important ingredients in modern medicine is something you probably think about more for cleaning than curing: chlorine.

Chlorine is a necessary component of some of the most widely used and effective medicines available today. Medicines made using chlorine chemistry include many commonly prescribed pain relievers, decongestants, and antihistamines, antidepressants and antibiotics.

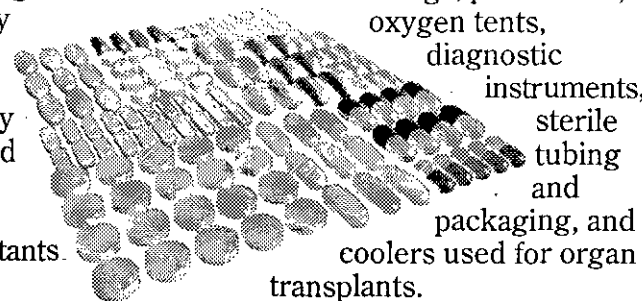
In fact, 85 percent of all pharmaceuticals on the market are manufactured using chlorine chemistry. These drugs help patients battling cancer, diabetes, heart disease, AIDS, leukemia, meningitis, pneumonia, and a variety of other ailments.

Chlorine chemistry is even helping protect public health from terrorist attacks, as an essential element of such life-saving drugs as Ciprofloxacin (Cipro®) and Doxycycline-

each of which has been recommended by the Centers for Disease Control and Prevention to treat people who have been exposed to anthrax.

Doctors and nurses rely on chlorine chemistry to help them save lives. In the operating room, chlorine facilitates the most advanced surgeries. It is a vital component of IV and blood bags, prosthetics, oxygen tents, diagnostic instruments, sterile tubing and packaging, and coolers used for organ transplants.

American hospitals provide us with an unprecedented level of medical care, the envy of much of the world. Medical professionals continually seek out new treatments and technologies to improve upon this system. Chlorine is an essential element of the research that advances our medical capabilities. Doctors have used chlorinated compounds to develop potent new drug therapies for many illnesses and diseases, including hypertension and Alzheimer's disease.



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Being overweight can lead to weighty health issues - are you at risk?

An estimated 97 million Americans over 50 percent of the nation's adult population are overweight, meaning they are at least 20 percent above their recommended body weight.

And while physical inactivity and poor dietary habits are most frequently associated with gaining weight, there are other causes. These include genetics, poor metabolism, certain medical conditions, and even some medications.

For example, some of the medications that make it possible for patients with mental illness to lead normal or near-normal lives can cause them to gain weight, which, in turn, may lead to increased health risks. This is particularly problematic for patients with schizophrenia, 40 percent of whom are overweight compared with 27 percent of the general population. Additionally, patients with schizophrenia who develop medical conditions typically have diminished access to adequate medical care.

The amount of weight a patient may gain varies from drug to drug. However, recent studies show that some of the most widely prescribed antipsychotic medications for treating schizophrenia can cause weight gains of nearly 15 to 25 pounds within the first year of treatment.

Weight gain can lead to serious health problems. A wide variety of medical conditions, including type 2

diabetes, heart disease, hypertension or high blood pressure, gall bladder disease, breast cancer, endometrial cancer and osteoarthritis are associated with weight gain. In fact, results from one recent study show that:

- Women who gained 11 pounds or more during their adult years were twice as likely to develop type 2 diabetes compared with those who maintained their weight.

- Women who gained up to 40 pounds or more were 12 times more likely to develop diabetes than women who did not.

- Women who gained more than 40 pounds increased their risk of heart disease by 165 percent.

- Women who gained up to 10 pounds over two years were 38 percent more likely to develop hypertension than those who maintained their weight.

In addition, weight gain impairs physical functioning, reduces quality of life, and is associated with a diminished sense of well-being.

To patients treated for schizophrenia, weight gain can be so burdensome that many 50 percent according to one study stop taking their medication. Stopping medication can increase a patient's risk for relapse and subsequent hospitalization.

Following a healthy diet and engaging in regular exercise may play an

important role in keeping weight gain at bay. If you or a family member think your weight gain may be a result

of a medication you're taking, it is important to talk to your doctor.

To learn more about the effects of weight gain on your overall health, you should visit www.weightrisks.com.



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Every day research uncovers new information about medical conditions and possible therapies. Your involvement in clinical studies could help in the development of new medications. You and many other people may benefit from your willingness

to become involved.

A clinical study is a carefully designed program offered to people to test the effects of a medication, medical treatment, or device in a group of volunteers across the United States and at times the world. Clinical studies are an important step in making new medications and treatments available. They measure the drug's ability to treat a condition, its safety, and possible side-effects. The FDA requires that a drug be demonstrated to be effective and safe for an illness or disease before it is made widely available to physicians and patients.

When participating in a clinical study, you will see doctors, nurses and clinical research coordinators. In many clinical studies, participants may receive

either the drug being studied or placebo (inactive substance).

Study related physical exams, lab tests, and study medication are usually provided at no cost throughout the study. Travel and other expenses may be reimbursable.

There are always new and upcoming studies available, call 518-533-1500 for current information.

Current clinical studies include back surgery, Crohn's disease,

depression, migraine (Ages 12-17), and memory loss.

For More Information Please Contact: Upstate Clinical Research, LLC

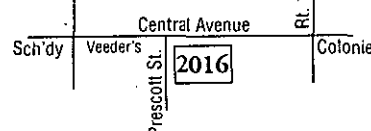
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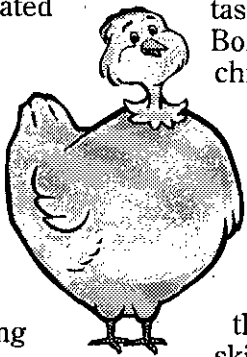
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Chicken makes healthy eating tasty and convenient

Eating is one of life's pleasures. But staying healthy requires a sensible eating plan that includes a varied diet low in saturated fat and cholesterol and moderate in total fat. Luckily, there is lots of room for choice and personal preference in a healthy eating plan.

A healthy diet doesn't have to be bland or time-consuming to prepare. Take chicken, for example. According to the USDA's Food Guide Pyramid, a total of five to seven ounces a day of foods from the meat group (meat, poultry, fish, dry beans, eggs and nuts) supplies protein for building and maintaining muscle, iron for healthy blood and other essential vitamins and minerals.



As one of the most versatile meats, chicken is easy to prepare and well-suited for a variety of tasty recipes. Boneless, skinless chicken breasts and

thighs can go from refrigerator to table in about 15 minutes. In addition, the fat content of a three-ounce skinless portion of whole roasted chicken is less than half of beef and about one-third of pork, and most fat in chicken is unsaturated, which can actually help lower blood cholesterol.

Chicken breast fillets are a good staple to have in your refrigerator. They are marinated to give consumers

the most tender, juicy chicken possible. They are also simple and easy to prepare, and provide a good base for many recipes. Plus, they're less than 100 calories each.

The options for adding excitement to dinner without adding fat are limited only by your imagination. Try enhancing the flavor of your chicken with herbs and spices, flavored vinegars, wines, soy sauce and citrus juices. Cooking methods such as boiling, roasting, grilling or poaching help avoid added fat. If you want to saute your chicken, use a non-stick pan or non-stick cooking sprays to eliminate the need for oil or butter. You can also try cooking in a small amount of chicken broth, which adds flavor.

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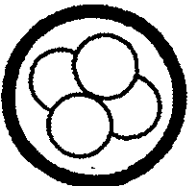
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Better life for people with Epilepsy

Researchers are working on new ways to help people with epilepsy, it's the third most common neurological disorder.

Epilepsy, when diagnosed, is usually treated with a number of antiepileptic drugs or AEDs, many of which can cause distressing side effects.

College student Kristen Peters was diagnosed with epilepsy at the young age of 15. "I had just made the dance team at school. I was taking driver's education and had received my permit. I was an A student, active in my church youth program and enjoyed going to movies and dances with my friends," says 19-year-old Peters.

"When I was diagnosed with epilepsy my life changed rapidly. I was put on medication, which made me very drowsy and prevented me from concentrating in school. I also experienced side effects: muscle tremors, dizziness, weight gain and loss, mouth sores and memory loss. My grades suffered along with my social life, relationships and independence. Epilepsy made me feel very scared and alone."

A new survey, "Quality of Life in Epilepsy," which was sponsored by Cyberonics Inc., has shown that people with epilepsy often experience these debilitating side effects, yet many do not proactively seek new treatments that could help. Three-quarters

of the epilepsy patients surveyed strongly believe that even modest improvements in seizure control would greatly improve their daily lives but only one-third of them regularly ask their doctor if new or alternative treatments are available.

New treatments are available that have fewer side effects. Unfortunately, many people with epilepsy and their caregivers are unaware of these new treatments.

Effectively managing epilepsy means balancing seizure control and medication side effects. Vagus Nerve Stimulation Therapy, or VNS Therapy, can reduce the number of medications a person needs to take to achieve seizure control.

VNS Therapy is an innovative long-term therapy for central nervous system disorders, which has been demonstrated as safe and effective for people with epilepsy. The therapy is delivered via a small pacemaker-like device, implanted just under the skin in the chest. It sends mild electrical stimulation to the brain via the left vagus nerve.

"Starting VNS Therapy was a turning point in my life," Kristen Peters says. "I was able to bring my grades up, stay out late with my friends and start working part-time. I've been seizure-free, attending college away from home, and living a happy, fulfilling life."

