

## Up, up & away



Bethlehem cheerleaders perform at the Scotia-Glenville Invitational cheerleading tournament last Sunday.  
Jim Franco

## Town board bumps longtime planning board member

By JOSEPH A. PHILLIPS

Bethlehem town board's first meeting of the year on Jan. 15 was marked by division among board members over an appointment to the town planning board, leading to the ouster of that board's most senior member.

The annual organizational meeting is usually when standing policies are reaffirmed by the board at the outset of a new year, from setting salary grades to fees to designating official banks and *The Spotlight* as the official town newspaper. Appointments to various boards and other town posts are also taken up at the annual meeting — normally a prerogative of the supervisor to nominate, subject to the board's approval.

On this year's agenda, appointments including those of deputy supervisor George Lenhardt and town attorney Robert Alessi passed unanimously and without comment — apart from words of praise for Alessi's performance from board member Thomas Marcelle.

The board also reappointed Gilbert Brookins, who completed his first five-year term on the zoning board of appeals, to a second term. ZBA chairman Michael Hodom, who also serves a five-year voting term on the board, and planning board

chairman Doug Hasbrouck, whose seven-year term will expire at the end of the year, were also reappointed for one year as chairmen of their respective boards.

Following the vote on Hasbrouck, Supervisor Sheila Fuller proposed to reappoint the planning board's senior member, Marcia Nelson, to another seven-year term, at Nelson's request. But with one

board member, Doris Davis, absent, the appointment failed to garner any support from the other three board members present — while Lenhardt and fellow board member Dan Plummer each expressed a desire for someone new to take Nelson's place.

***Marcia's served our community for more than 25 years, and she's served our community well. However, I feel the time has come to make that position available to someone else.***

George Lenhardt

"Marcia's served our community for more than 25 years, and she's served our community well," Lenhardt said. "However, I feel the time has come to make that position available to someone else." But an alternative candidate he offered also got nowhere — and the appointment was postponed until the board's next meeting on Jan. 29, pending a fresh round of interviews of prospective candidates.

□ BUMPS/page 12

## RCS chief to retire

By JOSEPH A. PHILLIPS

With three-and-a-half years on the job, Superintendent Robert Drake of the Ravena-Coeymans-Selkirk Central School District will retire at the end of the academic year, effective July 1.

Informed of Drake's decision in November, the RCS district board began meeting this month with district BOCES Superintendent Barbara Nagler to set a timetable for selection of his successor. Nagler and the board will seek public comment on the qualities being sought in a new superintendent at a meeting on Feb. 5 at 6:30 p.m. at the middle school auditorium.

Drake's decision to step down involves "a lot of personal reasons," he said. "I turned 55 in November, and I had been thinking about retirement, especially this past summer. At the end of this year I'll have completed 34 years of service in the New York

□ RETIRE/page 32

## Empty-nester project gets OK

By JOSEPH A. PHILLIPS

After almost two years, a residential development won building project approval last week from the Bethlehem town board — but only after a last-minute flurry of opposition to the project as it now stands from neighbors of a nearby subdivision, built four decades ago by the predecessors of the proposed project's current development team.

At its Jan. 15 meeting, the board unanimously approved the building project application of developer Lee

Rosen for 92 duplex units in the Waldenmaier Planned Residential District on Elsmere Avenue in Glenmont, to be marketed as either Walden Farms or Walden Estates. The approval came despite an 11th-hour petition, seeking changes in the building project documents, submitted by more than 100 residents of Colonial Acres — a development near the new project on Feura Bush Road, built by Rosen-Michaels Development, a partnership of the fathers of the current developer and his building partner for Waldenmaier, Dave Michaels of The Michaels Group.

The petition supported a Jan. 7 letter received by Supervisor Sheila Fuller just two days before the meeting, signed by Colonial Acres residents Michael Daley and Susan Kilgallon, calling for various

changes in the approval documents, addressing the neighbors' concerns about the Waldenmaier's visual and community character impacts. The two developments are separated by roughly 1,000 feet of undeveloped property owned by Harold Magee.

The letter raised questions about Waldenmaier's proposals for screening plantings and the limited color schemes available for buildings in the project, consistent with the town's regulations for planned residential developments. Daley, presenting the petition before the town board last week, emphasized that Colonial Acres homeowners are not opposed to the Waldenmaier plan in principle. "We feel our issue, our

□ EMPTY/page 12



# Capitol House restaurant to close its doors

By KATHERINE MCCARTHY

After 15 years, Sandra and Donald Erickson will serve their last dinner at the Capitol House on Glenmont's Route 9W this Saturday, Jan. 25. While both Ericksons clearly love the business, and have been phoning some of their regular customers to say good-bye, combining restaurant work with raising their three sons has become difficult.

"We're selling the business for family reasons," Sandra said. "This is a six-nights-a-week business, and as our children have grown, it's become more of a conflict," Donald said. "We love our customers, but we love our family, too."

The Ericksons thought briefly about hiring others to manage the restaurant, but felt it would be too big a change for their customers.

"It wouldn't be us, then," Donald said. "People look for the same people in this business."

Attention to customers and staff have been the mainstay of

the Ericksons' restaurant philosophy since they purchased Chez René from the Facchette family in 1988.

After about a year and a half, the Ericksons changed the name to the Capitol House, paying homage both to the capital of New York, and Sandra's hometown of Dublin, the capital of Ireland. The Ericksons have always served American Continental cuisine, and the décor evolved over time.

"One Saturday night, we closed, and Sandra went around, pulling strips of wallpaper off in several places, committing us to redecorating," Donald recalled. "My father asked when we planned to have it finished, and when we said by the following Wednesday, because we had a group coming in, he said we'd never make it."

Paying tribute to youth, Sandra said they were sweeping away the last of the dust as the group arrived — but the job was done.

The plates and pictures on the restaurant walls are family



Donald and Sandra Erickson

heirlooms, and will go with the Ericksons when they leave the house they've lived and worked in for the past 15 years.

When their children were young, living above the shop worked out well. "When we were working, they were right there," Sandra said. "They grew up napping under the dishwasher," Donald said of 13-year-old Donal, 8-year-old Frankie, and 5-year-old Zachariah.

While the kids were with them

during the day, a great baby-sitter and youthful in-laws let the Ericksons turn their attention to their customers in the evenings.

"Donald has always cut, cooked and prepared the food to order," Sandra said of her husband's primary philosophy as a chef. Donald also paid attention to what food came back into the kitchen.

"That helped me figure out what our menu would be," Donald said. "If something came back repeatedly, I'd know it was wrong."

The Ericksons also spent a lot of time talking with their customers, Sandra working on the floor, and Donald spending time chatting with the customers.

"It's been really good to have felt I was a part of people's lives," Sandra said. "We've watched

people's children grow up, we've seen baby showers and wedding rehearsals. You don't see families together much outside of this environment, and it just gives you something."

"I'd go around and talk to people, and they'd compliment us, and it was really nice to hear," Donald said. "We really wanted to let our customers know how much we appreciate them."

Donald said it's not a farewell though, since he will be opening a catering business, still carrying the name Capitol House.

A graduate of the Culinary Institute of America in Hyde Park, and with an extensive background in cooking and restaurant management, Donald plans to start with small, in-home dinners.

The Ericksons also had high praise for the Capitol House staff, which hasn't seen a lot of turnover.

Andrew Carroll is buying the Capitol House from the Ericksons, and wants to continue the tradition they've begun. He hopes to keep the staff, and will continue the customer service the restaurant's clients have come to know. Like the Ericksons, Carroll and his wife Amy will live over the restaurant with their daughter.

Carroll wants to use the lawn to cater events like weddings. He plans to re-open the restaurant right after Valentine's Day, with its new name, the Patroon House.

When the Ericksons serve their last dinner this Saturday, it will be as it always has been. "We'll just be serving our regular dinners," Donald said. "People like to come in and have their favorite things."

As Donald makes the transition into the catering business, he can still be reached at the Capitol House at 463-5130 or by e-mail at cookin1@msn.com.



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## Chilly billy



This one-horned goat at Indian Ladder Farms doesn't seem to mind the frigid weather or the snow.

Audrey Leczinsky

## Zoners set hearing on used car lot plan

By JOSEPH A. PHILLIPS

Bethlehem's zoning board of appeals has scheduled a public hearing for early February on a Glenmont resident's proposal to convert a vacant former service station on Delaware Avenue in Elsmere into a used car dealership.

Michael Carey, operator of Saratoga County-based Solo Auto Sales, has signed a contingency agreement to purchase from Vesta Properties and its owner, Lou Polsinello, the 11,455-square-

**We haven't had a car dealership in the heart of town since the '70s.**

Paul Hite

foot lot at 90 Delaware Ave., at the corner of Mason Road. Zoned CC Commercial, the site requires a special exception to be granted by the ZBA in order to operate a motor vehicle sales agency there. The ZBA took up the application, filed a week earlier with the town building department, at its Jan. 15 meeting, and scheduled the hearing for 7:45 p.m. at its next meeting on Feb. 5, following an earlier hearing scheduled for 7:30 on a residential zoning application.

Surveyor and planner Paul

Hite prepared plans for the proposed Solo sales lot, proposing to re-side and re-roof the existing building, vacated "at least two or three years ago," Hite said. Carey will retain a service bay for limited on-site service of vehicles for sale. Existing pavement will be removed and replaced, providing 22 spaces for customer, employee and display parking on the site.

Entrance and exit cuts at the site will be reconfigured as well.

To ease potential impacts on traffic along Delaware Avenue, "Our proposal is to shut off one of the entrance ways (on Delaware Avenue) and make it one-way through to an exit onto Mason Road," Hite said. Some plantings of grass and low shrubs will replace pavement removed from the current second Delaware entrance.

Hite said the auto sales business will be compatible with nearby commercial uses; the lot is adjacent to a McDonald's drive-through and two lots from a Hess Mart gas station and convenience store. "We haven't had a car dealership in the heart of town since the '70s," he said, the last a former Honda dealership further south on Delaware.

Hite believes the proposed renovations will be an improvement over the current state of the site and anticipates little controversy over the proposal.

"The place is pretty run-down and dilapidated looking," he said. "I think when we get through with our plan, it will be pretty fixed up and a nice asset to the town. I can't believe anybody would not want to have that fixed up."