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Nigro

(From Page 1)

approval document affirmed in January by the town board — has been under scrutiny by the planning body.

Nigro will face what he hopes will be another round of farewells tonight, Aug. 28, as the town

limited liability company called Bethlehem Ventures.

Nigro stressed the changing economics confronting developers in the past year as the reason for the changes so soon after the initial project approval.

"The changes we've asked for are only what we need to keep this

project together," he said.

The second resolution formally made a "negative declaration"

John Nigro

The changes we've asked for are only what we need to keep this project together.

board is scheduled to consider the planning board's recommendation to approve the proposed amendments.

The planning board's action last week came in the form of a pair of resolutions adopted by identical unanimous votes of the board at its Tuesday, Aug. 20, meeting. One resolution recommended to the town board adoption of the changes Nigro sought.

Those changes include establishing interior lot lines for the parcel, on which Nigro Companies proposes to build a 180,000-square-foot "Super Wal-Mart" as well as restaurants, a bank and a home improvement retail store for an as yet unsigned tenant; adopting an "open development" scheme to ensure all tenants access to needed utilities and frontage without a de facto subdivision; approving a phasing plan for construction and approving a formal change of ownership, from Nigro Companies to a newly created

under the terms of the state's SEQR law, indicating that the proposed changes were not significant enough to require an environmental impact review.

The draft resolution prepared by the town's planning and engineering staff set forth conditions regarding numerous engineering and other details to be spelled out on revised site plan maps by the developer before building permits can be issued.

With the planning board's recommendation now in hand, the town board — which must approve the proposed changes since the property is zoned as a Planned Commercial District — is scheduled to discuss the

amendment request tonight. Nigro also has yet to receive an Army Corps of Engineers wetlands permit related to the proposed mitigation plan for the site or approval by the state Department of Transportation of its proposed highway renovations to Route 9W.

The Nigro request was one of three items on last week's planning board agenda. The board heard initial presentation by planner Paul Hite of a proposed one-lot subdivision of a vacant parcel of land at 396 Maple Ave., near Cottage Lane, in Selkirk.

Its proposed buyers plan to build a single-family home there. After questions related mostly to possible wetlands issues, the board tabled the matter, pending a public hearing at an as yet unspecified date.

The board also received an update from developer Lee Rosen and planner Lynn Sipperley on a proposed 92-lot planned residential development on Elsmere Avenue at Feura Bush Road, formerly known as Waldenmaier Estates, now to be renamed Walden Fields. A variety of drainage and landscaping-related issues were discussed by the board, before tabling the project.

Home Learning Center sets fall planning meeting

The Home Learning Center, a cooperative of home educators and their children of all ages, will hold its planning meeting in preparation for the fall session from 2 to 4 p.m. Thursday, Sept. 12 at the Five Rivers Educational Center, Game Farm Road, Delmar.

Registration for the fall workshops will begin on Thursday, Sept. 19, from 1:30 to

4:30 at Voorheesville Public Library, Voorheesville.

The Home Learning Center provides educational workshops, outdoor exploration, a chess club, and opportunities to provide volunteer services throughout the community. There is no fee to join. Please call Gina NeJame at 439-3616 or e-mail homelearningcenter@hotmail.com.

Business women plan program

Drs. Ronald Stram and Ann Tobin will speak about "Women and Heart Disease," a proactive approach to living healthy at the Wednesday, Sept. 4, meeting of the Bethlehem Business Women at Normanside Country Club.

The meeting begins with a social time at 6 p.m. followed by dinner at 6:30 p.m.

The cost is \$15 which includes dinner.

Call Susan Schell at 439-2945 to make a reservation by Aug. 29.

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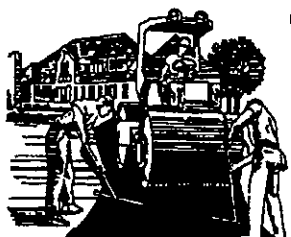
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Obituaries

Peter Bishko

Peter Bishko of Delmar died Tuesday, Aug. 20, at Community Hospice of Albany County at St. Peter's Hospital.

Born in Ukraine, he came to the United States as a young boy.

He was a graduate of Broadalbin Central High School, Union College and Albany Law School.

Mr. Bishko was a Vietnam War combat veteran serving in the Army as a first lieutenant. He was a graduate of Officers Candidate School in Fort Benning, Ga.

He practiced law for many years in his own firm, Tate Bishko & Associates in Colonie, before becoming counsel to Segel, Goldman, Mazzatta & Siegel.

Mr. Bishko served as Bethlehem town justice for six years and was the current attorney for the zoning board of appeals.

He was involved in youth activities in as a founding member of Bethlehem Youth Court and as a coach for youth soccer.

He enjoyed hiking and cycling.

Survivors include his wife, Sherry Bostwick Bishko of Delmar; his mother, Sophia Lazurko Bishko of Broadalbin; two daughters, Alexandra Bostwick Bishko and Anne Bannister Bishko, both of Delmar; a sister, Christine Villacorta of Houston; two brothers, Orest Bishko of South Windham, Conn., and Igor Bishko of West Islip, L.I.; and a sister, Irene Galadza of Brampton, Ontario.

Services were from St. Peter's Episcopal Church in Albany.

Burial was in Saratoga National Cemetery.

Arrangements were by the Tebbutt Funeral Home in Albany.

Contributions may be made to the Keene Valley Chapter of the Adirondack Mountain Club, 814 Goggins Road, Lake George 12845.

Kenneth Burns

Kenneth J. Burns, 83, of Delmar died Wednesday, Aug. 21, at his home.

Born in Albany, he was a graduate of Albany High School.

He was an Army Air Forces veteran of World War II, serving as a radio operator and tail gunner.

Mr. Burns retired as chief field examiner and budget examiner for the state Health Department after 33 years of service. For several years after he retired, he was a part-time consultant for the department.

He was a member of Delmar Reformed Church and its Greater Consistory. He was a former superintendent of First Baptist Church School in Albany. Mr. Burns was a member and past commander of the Nathaniel Adams Blanchard American Legion Post. He also served as post chaplain and member of the color guard. He was a member of the Bethlehem Republican Club.

Survivors include his wife, Ruth E. Smith Burns; a daughter, Marie A. Burns of Albany; a son, Michael K. Burns of Queensbury; and two grandchildren.

Services were from Delmar Reformed Church.

Arrangements were by the Tebbutt Funeral Home in Albany.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Cornelius Reagan

Cornelius J. Reagan, 81, of Delmar died Wednesday, Aug. 21, at Community Hospice of Albany County at St. Peter's Hospital.

Born in Harrisburg, Pa., he graduated from Steelton High School and attended Pennsylvania State College. He had graduate degrees in ceramic engineering.

Mr. Reagan was a lieutenant in the Navy, serving in World War II.

He worked for the Material Service Corp. as a plant manager for Powell & Minnock Brick Works in Coeymans before he retired.

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

Survivors include his wife, Mary Ellen Donovan Reagan; four sons, James Reagan and John Reagan, both of Delmar, Joseph Reagan of New Milford, Conn., and William Reagan of San Diego, Calif.; a daughter, Mary Cornelia Lang of Oradell, N.J.; a brother, William Reagan of Ottawa, Ill.; two sisters, Margaret Brown of Strongsville, Ohio, and Mary Laneve of Dayton, Ohio; and four grandchildren.

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

Burial was in Calvary Cemetery in Glenmont.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to the St. Vincent de Paul Society or the Church of St. Thomas the Apostle Memorial Fund, both at 35 Adams Place, Delmar 12054.

Vincent Foley Jr.

Vincent D. Foley Jr., 61, of Voorheesville died Tuesday, Aug. 20, at his home.

Born in Albany, he was a longtime resident of Voorheesville.

He was a graduate of Cardinal McCloskey High School and Hudson Valley Community College.

Mr. Foley retired from the Albany Police Department as commander after 35 years of service.

He was currently employed as a security monitor for the Albany City School District.

He was founding commanding officer of the Albany Police Department juvenile unit. He was district 13 treasurer for Little League and a former president of Whitehall Little League and Albany Pop Warner.

Mr. Foley was a member of the Bethlehem Elks and the Voorheesville Rod & Gun Club. He was an avid NASCAR fan.

Survivors include his wife, Ann O'Neil Foley; his mother, Bert Foley of Rensselaer; two daughters, Karen Lanbese of Providence, R.I., and Kristen Von Fricken of Rotterdam; a son, Vincent Foley of Voorheesville; a brother, Edward Foley of Albany; a sister, Carla Conklin of Albany; and four grandchildren.

Services were from the Daniel Keenan Funeral Home and St. Mary's Church, both in Albany.

Burial was in Our Lady Help of Christians Cemetery in Glenmont.

Contributions may be made to Albany Pop Warner, c/o Excelsior Credit Union, 341 New Karner Road, Colonie 12205.

Wallace Smart

Wallace F. Smart, 89, of Slingerlands died Wednesday, Aug. 21, at Community Hospice of Albany County.

Born in Elizabeth, N.J., he was an Army veteran of World War II, serving in Italy and Africa.

Mr. Smart operated Smart Home Heating for many years.

He enjoyed gardening, cultivating roses and reading. He was an avid New York Yankees and New York Giants fan. He was a member of the Joseph Zaloga Veterans of Foreign Wars Post.

Services were from the New Comer-Cannon Funeral Home in Colonie and St. Catherine of Siena Church.