## Delmar native performs at Cap Rep

By KATHERINE MCCARTHY

Erica Schroeder's been on Broadway, but she's "beguiled again" to be back in the Capital District, performing at a theater that used to enchant her as a student actress. Schroeder is appearing in Capital Repertory Theater's production of "Beguiled Again," which includes about 40 Rodgers and Hart songs from stage musicals and motion pictures from the 1930s and 1940s.

The show opens this week and will run through Feb. 16. It is a co-production of Cap Rep and Theatre Virginia of Richmond, Va., where it ran for about seven weeks before the whole cast moved north for the current Albany run.

Although Schroeder, a Bethlehem native, tried to reassure cast mates that it doesn't snow "that much" here, this winter has proven her wrong. Snow notwithstanding, she's delighted to be back in the area where she first started acting.

The 27-year-old Bethlehem Central graduate first performed in an opera the Lake George Opera Company brought to Glenmont Elementary School when she was in fifth grade. From there, she performed in middle school musicals, and in high school, she fell in love with the Shakespeare productions Jim Yeara directed and was in the high school musicals.

"I've known since the beginning of time that acting is what I wanted to do," Schroeder said. "My mother said I danced in the crib."

Dancing was Schroeder's first passion, and her parents took her to any and all dance, music and theater classes she wanted. Still, Schroeder said, she felt she started dancing too late, and by the time she was ready for what she jokingly called a "bun-head" school, she was already too old for rigorous ballet training.

"I'd always loved to sing," Schroeder said, "so now I consider myself a singer who moves well."

From Bethlehem, Schroeder went to New York University (NYU), which she called "culture shock." "The shock value of going from this beautiful small town to New York was huge," Schroeder said. "I'd never seen a homeless person before. It took me a few years to fall in love with the city."

Schroeder, who lives in Forest Hills, Queens, with her husband Ken, said that NYU has a rigorous curriculum. She ultimately stayed for five years, studying primary studio, musical theater, classical studio, Shakespeare and one semester of film and television.

Through an "industry night" set up by NYU, for which 15 students out of a possible 400 won auditions, Schroeder first got into the professional world. Thirty people from the performing industry came to observe the students, and 29 of them expressed an interest in seeing Schroeder again. From there, Schroeder signed on with agents,



Erica Schroeder

Bauman, Redauty & Shaul, who she has always felt put the advancement of her career over their need to earn money.

After a preview performance of "Beguiled Again," several audience members talked to Schroeder, one to compliment her on her performance in Jane Eyre on Broadway. "I was a 'swing' in Jane Eyre, which meant that I understudied eight different people," Schroeder said.

Once, Schroeder recalled, three women were unable to perform, and she went on for two people vocally, and one physically. "People don't realize that happens on Broadway all the time," she said. "There's a lot of stress and pressure, but it turns out I was good at being a swing." As a result, several casting directors have asked for Schroeder as a swing in their productions.

The up side of being an understudy came during the previews for "Jane Eyre," when the actor playing Blanche was unable to perform, and Schroeder had a two-week stint in the role. "Blanche's role is a coloratura soprano, and she had four or five arias," Schroeder said.

Making her Broadway debut at age 25, she said, "was a dream come true." Schroeder said that it's important to keep working, and that often requires traveling, as she's doing with "Beguiled Again."

Being at Cap Rep allows her to continue to audition in New York on Mondays when the theater is "dark." This week, Schroeder took a quick round-trip to New York to make some corrections on the voice role of Rena that she currently plays in Fox TV's "Ultraman Tiga."

She also has an "under five" (less than five lines) role in Comedy Central's pilot of "Chappelle's Show," starring Dave Chappelle, later this month.

For now, she's delighted to be focusing her energies on her role in "Beguiled Again" as Woman No. 3.

"I'm the belter of the show," she said, explaining that her singing style in this role is like that of Ethel Merman. "My favorite song to sing is the one that's known as 'Red Hot Mama.' There's also a lot of dancing in the show. This is a wonderful show, since it explores new forms of musical revue."

Traveling and living with the same cast has been fun, Schroeder said. "Thank God we love each other," she said. "It's nice forming a family with the other cast members."

As casts travel to regional theater, Schroeder said, individual actors build a reputation that can often determine whether casting directors ask for them again.

Thinking about what advice she'd give students considering a career in the entertainment industry, Schroeder said that it's important to have specific goals, something she's always done.

"Be a dreamer, but also be a doer," she said. "A degree also makes a difference in the field." Schroeder also said that learning to save money is an important skill, since there can be periods of unemployment.

Muriel Nevens taught music in the Bethlehem schools, and still teaches private voice lessons. She first met Schroeder when she was part of the fifth-grade opera, "If the Shoe Fits," then taught her privately through high school and college.

"Erica was always bright, talented and open to new things," Nevens said. "She was great as Blanche on Broadway, and she's belting correctly in 'Beguiled Again.' She's focused and always knew what she wanted to do."

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# Disparity in high gear, will it disappear again?

By KATHERINE MCCARTHY

It's easy to lump our boys together. We only have two children, they're close in age and they're the same sex.

They are good friends a little more often than they are mortal enemies, so it comes almost naturally to regard them as one unit.

We applied as much reasoning as sleep-deprived people living in a world whose primary cultural influences were Barney and Thomas the Tank Engine could to the notion of having a second child close to the first. We figured that since our lives were devoted to changing diapers, investing in tubes of A&D ointment, learning to sleep with a child crawling into bed with us in the middle of the night to create a three-person "H" and decorating with the Fisher-Price farm as our central motif, we might as well stay in that phase.

We didn't want to risk taking issue with the idea that end tables didn't actually have to be covered with Scotch tape, that Rolodex cards could fan out across the living room rug in a really neat

COMMENTARY:

*Mom's  
the  
Word*



way and that Fisher-Price tricycles made a great sound going down the apartment hallway.

Something Chris' Uncle Gerry had told us years before when he and his wife adopted their second son also stuck in our heads.

"Each child brings its own love," he said, and we had been blown away by how much we loved our first child. It might have seemed risky or even cocky to try to bring that much more love into our own home, but we were quickly blessed with our second child.

Our children are similar in that they are both boys and we are their parents, but from the start, they were different people. Christopher arrived in the world after 12 hours of an almost textbook delivery. His approach

to the world remains deliberative and reflective.

Cormac made his intent to join the world known with sharp and intense pains that subsided entirely for an hour until, five hours later, he seemed to fly into the world, howling and hungry. Today, he likes to be part of things, loves his grub and has a lot to say. He taught us quickly that only some of what we'd learned while caring for Christopher would apply to him.

Christopher had fallen easily

decided it was time to "Ferber" him, which meant comforting him but not feeding him, hoping he would give up the idea of waking at all in the middle of the night.

I can still hear Chris pacing with our howling infant, trying desperately to soothe him. "Oh, nice baby, please go to sleep," he sang, gently rubbing his back. "I love you so much, but we all need to sleep. Shh, shhh."

As the food source banned from picking up the baby, I pulled the pillow over my head, and a few nights later, when "the bull" slept through the night, we both lay wide awake, unused to the

***Our children are similar in that they are both boys and we are their parents, but from the start, they were different people.***

into a lovely routine — slept through the night at six weeks, took a reliable nap at the same time every day, and when he woke up, pulled books from a nearby shelf into his crib and babbled away, "reading," long enough for us to adjust to the idea that the next portion of the day was beginning.

Chris quickly dubbed baby Cormac "the bull," for even past the desperate early days of infancy, he'd wake roaring in tears until we came to get him. "We always feed you," Chris said to him one morning, "why do you sound so distraught, poor baby?"

Once up and fed, Cormac was a delight, cooing and giggling, his blue eyes eager to join in any fun the family might provide. When, at six months, he still woke in the middle of the night to eat, we

lack of sound.

Although their differences were clear from the start, as they got older, "the boys" began to share similarities. From the start, Cormac's favorite person in the whole world was his big brother, and he progressed from watching him eagerly when they were in the same room to crawling over to him, to standing and playing with his toys. Christopher's initial reluctance to share his toys faded quickly, and even today, when fights break out over who owns what toy, they are hard put to clearly state ownership of the contested object.

Because "the boys" are close in age, we've always been able to do a lot of the same things together. The kids could play on the same parts of the playground together; we could take them to

children's museums and they were content to be in the same areas at the same time; and a Happy Meal became haute cuisine.

On a rare night out with adult friends, Chris looked around the white tablecloth searchingly. "Where's the toy that comes with the meal?" he joked.

While they still share a lot of similarities, at the far ends of 12 and 10, the disparities between our boys seems great these days. Physically, they are now light years apart. Christopher starts every morning by standing nose to nose with me — OK, standing with his chin to my forehead. His voice is deepening, and he swings from plunking himself down with us and being positively forthcoming about his day's events to shutting himself in his room with a book, irritated if we get within some invisible sphere of pre-teenage protection he's thrown up around himself.

Particularly in light of that, Cormac looks like he's still a little boy. His freckled face grins easily, and everything he thinks and all that has taken place in his day is worth sharing. It is easy to help him — be it getting him a drink, working on long division or pulling him into my lap for the kind of hug I know won't last much longer.

Sometimes, this infuriates Christopher, who will demand to know why we treat him like a baby. Can't he get his own drink, can't he get his own snack? Of course he can, but Cormac has clearly perceived the down side of growing up.


"From what I can see," our own Peter Pan told us not too long ago, "you just have to work harder when you get older." Nobody could argue with that, and our attempts to explain that you get added freedoms as you get older sounded pretty feeble.

He's watched Christopher try to keep all the binders straight that he needs for middle school, and while he says that Christopher never gets punished for anything, he has watched the consequences that flow from an older brother's missteps. Their fights these days seem a little more fierce, as they strive to stake out their turf.

It's hard as a parent to balance letting them work things out on their own with stepping in to prevent harm — physical or psychological. When the word "jerk" comes fast and furious, that's pretty much our cue to defuse the situation.

We must keep working to treat them fairly but appropriately. We love their differences as much as we love being a family unit, even if it is regularly pointed out to us that we treat the other child better. This wave of disparity is something we can ride a little longer — when it crashes, and they are again more similar than disparate, they will both be teenagers.