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

Joseph Kubica

Joseph W. "Luther" Kubica, 50, of Voorheesville died Saturday, Aug. 17, at Community Hospice of Albany County at St. Peter's Hospital.

Born and raised in Pittsfield, he worked at Long Lumber in New Scotland for 16 years.

Mr. Kubica was a member of the Polish Falcon Club in Pittsfield and the National Wild Turkey Federation. He was also a member and deacon at Madison Avenue Baptist Church.

He enjoyed hunting and fishing and was an avid fan of the Florida Gators.

Survivors include his wife, Jeanne Kubica; his mother, Harriet Kubica of Pittsfield; five sisters, Joanne Wheeler, Marilyn Kipp, Jean Kubica and Rose Kubica, all of Pittsfield and Ruth Tierney of Clinton, S.C.; and a brother, Paul Kubica of Northwood, Ohio.

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

Burial was in Prospect Hill Cemetery in Gunderland.

Contributions may be made to Community Hospice of Albany County, 445 New Karner Road, Colonie 12205; Madison Avenue Baptist Church, 901 Madison Ave., Albany 12208; or St. Matthew's Lutheran Church, 75 Whitehall Road, Albany 12209.

Ruth Malarly

Ruth Crocker Van Kempen Malarly, 84, of Glenmont died Friday, Aug. 16, at Child's Nursing Home in Albany.

Born in Albany, she attended Bethlehem High School, Wells College and Albany Business College.

Mrs. Malarly was a supervisor in the statistical department at the former Winthrop Chemical Co. More recently, she was an insurance rater for Farm Family Insurance Co. in Glenmont.

She was a member of Glenmont Reformed Community Church and its Women's Guild. In earlier days, she was a Sunday school teacher, treasurer, superintendent and member of the the Greater Consistory of First Reformed Church of Bethlehem at Selkirk.

Mrs. Malarly was a member of the Wells College Alumnae Association and the Bethlehem Historical Association.

She was the widow of Kenneth H. Malarly and Gerardus J. Van Kempen.

Survivors include two sons, Paul D. Van Kempen Sr. and Richard L. Van Kempen; a stepson, Wayne G. Malarly; five grandchildren; and six step-grandchildren.

Services were private.

Burial was in Bethlehem Cemetery in Delmar.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Glenmont Reformed Community Church Building Fund, 1 Chapel Lane, Glenmont or Bethlehem Senior Projects, Senior Transportation Service, 445 Delaware Ave., Delmar 12054.

James Carter

James S. Carter, 80, of Slingerlands died Sunday, Aug. 18, at Teresian House in Albany.

Born in Cohoes, he was a 47-year resident of Slingerlands.

Mr. Carter was a graduate of Albany Academy, Dartmouth College and Columbia Law School.

He was an Army veteran of World War II. He fought in the Battle of the Bulge. Serving with the occupation forces after the

war, he was appointed mayor of Dinkelsbiel, Germany.

Mr. Carter worked for the law firm Carter & Conboy founded by his father. For 48 years, he was in civil law trial practice in state and U.S. district courts.

He was a member of the state and county bar associations. In 1975, he became a fellow of the American College of Trial Lawyers. He was a co-founder, member and first president of the Upstate Chapter of the Defense Research Institute and was a mediator for the U.S. District Court for the Northern District of New York. He was a former trustee of the Fort Orange Club and the Albany Boys Club.

Mr. Carter was an avid outdoorsman. He enjoyed skiing, golf, hiking, tennis and swimming.

Survivors include his wife, Nancy Carter; three daughters, Ann Usher of East Greenbush, Susan Wagoner of Dover, Mass., and Carrie Hamblin of Franconia, N.H.; a brother, Peter N. Carter of Montreal; and six grandchildren.

Services were private.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to the Teresian House Memorial Fund, 200 Washington Ave., Albany 12203.

Enid Grubs

Enid Jeannette Grubs, 93, formerly of Slingerlands, died Saturday, Aug. 10, at Teresian House in Albany.

Born in Cornwall, Orange County, she was wife of the late Jesse Joseph Grubs.

Survivors include a son, Dr. Adrian Grubs of Gunderland, and three granddaughters.

A memorial service will be held on Wednesday, Sept. 25, at 2 p.m. at Rock Ridge Cemetery in Monticello, Sullivan County.

Contributions may be made to the American Heart Association, 440 New Karner Road, Colonie 12205.

Registration dates for library storytimes

Bethlehem Central School District residents can register in person for Bethlehem Public Library's fall storytimes on Monday, Sept. 9, during regular library hours.

Call-in registrations begin at 1 p.m. Residents and non-residents can register by phone or in person on Tuesday, Sept. 10. No voice mail registrations will be accepted.

Storytimes run Tuesday, Sept. 17, through Thursday, Nov. 21. The library is located at 451 Delaware Ave. in Delmar.

Barbecue set Sept. 7

Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, will host a barbecue pork dinner on Saturday, Sept. 7.

Dinner will be served at 4:30, 5:30 and 6:30 p.m. The cost is your donation.

Reservations are necessary; call 768-2213.

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.



2nd Lt. Timothy J. Moshier

Moshier leads local cadets

Cadet 2nd Lt. Timothy J. Moshier, a Slingerlands native, accepted his diploma from President George Bush on July 1. The graduation ceremonies highlighted a year-long bicentennial celebration of the founding of West Point by President Thomas Jefferson in 1802.

Moshier is the son of Jim and Mary Ellen Moshier of Slingerlands.

While at West Point, Moshier was an aeronautical engineering major, a member of the Cadet Honor Committee and a three-year competitor on his company's Sandhurst team. Sandhurst is a

day-long military decathlon in which teams from all over the United States, Canada and United Kingdom compete in events that combine military training with endurance. Moshier will continue his training in Army aviation and has reported to duty at Fort Rucker, Ala., to specialize in helicopter flight training.

Other area cadets to graduate from West Point this summer include Cadet Sgt. Pat Davis and Cadet Sgt. Kevin Powell, both of Delmar, Cadet Sgt. Manuel Ramos of North Bethlehem and Cadet Sgt. Ben Levine of Glenmont. Moshier, Davis and Powell are all graduates of Bethlehem Central High School.

Honor society inducts area students

Phi Theta Kappa, the international academic honor society for two-year institutions of higher learning, inducted 94 students at Hudson Valley Community College to its membership. The induction ceremony took place Monday, April 8, in the Bulmer Telecommunications Center.

Membership in Phi Theta Kappa is indicative of a student's academic excellence. Those inducted are matriculated

students who have met standards including a grade point average of 3.71 or higher. Students honored with Phi Theta Kappa membership include:

Michiko Kubotera of Delmar, Jill Matthews of Slingerlands, Tania Dhamija, Robert Sawyer, Madeline Kennedy and Danielle A. Spickeman, all of Latham, Calvin Vu and Edward Wilson, both of Guilderland, Rebecca Cavaleri of Voorheesville and Richard Thompson of Glenmont.

Dean's List

Niagara University

Gregory Bedrosian and Kristen Bennett, both of Delmar. Ryan Bender and Tracy Kovarik, both of Glenmont.

Hartwick College

Jessica Fuld of Voorheesville.

University of North Carolina at Wilmington

James Kurtessis of Delmar.

The College of Saint Rose

Lisa Ricciardelli of Glenmont

Calvin College

Melia Fast of Selkirk.

Johns Hopkins University

Joshua Szebenyi of Slingerlands.

Cazenovia College

Stacey Coffey of Delmar.

University of Pennsylvania

Alan Lewis of Delmar.

University of Connecticut

Alison Laufer of Delmar.

Marist College

Timothy Tobin, Christopher Sherin and Geoff Decker, all of Delmar. Kara Kaplan of Glenmont.

Colby-Sawyer College

Erin Hardy of Slingerlands.

Goucher College

Lauren Barnett of Delmar.

Union College

Anne Bishko, Jill Foster and Sheila Setlur, all of Delmar. Dmitry Abramov and Sabrina Hyder, both of Slingerlands. Maria Giglio and Brian Kern, both of Voorheesville.

Hobart and William Smith Colleges

David Woodworth of Delmar.

Manhattan College

Erica St. Lucia of Delmar.

University at Albany

Rachel Sonne of Delmar.

Class of '02

Bates College

Christian McTighe of Delmar (bachelor's in philosophy).

Mount Ida College

Heather Dorsey of Selkirk (bachelor's in graphic design).

Graduate earns Barnard writing honors

Erin Virgil, a 2002 graduate of Barnard College and Columbia University, was recently honored by Barnard College as a recipient of the Howard M. Teichmann Writing Prize.

The prize is awarded to a graduating senior for excellence in creative writing. Virgil was also the second place winner of the

Peter S. Prescott Prize for Prose Writing.

Both prizes were presented at a special honors ceremony for recipients of Barnard College Prizes, Fellowships and Honors.

Virgil is a 1998 graduate of Bethlehem Central High School and is the daughter of Joan and Mark Virgil of Slingerlands.

BCMS student wins language award

Darroch Putnam, son of Dr. David and Patricia Putnam of Delmar, was named this year's recipient of the Fulvi Love of Language Award. This award is given by the New York State Association of Foreign Language Teachers to a student nominated by one of its members.

Beyond showing excellent achievement in the study of a language other than English, the eighth-grader receiving the award must demonstrate a love of the language studied. Darroch Putnam studies French in eighth grade at Bethlehem Central Middle School.