We will continue to work to draw strength from their differences, and treat them with the respect their advancing age will demand. In our hearts, though, we will still call them "the boys," even as they journey on toward manhood.



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# Police charge Ravena man with abuse

By JOSEPH A. PHILLIPS

Bethlehem police arrested a Ravena man for felony sexual abuse and several counts of assault and other misdemeanor charges — all stemming from accusations of misconduct involving several minor employees at the Glenmont fast-food outlet where he was a manager.

Oscar E. Turpin, 37, of 16E Oakbrook Manor, Ravena, an employee of the McDonald's restaurant at 376 Feura Bush Road, was arrested on Jan. 15 on a warrant issued by Town Justice Frank Milano, stemming from a month-long investigation overseen by Detective Bruce Oliver of the police family services unit.

Turpin was arraigned before Milano on a first-degree felony sexual abuse charge, four counts of third-degree assault, three of endangering the welfare of a child and two of forcible touching, all misdemeanors.

***We don't have any specific reason to believe there are other incidents. But any time we have a sexual (offense), we routinely look to see if there are other incidents.***

Thomas Heffernan

Ordered held at Albany County jail in lieu of \$25,000 bail, Turpin was due in Town Court Jan. 21 for a preliminary hearing.

According to police spokesman Sgt. Thomas Heffernan, the investigation was launched when was filed in

a complaint December by a 16-year-old McDonald's employee, alleging that Turpin had repeatedly touched her in a sexual manner in the workplace as far back as last June.

"(The victim) had mentioned

it to her friends, and a friend had mentioned it to her mother, who reported it to us," Heffernan said.

Further investigation turned up two co-workers, both minors, who made similar allegations of incidents as recently as December.

"It was definitely aggressive behavior, pinching, slapping, hitting, and some of it was sexual in nature," said Heffernan. "Some of the incidents were in a vehicle or in other locations (also). None of them were at his residence."

Coeymans police assisted in the investigation.

The case remains open pending court action, and Bethlehem police request that anyone with information on similar incidents involving Turpin contact the family services unit at 439-9973.

"We don't have any specific reason to believe there are other incidents," Heffernan said. "But any time we have a sexual (offense), we routinely look to see if there are other incidents."

## Teenager struck by car

A Glenmont teen struck by a car while crossing Delaware Avenue on Jan. 15 was treated for injuries at Albany Medical Center, according to police.

Brian K. Maher, 16, of 6 Quail Hollow Road was struck by a northbound vehicle driven by Glynnis W. Marshall, 46, of 172 Southern Blvd., Albany, while crossing at the intersection with Van Dyke Road shortly after 2 p.m.

An eyewitness told police at the scene that Maher apparently crossed against a traffic signal.

Treated at the scene by Delmar Ambulance for contusions to his back, Maher was then taken to the hospital for observation and later released. No charges were filed.

## Woman arrested for DWI

A New Scotland resident was arrested Jan. 15 by Bethlehem police and charged with driving while intoxicated (DWI).

Responding to a call about 2 a.m. reporting an individual asleep at the wheel of a vehicle at the intersection of Cherry and Kenwood avenues, Officer Michael Berben found Suzanne

Maria Morris, 34, of New Salem Road and awakened her, according to the police report.

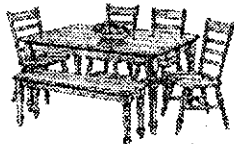
After submitting to field sobriety tests, Morris was arrested for DWI.

He is scheduled to appear in Bethlehem Town Court on Tuesday, Feb. 4.

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# Matters of Opinion

## SUNY socked

In the state budget crisis, the first shoe was dropped this week on State University of New York students, their families and on hundreds of local high school graduates who head into the state's public higher education system every year.

The SUNY Board of Trustees voted Friday to raise tuition by \$1,400 to \$4,800, an increase of more than 40 percent.

Granted, SUNY tuition has not been increased since 1995, and it's still a relative bargain, compared to tuition at private colleges and universities of more than \$20,000. And the state Tuition Assistance Program (TAP) provides substantial aid for students who demonstrate economic need.

The massive tuition hike seems at first to have few friends in the Legislature, so the amount of the increase may well be less than the trustees proposed. But legislators will be constrained in how much they can change the trustees' plan, since the state fiscal cupboard is bare.

For many suburban parents of current or future SUNY students, any tuition hike will hit them right in the checkbook and will, for most, outweigh the tax cuts they may receive at the state or federal level.

And the tuition increase will come on top of tax hikes at every level of local government — county, town and school — that are relentlessly adding to the high cost of owning a suburban house.

For those students on their own, the tuition hike means more debt after school and/or more work during school. For some, it will mean having to drop out.

Affordable, quality public higher education is not just another state-funded program — it is, for students, the chance to learn and for the state, the chance to provide a 21st-century work force with the skills necessary for economic success.

Such a work force will more than repay the state's investment in our smart, ambitious young people. For proof of the value of good public higher education, look no further than the University at Albany, which is the foundation of a high-tech initiative that may well transform the economy of the Capital District.

More shoes will be dropping soon, when the governor presents his 2003-04 budget next week. With Gov. Pataki having ruled out tax increases, be prepared for lots of fee hikes — for car registrations and licenses, for state campgrounds, for professional licenses, for businesses — as well as a level of state aid to public school districts that will raise suburban property taxes.

## Editorials

## One educator's view on King legacy

By L. OLIVER ROBINSON

*The writer is superintendent of the Mohonasen Central School District in Rotterdam.*

The old African proverb states, "Unless we remember, we shall forget."

As we commemorate the life and the legacy of Dr. Martin Luther King Jr., it is important that we reflect and draw personal connections to our station in American society. The dreams of Dr. King are still prominent and pronounced, and in many ways represent the moral fabric of contemporary society. Dr. King's words, dreams and aspirations transcend all social demarcations, cutting to the heart of the vitality of a truly civil society — peace over war, love over hate, and tolerance over discrimination.

Dr. King's legacy is probably most notable in the evolution of our education system over the years. As a result of the efforts of Dr. King and the subsequent passage of the Civil Rights Act of 1964, a movement was born. Court rulings such as *Brown v. Board of Education*, *Plessey v. Ferguson*, and *Rodriguez v. San Antonio* are just a sampling of the initiatives and efforts aimed at insuring that all children have equal and equitable opportunities to quality education.

Out with segregation and in with desegregation was the mantra of the times. The dream of little white children playing with little black children in the schoolyards and sharing the experience of learning together in the classroom was afoot. There are numerous examples of the luminous victories, people of diverse backgrounds collaborating for the sake of human dignity — holding on to the goal of the advancement of education as the catalyst to progress and change.

The recent character education movement in public education reveals not only the

## Point of View

shortcomings of society, but highlights the significance of quality educational institutions. Public schools stand as the last bastion of hope for society — the proverbial catch basin for all societal ills. As a result of efforts to equalize educational opportunities, we have seen significant social mobility.

But, as we pause to examine our current situation, it is painfully obvious that there are limitations to those achievements. Yes, improvements in equality have been made. But, to what degree? Yes advancement in education has been made. But, to what degree?

These questions are posed not to refute or discount the efforts of our yester years, but instead to thrust into the prominence of our individual and social conscience the need to consistently and continuously keep our "eyes on the prize," recognizing that latent resistance and threat to human dignity are forever looming. Society must be committed to what Dr. King defined as "the war against the total enemy" whose face is depicted as racism, poverty, and war against other nations.

In so doing we must all work through our education system to combat the perpetuation of unemployment, pervasive discriminatory practices, ignorance and poverty. Dr. King's legacy teaches us that we must remain steadfast to our commitment to the vitality of a quality education system for all — that no child shall be a victim of his/her socio-economic circumstance.

We as a society cannot sit idly by and allow the pervasiveness of discriminatory practices and policies to persist, nor can we discount the provocative effect on all of our futures. We must all be engaged in an informed and principled strategy to insure a quality education for all children, regardless of race, creed, religion, or ability level.

Ongoing national debates on policy perspectives such as affirmative action, and ideological concepts such as "level playing field," seems to indicate that the "dream" is still deferred. For as long as the start is staggered, so shall the results be staggered. Matters of fairness must be addressed at the beginning in our public schools — focusing on the true manifestation of equity and equality for all.

Seemingly, the more things change the more they stay the same. State and federal student assessment statistics have revealed a tremendous gap between the performance levels of white students and their black and Hispanic counterparts. As an educator, it is contended that those discrepancies are more about equity and equality of

educational provisions than they are about ability differences. Consequently, we are once again challenged to reexamine our public education systems.

In some instances, re-segregation is being touted as a viable alternative, and in other arenas "choice" is the perceived panacea. The notable difference, however, between the quest to realize the dreams of today versus the dreams articulated by Dr. King some 40 years ago is the experience gained through struggle.

Experience has taught us that the true measure of a man is his mind. Further, the embracing of Dr. King's teachings has revised the socially acceptable definition of right and wrong, just and unjust, fair and unfair, leaving morality and humanity as the determinants for change.

The dreams and legacy of Dr. King taught us that we must be moved and motivated by humanity and morality, and not by self-interest and political posturing. As a result people are now more engaged in the exchange of divergent opinions. There is a clear recognition that progress has been made, but there is still work to be done. Political gamesmanship, self-interest, exploitation and neglect of certain segments of our society cannot be allowed to overshadow the dream of freedom and justice for all people.

As Dr. King envisioned, some 40 years ago, "there is a forging of a wider alliance (of American's), awakened to resistance and channeled into a revolution of love and creativity to work with all the peoples, to shape a new world."

The realization of the newest education mantra — Leave No Child Behind — is only feasible if we all work in one accord, in concert and not in contradiction. These pursuits cannot be an idle intellectual exercise.

Further, as Dr. King exclaimed in a sermon delivered on Christmas Eve, 1967, "this Christmas season (and so does 2003) finds us a rather bewildered human race. We have neither peace within nor peace without. Everywhere paralyzing fears harrow people by day and haunt them by night. Our world is sick with war; everywhere we turn we see its ominous possibilities. And yet, my friends, the Christmas hope for peace and goodwill toward all men can no longer be dismissed as a kind of pious dream of some utopian. If we don't have goodwill toward men in this world, we will destroy ourselves by the misuse of our own instruments and our own power. Wisdom born of experience should tell us that war is obsolete. And so, if we assume, that life is worth living, if we assume that mankind has a right to survive, then we must find an alternative to war and so let us this morning explore the conditions of peace."