Voorheesville student accepts honors

William Zimmerman of Voorheesville accepted membership into The National Society of Collegiate Scholars and will be honored during a campus ceremony this fall at Pennsylvania State University.

The society is a national, non-profit honors organization that was established on the principle that with scholarship comes a responsibility to develop leadership and a duty to perform service.

Delmar student honored as scholar

David Woodworth, son of Holly and Neil Woodworth of Delmar, was recently named a Hobart Scholar during Hobart College's annual Charter Day ceremony.

Charter Day awards recognize

students for their academic achievements, community service and leadership.

The Hobart Scholar Award honors outstanding Hobart sophomores for academic achievement.

Births

Bellevue Woman's Hospital

Girl, Emma Parker, to Donna and Ed Parker of Voorheesville. July 15.

Boy, Jason Pfulger-Boucher, to Janna and Marc Boucher of Delmar, July 17.

Boy, Travis Shumpis, to Candace and Brian Shumpis of Delmar, Aug. 1.

Girl, Lily Louise Rose Marshall, to Rebecca and Ray

Marshall of Delmar, Aug. 8.

Girl, Evelyn Gale Shillinglaw, to Janna and Christopher Shillinglaw of Voorheesville, Aug. 16.

In Delmar,

The Spotlight is sold at
Delmar Marketplace, Stewart's,
Mobil, Getty, and
Sunoco at Elm Avenue.

Here's to a Wonderful Wedding!



INVITATIONS

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

JEWELRY

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

PHOTOGRAPHY

Personal, Professional Photographic Services. 469-6551.

Community



Church sets pork dinner

Onesquethaw Reformed Church will sponsor a pork dinner on Saturday, Sept. 7, at the church on Tarrytown Road in Feura Bush.

Seatings will be at 4:30, 5:30 and 6:30 p.m.

The menu will include barbecue pork roast, baked potatoes, local sweet corn and tomatoes, applesauce, rolls, gravy, chocolate brownie a la mode and beverages.

Reservations are required. Call 768-2213 to reserve.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

Scottish Games celebrate silver anniversary

By DUNCAN CAMPBELL CRARY

When Scottish settlers first came to the Capital District, many were drawn to the Helderberg Mountains by their appearance, which — minus the trees — looked a wee bit like home. Indeed, the town that includes much of the Helderberg Escarpment is New Scotland.

This Saturday and Sunday, the Helderbergs will look a lot more like home, as tartan-clad, caber-tossing, haggis-eating, tam-o'-shanter wearing Scots from across the United States and Canada come to strut their Highland stuff at the 25th annual Capital District Scottish Games at the Altamont Fairgrounds.

The Scottish Games is a two-day festival of Scottish music, dance and athletic performance and competition. One of the better known events — and perhaps the most spectacular — is the caber toss, a contest in which competitors lift and balance a peeled log (weighing upwards of 100 lbs. and measuring 16 to 20 feet) before attempting to toss it end over end so that it lies in a 12 o'clock position.

At 25 years, the Capital District Scottish Games is the largest drawing Scottish Games in the Northeast. Games spokesman Bob Gordon credits the Altamont atmosphere for the popularity of the event which



attracts approximately 16,000 people a year.

"It's not hard to find somebody smiling and it's not just because they're sucking in beers," Gordon said. "There's an electricity."

He also noted that guests aren't as constricted by rules at the games as they would be at other events. While not necessarily encouraged to do so, if families want to bring their dogs, for example, they can.

"For the price, you get solid entertainment that never stops until you leave," he added. "It comes to you. It will march at you."

Irish and Scottish bands, such as Enter the Haggis, The Brigadoons and The McKrells will alternate performances of traditional and popular music on several stages throughout the festivities on both days. Re-enactors will deliver accounts of Scottish history and tradition. Merchants will offer selections of cultural clothing and items. Various children's events are scheduled throughout the weekend as well, but all events are subject to change without notice, warned Gordon with a laugh.

You never know exactly what will happen at the games but it's sure to be a good time for the whole family, he said.

While Saturday and Sunday have similar schedules, each day features its own unique events. One of the more unusual highlights on Sunday will be "Beers and Cheers," an anything goes pipe and

drum competition in which bands perform more popular instrumentations in whatever costumes suits their fancy.

The Capital District Scottish Games are sponsored by the Schenectady Pipe Band, a nonprofit organization founded in 1917, and manned by 100 volunteers from all over the Capital District. The mission of both the Scottish Games and the Schenectady Pipe Band is to promote the appreciation of pipe band music and the preservation of Celtic cultural heritage. In keeping with that philosophy, Gordon imparted some fashion advice for those considering what to wear this weekend.

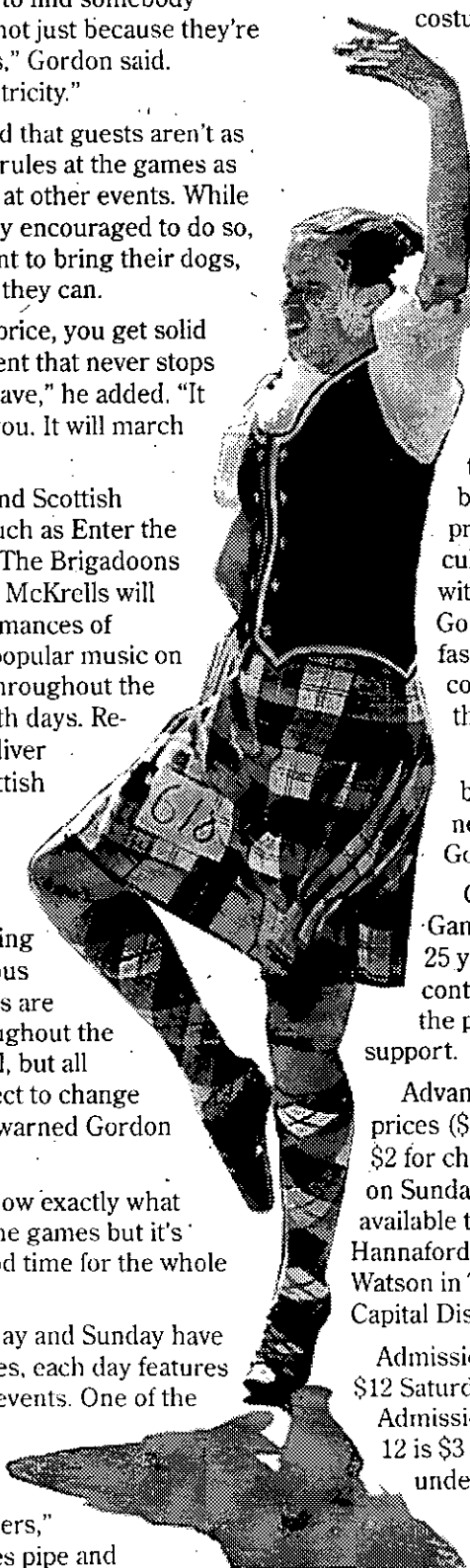
"All tartans are plaids but all plaids are not necessarily tartans," Gordon said.

Gordon said the Scottish Games have been popular for 25 years and they will continue to be for 25 more if the public continues its support.

Advance tickets at reduced prices (\$9 for adults on Saturday, \$2 for children, and \$8 for adults on Sunday, \$2 for children) are available through Aug. 29 at Hannaford Supermarkets, Holmes & Watson in Troy, and throughout the Capital District.

Admission at the fairgrounds is \$12 Saturday and \$10 Sunday. Admission for children ages 6 to 12 is \$3 and free for children under 6.

For information, call 785-0507.



ARTS and ENTERTAINMENT

Theater

OKLAHOMA

musical, MacHaydn Theatre, Route 203, Chatham, through Sept. 1, \$19.90 to \$21.90, discounts for children under 12 and senior citizens. Information, 392-9292.

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

The Theater Barn, Route 20, New Lebanon, through Sept. 1, \$18, \$16 for Sunday matinee. Information, 794-8989.

Music

THE RADIATORS

Central Park, Schenectady, Aug. 29, 7:30 p.m., free.

ENDLESS SUMMER CONCERT

with Franki Valli, Lou Christie, etc., Saratoga Performing Arts Center, Aug. 29, 7:30 p.m., \$28 and \$38, \$17.50 lawn. Information, 587-3330.

B.B. KING BLUES FESTIVAL

with Fabulous Thunderbirds, Susan Tedeschi, etc., Saratoga Performing Arts Center, Aug. 30, 7:30 p.m., \$35, \$45 and \$55, \$20 lawn. Information, 587-3330.

SHERYL CROW

with Michelle Branch, Pepsi Arena, South Pearl Street, Albany, Sept. 7, 7:30 p.m., \$28.50 and \$38.50. Information, 487-2000.

Visual Arts

NEW YORK STATE MUSEUM

New York September 11 by Magnum Photographers, through Oct. 14, 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, through



Aug. 30, 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

161 Washington Ave., new works by Thaddeus Smith, through Aug. 30, Tuesday to Saturday. 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, "Fall Back into Color," through Oct. 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, gallery open Monday to Saturday. Information, 783-8763.

OTTER HOOK GALLERY

121 Adams St., Delmar, oil paintings by Rose Belling, through Aug. 31, Thursday to Sunday. Information, 439-4339.

Call for Artists

AUDITION

for October Harlequin Players production of "Over the River and Through the Woods," Aug. 29 at Community United Methodist Church, 1499 New Scotland Road, Slingerlands, 7 p.m. Information, 355-6694.