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# Matters of Opinion

## County should not deplete reserve funds

Editor, The Spotlight:

Keeping our county property taxes low was one reason I ran for the county Legislature in 1999 and why I sought a seat on the budget committee upon election. In 2000, the first year of my term, county property taxes were cut 5 percent and then cut another 3 percent in 2001.

The consumer driven economy was still humming then, and we realized surpluses, largely from the sales tax. But we also maintained fiscal discipline over the spending under our control. During these good times, we were able to absorb cost increases, reduce our debt, pay cash for capital improvements, invest in technology for our libraries, fund senior services and support our volunteer fire fighters.

We built up a \$40 million rainy day reserve, continued to share \$82 million year (40 percent) of county sales tax receipts with our towns and cities, and still reduced property taxes. It was good to be a county legislator.

Then the world changed. In 2002, we only managed to avoid a significant county property tax hike in the face of grave post-9/11 uncertainties, a souring economy, and costly increases in unfunded state health care mandates on counties, by drawing \$15 million from our reserves. Three quarters of the state's counties were not so fortunate.

To balance the 2003 county budget, however, not only were we compelled to dip further into our reserves to the tune of \$12 million, but we needed to raise property taxes for the first time in seven years by \$8.4 million and cut similar amounts of expenses. We reduced the payroll by 237 jobs to a level lower by 37 jobs

than in 1995 despite the surge in criminal justice and security personnel.

While we could have taken the politically expedient route and completely exhausted our reserves this year to avoid a property tax increase, such an action would have jeopardized the long-term fiscal health of the county and damaged our credit rating. The politically difficult but responsible thing to do was to deal with the situation now.

What is driving the fiscal stress now experienced by all of the state's counties? Basically, it is a combination of the economic slump (which both reduces revenues available for the county and increases its expenses for the social safety net services it exists to provide) and a big jump in the cost of unfunded states mandates.

In fact, more than the entire property tax increase in Albany County can be attributed to the growth in these unfunded mandates. For example, the county's projected \$59 million Medicaid bill for 2003 alone exceeds by some \$15 million our total budgeted property tax collections of \$44 million, the levy after the increase. Or, to put it another way, if our state paid the Medicaid bill like all other states do, we could eliminate the county property tax.

It simply is not right to make local government pay for state mandated programs, no matter how worthy, when our only meaningful source of revenue to fund them is the regressive property and sales tax.

At the same time, we need to put our current fiscal distress in a longer perspective. Here in Albany County, the cumulative reduction in property taxes since 1995 is 16 percent.

And, even with the increase for 2003, Albany County still has the second lowest per capita county property tax levy in the state, a yardstick to compare our fiscal stewardship with other counties. And under the adopted budget, county property taxes will still be less than they were in 1995 (\$285.89 per \$100,000 of assessed valuation in 2003 versus \$314.70 in 1995).

This is a considerable achievement given inflation and the fact that all of our other local taxing jurisdictions, especially our schools, have had to increase taxes considerably.

Charles S. Dawson Jr.  
Albany County legislator  
Glenmont

## Supervisor & highway crew deserve kudos for cleanup

Editor, The Spotlight:

When the burghers of Burlington, Vt., years ago grew weary of inept municipal snow removal, they ousted the Democratic mayor on Election Day and turned to Bernie Sanders.

The then-socialist University of Vermont professor put a plank in his platform that didn't mention the class struggle.

He promised to plow the snow efficiently if he were elected mayor.

He did get elected and he plowed the street so well, in fact,

that he was awarded further by Vermonters who subsequently elected him as their congressman.

So, by this reckoning Sheila Fuller, whose Highway Department has done a great job this year and previously, should probably start packing her bags for Washington.

Seriously, she and her highway people merit a "well done" again this winter for doing it right.

Gerald McLaughlin  
Slingerlands

### Letters policy

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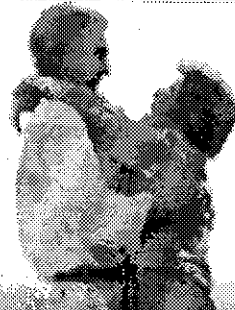
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# Matters of Opinion

## We live in a democracy not in a theocracy

Editor, The Spotlight:

I am writing in response to Alan C. Hoffman's letter of Jan. 8. I found the final paragraph of his letter naive and disturbing.

Hoffman says that we should "Thank God each day of our lives that he has seen fit to bless us with a president who looks upward for his guidance and not to the polls..."

We live in a democracy not a theocracy and guidance should come from the people, not from a leader's personal spiritual beliefs.

It is ideal to have a leader with good values and morals, but it is dangerous to allow that individual's religious convictions to be his guiding force.

While Mr. Hoffman feels Bush has surrounded himself with "capable people," I maintain that he has surrounded himself with people as out of touch as he is with this country's real needs and concerns.

There are 41 million people

without health insurance, and the number is climbing as insurance rates keep rising. The economy is ailing while people are losing jobs and many who work are struggling with a wage so low a second low-paying job is necessary.