AUDITION

for November Footlighters of Calvary production of "Boarding House," Aug. 28 and 30, Calvary United Methodist Church, Belle Avenue and Ridge Place, Latham, 7 p.m. Information, 373-8237.

AUDITION

for young actors in New York State Theatre Institute plays this fall, Sept. 5, 4 to 6 p.m., Schacht Fine Arts Center of Russell Sage College in Troy. For information and/or an appointment, call 274-3200.

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.

FRIENDSHIP SINGERS

openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church 1499 New Scotland Road, Slingerlands. Information, 439-2360.

SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for

orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

CLIFTON PARK COMMUNITY ORCHESTRA

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

MALE SINGERS NEEDED

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

MONDAY MUSICAL CLUB WOMEN'S CHORUS

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

CAPITAL COMMUNITY VOICES

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

Classes

DANCE CLASSES

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

ART CLASSES

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

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LESS MAGIC MAZE WORDS

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

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

Ageless Clueless Helpless Unless
Aimless Cordless Lawless Useless
Breathless Endless Reckless Wireless
Careless Groundless Relentless

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tie is different. 2. Button is missing from collar. 3. Knob on end table is gone. 4. Lightbulb is missing. 5. Wall plaque is different. 6. Paper is blank.

The Super CROSSWORD

ACROSS
1 Cook clams
5 Civvies
11 It came from Montana
15 Part of PST
18 Tom's temptation
20 Looked like Lathario?
21 — Rios, Jamaica
22 She's a sheep date
23 Plummer or Pays
24 Riddle: Part 1
27 Encountered
28 Caddie competitor
30 Flicka's food
31 Cliff hanger?
32 The Chipmunks, e.g.
33 Houston athletes
37 Covenants
38 Riddle: Part 2
43 Pindaric poetry
44 Libertine
45 Lo mein
46 Culp/Cosby series
48 "Three Times a Lady" group
52 Competent
54 — standstill

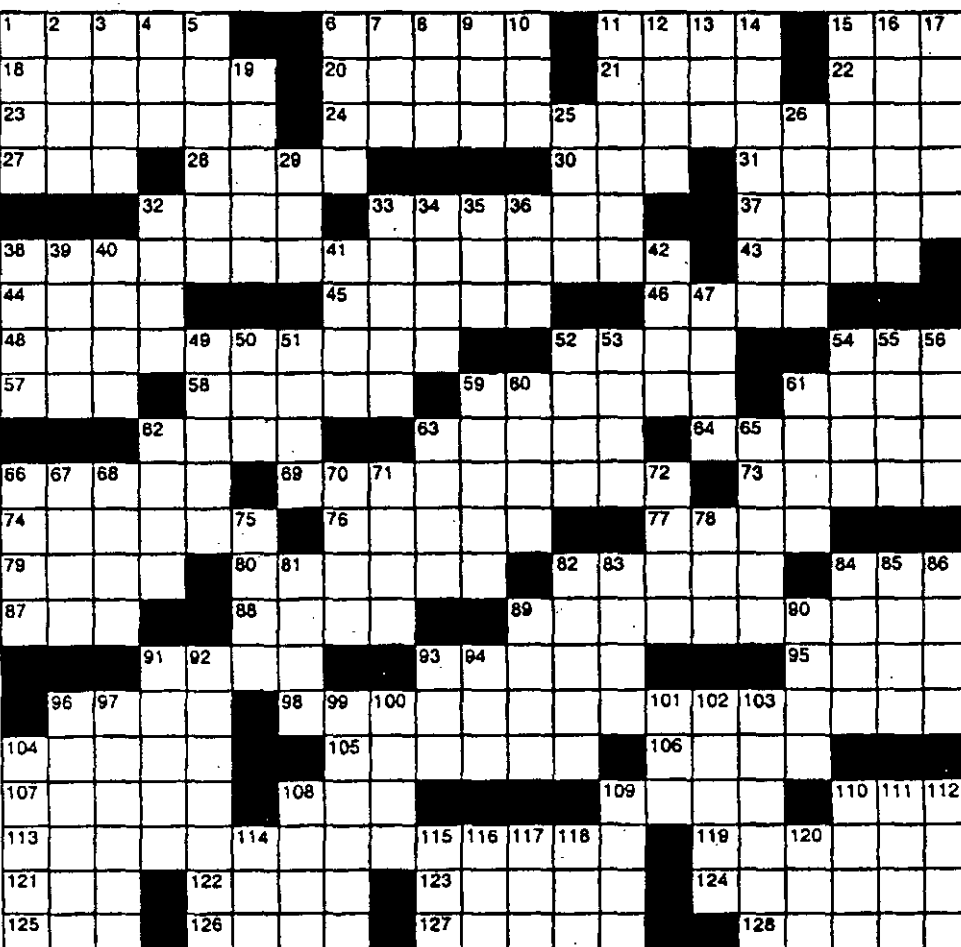
57 High peak
58 Pan's prize
59 Adulterate
61 Singer Campbell
62 Hard to find
63 Certain horse
64 "Rats!"
66 That's no bull!
69 Riddle: Part 3
73 Stadium
74 Diva Maria
76 Stroll
77 Miami's county
79 Hunky-dory
80 Wams
82 Plankton connoisseur
84 Insert dialogue
87 Pro — (for now)
88 Sunflower st.
89 "Utopia" author
91 Self-smitten
93 Broadcast
95 Gymnast Korbut
96 Grouch
98 Riddle: Part 4
104 Celts
105 Pack up the tent
106 Boot part
107 Cross words?

108 Indian export
109 Hockey's Koizig
110 Health club
113 Answer to riddle
119 Type of embroidery
121 Porgy part
122 Room without a view?
123 Common contraction
124 622 event
125 Poseidon's domain
126 Model Macpherson
127 Share knowledge
128 Acts like a grandparent

11 Fertilizer ingredient
12 Sore
13 Haggard heroine
14 Fountain offering
15 Tenor Jan
16 Expects
17 Turns over
19 Michael of Monty Python
25 Tell's partner
26 Prepared.
29 Westminster winner
32 Swarm (with)
33 Wan
34 Goes downhill fast?
35 Decimal base
36 Nutritional abbr.
38 '77 Richard Harris film
39 Mislead
40 Speed —
41 "God's Little" (58 film)
42 Art medium
47 Ooze
49 "Butterfield 8" author
50 Strauss' "—
51 Couturier
52 Busy as —

53 Comic Roseanne
54 — vera
55 "American Bandstand" viewer
56 Novelist Seton
58 Gorp ingredients
60 Narcissus' nymph
61 Skirt shaper
62 Depend (on)
63 "Yo!" at the library
65 Brother of Zeus
66 Glasgow guy
67 Daily receipts
68 Jack of "Rio Lobo"
70 Dentist's directive
71 Head set?
72 Cheeseboard choice
75 Literary pseudonym
78 Chicken — king
81 k.d. of country
82 Baby beagle
83 Wolf wail
84 Barbie, Ken, or Chucky
85 Prod
86 Bracelet bit
89 Mine car

90 Burrowing critter
91 Ruark's "Something of —"
92 "— makes the heart..."
93 Wine word
94 — la-la
96 Stephen King book
97 "Salve —"
99 Swimmer Gertrude
100 Tide type
101 Fashion monogram
102 Teach a tackle
103 Noyes or Nobel
104 Fish hooks
108 Commuter's charge
109 Promise
110 "M*A*S*H" Emmy winner
111 Fifi's father
112 Cry of concern
114 Dolores — Rio
115 Milliner's creation
116 Bonanza material
117 Arthur of "Maude"
118 Statewide Ltd.
120 Inflatable item?



The Spotlight CALENDAR

To update or correct calendar listings, call 439-4949, ext. 28.

Wed. 8/28

BETHLEHEM

YOUTH EMPLOYMENT SERVICES

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

HARLEQUIN PLAYERS

Auditions for "Over The River and Through The Woods," to be performed in October; two women, one man to portray grandparents; one man, one woman, 30-ish; Community United Methodist Church, 1499 New Scotland Road, Slingerlands, 7 p.m. Also Aug. 29. Information, 355-6694.

WEDNESDAY NIGHT WORSHIP

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

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

BINGO

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

TESTIMONY MEETING

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

NEW SCOTLAND

FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 8/29

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

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

YOUTH HOCKEY REGISTRATION

For Bethlehem Youth Hockey 2002-2003 season. BIG Arena, 900 Delaware Ave., Delmar, 7-8:30 p.m.

AA MEETINGS

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

Fri. 8/30

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

Sat. 8/31

BETHLEHEM

BETHLEHEM

LIBRARY CLOSED

Bethlehem Public Library closed today through Monday. Catalogues and online services accessible via www.bethlehempublib.org. Regular hours resume Sept. 3.

AA MEETING

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

Sun. 9/1

BETHLEHEM

ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

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

BETHLEHEM LUTHERAN

85 Elm Ave., summer communion worship service 9:30 a.m., following 8:30 a.m. fellowship breakfast. Assistive listening devices, handicap accessible. Information, 439-4328.

DELMAR REFORMED

Traditional worship service, 10 a.m.; T.G.I. Sunday contemporary worship at 5:30 p.m. with children's program for age 3 through through grade 6. Nursery care available at all worship times. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMMUNITY CHURCH

Worship services 9:30 a.m.; nursery and Sunday School through 5th grade provided. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UMC Sunday school, 9:30 a.m.; worship service, 11 a.m., followed by coffee hour, 65 Willowbrook Ave. Information, 767-9953.

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Summer hours, worship service, 10 a.m., child-care provided, no church school for summer. Route 9W, Selkirk. Information, 767-2243.

FAMILY OF GOD COMM. CHURCH

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

FIRST UMC OF DELMAR

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

MOUNT MORIAH MINISTRIES

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

UNITY OF FAITH CHRISTIAN FELLOWSHIP

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

KING'S CHAPEL

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

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

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

SLINGERLANDS COMMUNITY UMC

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

DELMAR PRESBYTERIAN

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

GLENMONT COMMUNITY CHURCH

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

SOLID ROCK CHURCH

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

NORMANSVILLE COMMUNITY CHURCH

Services Sundays, 6:30 p.m. Mill Road, Normansville, beneath the Normanskill Bridge on Delaware Ave., Delmar. Information, 439-5710.

NEW SCOTLAND

ST. MATTHEW'S CHURCH

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

FIRST UNITED METHODIST

10 a.m.; church school, nursery service available. 68 Maple Ave., Voorheesville. Information, 765-2895.

BETHEL BAPTIST CHURCH

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

UNIONVILLE REFORMED

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

CLARKSVILLE COMMUNITY CHURCH

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

MOUNTAINVIEW EVANGELICAL FREE CHURCH

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

ONESQUETHAW REFORMED

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

FAITH TEMPLE

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

NEW SCOTLAND PRESBYTERIAN CHURCH

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

UNITED PENTECOSTAL CHURCH

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

JERUSALEM REFORMED

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

FAMILY WORSHIP CENTER

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

Mon. 9/2

LABOR DAY

BETHLEHEM

LIBRARY CLOSED

See August 31.

Tues. 9/3

BETHLEHEM

DELMAR ROTARY

Quality Inn, Route 9W, 7:30 a.m. Information, 767-2930.

TREASURE COVE THRIFT SHOP

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

THRIFT SHOP AND LUNCH

sponsored by the South Bethlehem United Methodist Women's Organization, next to the church on Willowbrook Avenue, weekly on Tuesday 10 a.m. to 2 p.m., with lunch from 11:30 a.m. to 1 p.m. Information, 767-9953.

TAKE OFF POUNDS SENSIBLY

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

ELSMERE FIRE COMMISSIONERS

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

DELMAR CRAFT CLUB

Meeting; new members welcome. Bethlehem Public Library, Delaware Ave., Delmar, 7 p.m. Information, 439-0088.

PLANNING BOARD

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

BINGO

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

A.W. BECKER PTA

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

SLINGERLANDS FIRE COMMISSION

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

NEW SCOTLAND

PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS

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

PLANNING BOARD

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

Wed. 9/4

BETHLEHEM

OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

BETHLEHEM LIONS CLUB

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

BETHLEHEM ELKS LODGE 2233

Route 144, Cedar Hill, 7 p.m. Information, 767-2886.

ZONING BOARD OF APPEALS

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

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND

V'VILLE ZONING BOARD

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 9/5

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

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

BETHLEHEM LUTHERAN

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

AA MEETINGS

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

Fri. 9/6

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. 9/7

BETHLEHEM


AA MEETING

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

NEW SCOTLAND

CHURCH BBQ IN FEURA BUSH

Barbecue Pork Dinner featuring baked potatoes, fresh local sweet corn, fresh local tomatoes prepared Greek-style, applesauce, rolls, gravy, beverages, brownies a la mode. Seatings at 4:30, 5:30, 6:30 p.m. Donation, reservations necessary. Onesquethaw Reformed Church, Tarrytown Road, Feura Bush. Reservations, 768-2213.



Spotlight on Dining

元寶屋 DUMPL

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

The name of the LLC is 25 MONROE STREET, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 30, 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. (August 28, 2002)

NOTICE OF ORGANIZATION OF 75 WATERVLIET HOLDING COMPANY, LLC

First: The name of the Company is 75 Watervliet Holding Company, LLC.
Second: The Articles of Organization were filed with the Secretary of State on May 24, 2002.
Third: The county within the State of New York in which the company's office is to be located in 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 LLC. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Alacrity Services LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/31/02. Office location: Albany County, LLC formed in Delaware (DE) on 2/27/02. 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. DE address of LLC: 615 S. Dupont Highway, Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, Lookerman & Federal St., Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

PUBLICATION NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY UNDER LIMITED LIABILITY COMPANY LAW

ALL LIFTS REALTY, LLC
Dated: July 18, 2002
Notice is hereby given of the formation of the above-named limited liability company ("Company") for the transaction of business in the State of New York and elsewhere. Pursuant to section 206 of the Limited Liability Company Law of the State of New York, your attention is directed to the following facts:
1. The name of the Company is All Lifts Realty, LLC.
2. The articles of organization of the Company were filed with the Secretary of State on June 21, 2002.
3. The County in which the office of the Company shall be located is: Albany.
4. The Secretary of State has been designated as agent of the Company upon whom process against it may be served. The Secretary of State shall mail a copy of any process against the Company to the following post office address: All Lifts Realty, LLC, c/o Tabner, Ryan and Keniry, 18 Corporate Woods Blvd., Albany, NY 12211.
5. In addition to the events of dissolution set forth in section 701 of the Limited Liability Company Law, the latest date upon which the Company may dissolve is December 31, 2042.
6. The character of the business of the Company is as follows: to engage in any lawful act or activity for which a limited liability company may be formed under section 201 of the Limited Liability Company Law. (August 28, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of All Properties, LLC ("LLC") filed with

LEGAL NOTICE

the Secretary of State of New York ("SSNY") on July 5, 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, P.O. Box 285, Cohoes, New York 12047. 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 LLC. (August 28, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for BARBOB PROPERTIES, LLC were filed with the Secretary of State of New York on July 10, 2002. Office located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 7081 Chandler Road, Albany, NY 12009. Purpose: for any lawful activity for which limited liability companies may be formed under the law. (August 28, 2002)

LEGAL NOTICE

Blackbirds Prime Property, LLC, Art. of Org. filed Secy. of State (SSNY) 7/8/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: The LLC, PO Box 98, Voorheesville, NY 12186. Purpose: any lawful purpose. Latest date 12/31/2075. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Capital Recovery Service, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/10/02. Office location: Albany County. LLC formed in Virginia (VA) on 5/3/02. 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. VA address of LLC: 10340 Democracy Lane, Ste. 300, Fairfax, VA 22030. Arts. of Org. filed with Commonwealth of VA, Clerk of the Commission, 1300 E. Main St., Richmond, VA 23219. Purpose: any lawful activity. (August 28, 2002)

NOTICE OF FORMATION OF A NEW YORK LIMITED LIABILITY COMPANY

1. Name of the Limited Liability Company: Chelsea Cottage, LLC.
2. Date of Filing of the Articles of Organization with the Secretary of State: July 2, 2002.
3. County in which the Limited Liability Company's principal office is located: Albany.
4. The Secretary of State has been designated as agent of the Limited Liability Company. The post office address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company which is served on it is: 137 Darroch Road, Delmar, New York 12054.
5. The registered agent for the Limited Liability Company, upon whom process against the Limited Liability Company may be served: None.
6. The latest date upon which the Limited Liability Company is to dissolve is: Perpetual.
7. The character or purpose of the business of the Limited Liability Company is: to engage in any lawful activity for which limited liability companies may be formed under the Limited Liability Company Law.

Respectfully submitted,
JAMES F. SEELEY, ESQ.
August 7, 2002
File No.: 225-0633
(August 28, 2002)

TOWN OF BETHLEHEM

NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 4, 2002, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Coldwell Banker Prime Properties for Variance under Article XVI, Front Yards, Section 128-68, Corner lot required depths of the Code of the Town of Bethlehem for construction of an

LEGAL NOTICE

addition to an existing office which would encroach into the Front Yard setback requirement at premises 214 Delaware Avenue, Delmar, New York, 12054.

Michael C. Hodom
Chairman
Board of Appeals
(August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Crocker Securities, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/12/02. Office location: Albany County. LLC formed in California (CA) on 2/19/02. 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. CA address of LLC: 2999 Oak Road, Suite 230, Walnut Creek, CA 94597. Arts. of Org. filed with CA Secy. of State, Business Filings, 1500 11th St., 3rd Fl., Sacramento, CA 95814. Purpose: Broker dealer firm. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Dynegy Connect, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 7/15/02. Office location: Albany County. LP formed in Delaware (DE) on 9/27/00. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LP: 1000 Louisiana St., Suite 5800, Houston, TX 77002. Name/address of each general partner available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: telecommunications business and any business related thereto. (August 28, 2002)

LEGAL NOTICE

FINEWILL 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. (August 28, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: FUTURE CAPITAL INVESTMENTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/12/02. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 416 Green Hill Court, Albany, New York 12203. Purpose: For any lawful purpose. (August 28, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Garner Street Property, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on July 5, 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, P.O. Box 285, Cohoes, New York 12047. 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 LLC. (August 28, 2002)

LEGAL NOTICE

Notice of Formation of Hearts of Palm, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/2/02. 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., 6th Fl., Albany, NY 12207. Purpose: any lawful activity. (August 28, 2002)

LEGAL NOTICE**LEGAL NOTICE**

Notice of filing of articles of organization of a limited liability company ("LLC") named Historic Albany Foundation Holdings, LLC. Articles filed with NY sec. of state ("SOS") on 8/6/02. Office location: Albany County. SOS, designated as agent for service of process, shall mail copy of process to The LLC, 89 Lexington Avenue, Albany, New York 12206. Purpose: any lawful business purpose. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Homeservices Lending, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/29/2002. Office location: Albany County. LLC formed in Delaware (DE) on 7/1/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: MAC X2401-049, One Home Campus, Des Moines, IA 50328. Principal office of LLC: One Home Campus, Des Moines, IA 50328. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of IQ SPORTS, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/17/02. Office location: Albany County. LLC formed in Delaware (DE) on 1/9/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the principal office of the LLC: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

ARTICLES OF ORGANIZATION OF J. DAVID SALES, LLC

Under Section 203 of the Limited Liability Company Law of the State of New York
THE UNDERSIGNED, being a natural person of age and acting as the organizer of J. DAVID SALES, LLC, the limited liability company (the "Company") hereby being formed under Section 203 of the Limited Liability Company Law of the State of New York (the "LLCL"), certifies that:
FIRST: The name of the Company is J. David Sales, LLC (hereinafter referred to as the "Company").
SECOND: The county within the State of New York in which the office of the Company is to be located is Albany County.
THIRD: The Secretary of State is designated as the agent of the Company upon 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 may mail a copy of any process against the Company served upon such Secretary of State, 22 Harvest Ridge Road, Selkirk, NY 12158.
FOURTH: The Company is to be managed by one or more members.
FIFTH: The Company shall have the power to indemnify, to the full extent permitted by the LLCL, all persons whom it is permitted to indemnify pursuant thereto.
SIXTH: The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL.
IN WITNESS WHEREOF, I have subscribed this certificate and do hereby affirm the foregoing as true under the penalties of perjury, this 16th day of June, 2002.
S/JOHN D. WILMOTT
Sole Owner/Organizer
22 Harvest Ridge Road
Selkirk, NY 12158
(518)439-9313
(August 28, 2002)

LEGAL NOTICE

Notice of Formation of Kirkwood Capital LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/5/02. 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: CSC, 80 State St., Albany, NY 12207, registered agent upon whom process may be served.

LEGAL NOTICE

Purpose: any lawful activity.
(August 28, 2002)

LEGAL NOTICE

LEARNING TECHNOLOGY VISIONS, LLC
Notice of Formation of Limited Liability Company
Articles of Organization of Learning Technology Visions, LLC ("LLC") were filed with the New York State Department of State ("NYDS") on August 12, 2002. Office location: Albany County. NYDS is designated as agent of LLC upon whom process against it may be served. NYDS shall mail a copy of any process to the LLC, 1 Myron Lane, Menands, New York 12204-1309. LLC does not have a specific date of dissolution. Purpose: All legal purposes.
Filer: Law Office of Kara Conway Love
Suite 203
Address: 450 New Karner Road,
Albany, New York 12205-3898
(August 28, 2002)

LEGAL NOTICE

Mercer Films and Digital Productions, LLC
Notice of formation of Mercer Films and Digital Productions, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) 3/7/02. 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: 39 Clifton Way Slingerlands, NY 12159. Purpose: writing, producing, directing films, digital and other media and any other lawful purpose. (August 28, 2002)

LEGAL NOTICE

Articles of Organization of NCM FUNDING, LLC were filed with NYS Secretary of State on July 15, 2002. Principal office located in Albany County. NYS Secretary of State designated as agent of the limited liability company upon whom process against it may be served. Secretary of State shall mail copies of any process against it to: NCM FUNDING, LLC, c/o Jack McCabe, 12 Elmwood Road, Menands, NY 12204. The limited liability company is to be managed by one or more of its members. The purpose for which the company is formed is any lawful purpose. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of NEVAMAR COMPANY, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/27/02. Office location: Albany County. LLC formed in Delaware (DE) on 4/26/02. 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: 7240 Parkway Drive, Suite 310, Hanover, MD 21076. Arts. of Org. filed with DE Secy. of State, Corp. Dept., Lookerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

VOORHEESVILLE CENTRAL SCHOOL DISTRICT

NOTICE TO TAXPAYERS FROM THE VOORHEESVILLE BOARD OF EDUCATION
For those taxpayers who are having their school taxes paid through escrow account, the district recommends contacting your bank to ensure proper payment. However, if you receive the tax bill and you have an escrow account, it is your obligation to contact your bank.
Marilyn B. Schaff
School Tax Collector
Voorheesville Central School District
(August 28, 2002)

LEGAL NOTICE

Notice of Qualification of NSL Northeast Holdings, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/24/02. Office location: Albany County. LLC formed in Delaware (DE) on 6/18/02. 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. Principal office of LLC: 100 2nd Ave., Needham, MA 02494. Arts. of Org. filed with DE Secy. of State, Federal & Duke

LEGAL NOTICE

of York St., Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Penske Logistics LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/2/02. Office location: Albany County. LLC formed in Delaware (DE) on 5/22/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: Route 10 and Pheasant Rd., Reading, PA 19607. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

LEGAL NOTICE

RHINO HOLDING L.L.C. was filed with the SSNY on 08/09/02. Office: Albany County. SSNY designated as agent of LLC whom process against may be serve. The P.O. address which SSNY shall mail any process against the LLC served upon him: 4001 Kennett Pike, Suite 300A, Wilmington, DE 19807. The Registered Agent is the SSNY. Purpose: any lawful purpose. (August 28, 2002)

VOORHEESVILLE CENTRAL SCHOOL DISTRICT**SCHOOL COLLECTOR'S NOTICE**

Notice is hereby given that I have received the tax list and warrant for the collection of school taxes in the Voorheesville Central School District.
I will receive taxes for a period of 61 days beginning September 1, 2002 at the place listed below. During the 30 day period from September 1, 2002 through September 30, 2002 inclusive there will be no penalty charge for the collection of the tax.
From October 1, 2002 through October 31, 2002 in accordance with Section 2130 of the Education Law and Section 1328 of the Real Property Tax Law, penalty will be charged at a rate of 2% for the time period of October 1 - October 31, 2002.
No collections will be accepted after November 1, 2002.
Postmarks of October 31, 2002 will be accepted.
Paying in Person: Voorheesville Central School District
432 New Salem Road, Voorheesville, NY
Tues., Wed. or Thursday 10 A.M. - 2 P.M.
Paying by Mail: Voorheesville Central School District
Tax Collector
Post Office Box 201
Voorheesville, New York 12186
Make Checks Payable to: Voorheesville
Central School District
Marilyn B. Schaff, School Tax Collector
Voorheesville Central School District
Voorheesville, New York 12186
(August 28, 2002)

LEGAL NOTICE

Notice of Qualification of SF&C Select Benefits Communications Group, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/24/2002. Office location: Albany County. LLC formed in Maryland (MD) on 9/9/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Corporation Service Co., 80 State St., Albany, NY 12207, principal office of LLC. Arts. of Org. filed with State Dept. of Assessments and Taxation Corps., 301 W. Preston St., Rm. 809, Baltimore, MD 21201. Purpose: any lawful activity. (August 28, 2002)

At Your SERVICE

a guide to services for your home

APPLIANCE REPAIR

Joseph T. Hogan
Appliance & Electric Service
756-9670

BARKMULCH

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Red • Black
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355-3200

BATHROOMS

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DRIVEWAYS

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

The name of the LLC is SPA HOTEL, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 23, 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. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of TDS Metrocom, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/1/02. Office location: Albany County, LLC formed in Delaware (DE) on 3/15/02. 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. Principal office of LLC: 301 S. Westfield Rd., Madison, WI 53705. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

LEGAL NOTICE

The Specialty Index Funds Group, LLC, Art. of Org. filed Secy. of State (SSNY) 7/22/02. Office location: Albany County. SSNY designated as agt. upon whom process may be served. SSNY shall mail copy of process: The LLC, Attn: Gabriel Boyar, 48 Huntersfield Rd., Delmar, NY 12054. Purpose: any lawful purpose. (August 28, 2002)

LEGAL NOTICE

TOCATY, LLC. Articles of Org. filed NY Sec. of State (SSNY) 10/11/2001. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process

LEGAL NOTICE

to 84 Jefferson Rd., Glenmont, NY. Purpose: Any lawful purpose. (August 28, 2002)

LEGAL NOTICE

"Top Stevedore LLC" was filed with the SSNY on 7/30/02. 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. (August 28, 2002)

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

The name of the LLC is Vandenberg Donuts, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 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 1676 New Scotland Road, Slingerlands, New York 12159. (August 28, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: VARGA MARKETING CO., LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/15/02. 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, 1414 Western Avenue, Albany, New York 12203. Purpose: For any lawful purpose. (August 28, 2002)

LEGAL NOTICE

Notice of Qualification of Verizon Wireless of the East LP. Authority

LEGAL NOTICE

filed with Secy. of State of N.Y. (SSNY) on 8/6/02. Office location: Albany County. LP formed in Delaware (DE) on 12/31/01. 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. DE address of LP: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. (August 28, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of WBF Ventures-Latham, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on September 6, 2001 effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 25 Mason Lane, Slingerlands, New York 12159. 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 LLC. (August 28, 2002)

NOTICE OF FORMATION OF LLC

Woodlawn Associates, LLC, filed Articles of Organization with the New York Secretary of State on August 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 Woodlawn Associates, LLC, c/o Lawrence E. Becker, Becker & Becker, P.O. Box 575, Albany, New York 12201-0575. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. (August 28, 2002)

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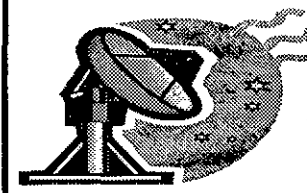
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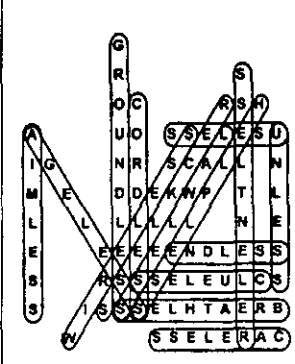
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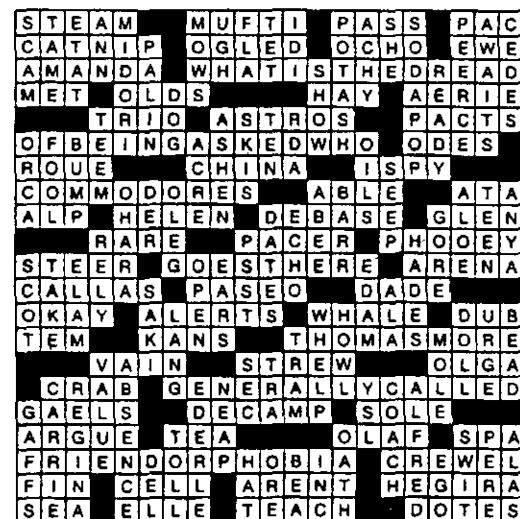
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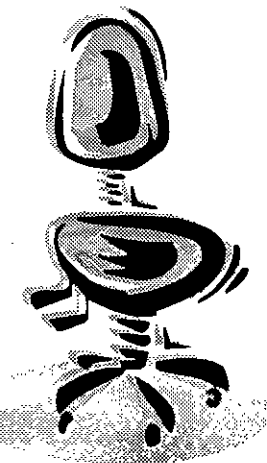
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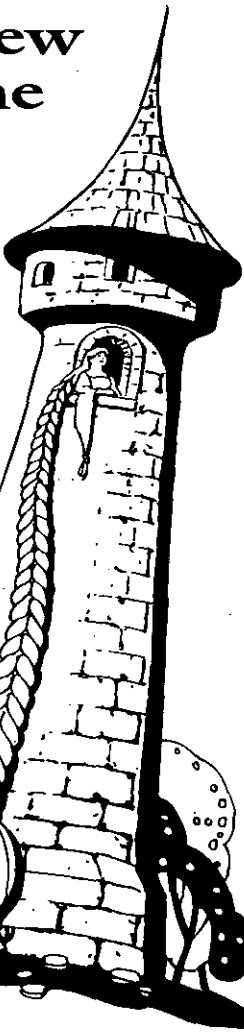
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Automotive CLASSIFIEDS

How To Prepare For A Road Trip

By B.J. Killeen, Motor Mouth Productions

Whether you're headed cross town or cross country, planning is everything.

Whether your car is brand-new or a decade old; whether you're going across town or across country, it makes sense to be prepared. On the road, anything can happen. It might be a breakdown, an accident or some other type of road emergency, but if you plan for the unexpected, you'll save yourself time, hassles and frustration.

Being prepared first means making sure your vehicle is in good working condition. If

and quality twice a month, and checking all belts and hoses once a month, as well.

An easy way to remember to do this is to create a checklist on your computer, run off a dozen copies, attach them to a clipboard and hang them in your garage with a pencil attached. Once you get in the habit of running down the checklist, you'll know you haven't forgotten any items and you'll have peace of mind, in addition to a vehicle that will take you where you want to go.

Items on your list to check can include battery cables (and battery water level, if your vehicle is older

difference between an accident and a safe lane change. You'll also want to keep an eye out for oil or fluid leaks under the vehicle. Check your owner's manual to see if there are other items that you should include on your list.

These are the major concerns when preparing for a trip—or just driving around town.

For further information link to www.enjoythedrive.com

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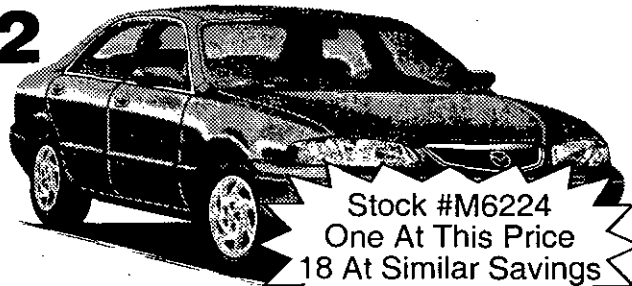
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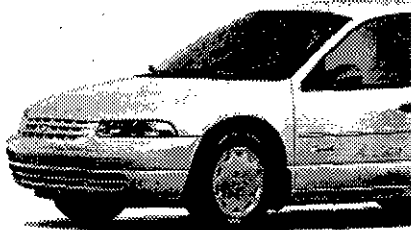
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Bishko

(From Page 1)

eventually spent two years in Munich awaiting a trip to the U.S.," said his wife, the former Sherry Bostwick.

Peter began his schooling in Munich, and the family relocated to the Broadalbin area after emigrating; his mother still resides there. Bishko was active in athletics as a boy at Broadalbin Central High and later at Union College.

He enrolled at Officers Candidate School in Georgia, was commissioned a first lieutenant in the Army and served two years in Vietnam with the First Infantry Division, as the war intensified in the mid-60s. By all accounts an intensely private man, he rarely spoke of the war experiences of his youth or of Vietnam with any but his closest friends.

"He saw a lot of action in Vietnam, certainly during one of the most intense periods of fighting, and it affected him deeply," recalled Sherry. "He was very emotional about his war experiences, although he was very proud of having served. Mostly when he talked about the Vietnam service, he talked about the other men he cherished as friends that had served in his command" -among his closest lifelong friends.

On his stateside return he worked in New York City as a publicist for Proctor and Gamble before enrolling at Albany Law School, graduating in 1972, just months after his marriage to Sherry. They celebrated their 30th anniversary in February.

Having secured a clerkship with the Albany law firm of Tate & Tate in his final year of law

school, he took a position in the firm's Mechanicville office, focusing on commercial real estate law, with some estate, trust and litigation practice.

After several positions with the evolving Tate law firm — eventually, Tate, Bishko & Associates — and several residences in the Capital District, Bishko and his family settled in Delmar in 1976.

"Peter was my second sale in real estate," said Blackman, a partner in realtors Blackman & DeStefano. "We became friends after that. I knew him personally and professionally, as both a very close friend, and as our company attorney. Peter was one of those people who made everyone who touched him feel unique. That was one of his gifts. He just had an approachability, an empathy for people, where no one was better than anyone else."

Bishko's law practice merged eventually with Albany's Segal, Goldman, Mazzotta & Siegel, with whom he remained of counsel. And he became active in local Republican politics in his adopted hometown — though so low-key that several colleagues in town government interviewed last

week couldn't recall for certain his role in party affairs. (He served several years as a committeeman in the 1980s.) In 1992, he was appointed to fill a town justice seat when his predecessor, Roger Fritts, accepted a post with the county public defenders office.

Hodom recalled a low-key, calming presence in court. From traffic matters to code enforcement, Town Court is for most citizens their principal contact with the justice system.

"Not that anyone's ever comfortable in a court, but I think he tried to relax people, to make them feel they were being treated fairly," she said. "He never lost his professional manner, and he was always fair and had a concern for the people before the court, especially the youth."

His personal style with court staff was also the common touch, recalled Hodom.

As one of several co-founders of the Bethlehem Youth Court, Bishko also served on its board.

"He was exemplary in everything he did, and Peter really looked out for the welfare of the youth," said Supervisor

Sheila Fuller. "The Youth Court's purpose is mainly to offer young people (facing court proceedings) an alternative, to be judged by their peers. Peter would kid about how their peers were a lot tougher than he would be as a real judge."

"But community service was something Peter really appreciated, and he never missed a meeting."

Bishko was defeated in another bid for re-election to Town Court in 1997 but was not long out of town service — appointed to replace Dixon Weld as counsel to the Zoning Board of Appeals the following year.

Throughout his life, Bishko was an outdoors enthusiast, hiking the Adirondacks, ice and rock climbing.

Cycling was his passion, and he was proficient enough to participate in competitive long-distance races.

He also served as a volunteer youth-soccer coach and spent a great deal of family time with Sherry and their daughters, Alexandra and Anne.

"He did not volunteer a lot of information about himself and did not surround himself with a lot of personal items that would offer many clues. But he made fast friends, was extremely loyal to his friends and family, and certainly he worked hard at what he did," Sherry said.

The diagnosis of a malignant brain tumor forced him last fall to step down from the Youth Court.

"He had an attitude that we was going to do anything he could to fight his cancer," said Blackman. "Sometimes in an illness like this, you reach a plateau and say, enough is enough. But that was not at all the case with Peter. He wanted the doctors to throw the kitchen sink at him in his search for treatment."

After chemotherapy and radiation treatments, Bishko returned for several months this spring to active service with the board, despite partial paralysis and a speech impairment.

"He got a big boost from it," said Sherry. "And he felt he still had the expertise the board needed and could impart it, with a little extra effort by others."

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