Among the misguided and damaging environmental decisions the administration has made is the relaxation of regulations governing air and water quality.

And as far as the "patient hand on the tiller" Mr. Hoffman refers to, we are about to go to war because Bush and his "capable people" say, "We're running out of time."

Rather than thanking God for our current state of affairs, I find myself praying that there will be an uproar and informed voter turnout in 2004 to rid us of this destructive president now residing in the White House.

Lynn Finley  
Delmar

## Targeting retarded kids was wrong

Editor, The Spotlight:

The inclusion of the education of children with mental retardation as an example of wasteful and unnecessary spending in your editorial "More budget blues" in the Jan. 15 edition was inappropriate.

It wasn't that long ago that providing any education at all for children with mental retardation was almost unheard of in this or any other state.

Are you advocating a return to the institutions of yesteryear? It is a terrible price to pay if we balance the budget at the expense of some of our most vulnerable citizens.

In addition, having quotations around the word "educate" in regard to children with mental retardation implies and perpetuates the erroneous stereotype that children with mental retardation cannot learn. You should be ashamed of yourselves.

Paul Partridge  
Delmar

## Tax increases unfair to some taxpayers

Editor, The Spotlight:

Over the past few months, there have been many newspaper articles and TV news stories about the possibility of some big increases in school and property taxes in many districts.

These big increases they refer to are usually in the 15 to 20 percent range. I haven't seen any mention about the actual increases I see in the town of Bethlehem, Ravena-Coeymans-Selkirk school district.

In this district, the school and library tax rate went up from \$17.81 in the 2001 tax bill to \$21.72 in the 2002 tax bill. This is an increase of 21.9 percent at the same time the rate decreased 2.79 percent in the town of Coeymans for the same school district.

There was a brief mention in one local paper last fall about the cause for this increase in the town of Bethlehem, RCS school district. The explanation given was that the equalization rate had to be adjusted to reflect a discrepancy between the recent selling prices of the houses in the town of Bethlehem and their assessments. If this is the case,

then property owners whose property is assessed fairly are paying an unfair portion of the taxes. This also seems to be the case in the county portion of the 2003 property tax.


Shortly after Jan. 1, the *Times Union* ran an article that put the Albany County portion of the 2003 property tax increase at about 22 percent. This is far different than my actual increase.

The Albany County portion of my 2003 property tax bill showed an increase of 47 percent.

The town of Bethlehem and highway tax portion went up about 4.5 percent, the Selkirk Fire District went up 22.7 percent and the ambulance and water district went up 5 and 15 percent respectively. The net increase was 24.38 percent. This 47 percent increase in the Albany County portion of property tax for me in the town of Bethlehem compares to a 12.3 percent increase in the same portion of the county tax in the town of Coeymans.

These tax increases are quite substantial but don't seem to get much attention.

James Sutton  
Selkirk

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

Write to Letters to the Editor, *The Spotlight*, 125 Adams St., Delmar 12054.

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## Thanks to Main Care and Citgo Petroleum

Editor, The Spotlight:

During the past five winters, Citgo Petroleum Corp., which has a storage terminal on River Road in Glenmont, has teamed up with the town of Bethlehem Senior Services Department to identify the lowest income elderly families in the town who heat with fuel oil or kerosene.

Citgo then arranges for delivery of a set amount of free fuel oil or kerosene to each family.

Bethlehem Senior Services, which initially identifies the individuals and families in need, provides the coordination and forms assistance needed prior to fuel delivery. Main Care Energy,

which has been part of our community for more than 70 years, and Persico Oil Co. arranged the delivery of the fuel.

On behalf of all the elderly persons who benefited from this wonderful program in December, many thanks to Main Care Energy, Persico Oil Co. and Citgo Petroleum Corp. for their generosity.

For information about programs serving low income residents of the town, call Senior Services at 439-4955, ext. 173.

Karen Pellettier  
director  
Bethlehem Senior Services

## BLOOD DRIVE



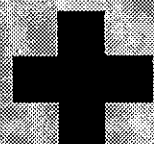
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## Get help with planning your wedding at library

Marriage is in the air. Yes, we know it's not spring, but anyone planning a June wedding is probably in a flurry of preparations right now, so we wanted to highlight some of the wedding materials in our collection which may be of use to you.

For the very basics, you can start with the classic *Emily Post's Wedding Etiquette*, and move on to the more acerbic *Miss*

very practical and specific in their approach. Bridal Guide Magazine's *How To Plan the Perfect Wedding Without Going Broke* and *Planning A Wedding to Remember* by Beverly Clark can both be found in the Oversize 395.22 section.

*Getting Married When It's Not Your First Time* by Pamela Hill Nettleton resolves many of the questions a second (or third) time around bride may encounter. And, for the video-oriented, check out *How to Survive Your Wedding* which humorously follows a real-life bride and groom through the process to the actual wedding.

Most of the books mentioned here are found in the 395.22 section unless otherwise noted, along with other wedding materials. For assistance, ask at the reference desk.

### Art on display

Ilse Baker's wonderful folk art makes a colorful collection in the showcase this month. Landscapes and still lifes by Kay Levine are in the hall gallery.

Levine is an Albany artist/teacher who is also displaying samples of her note cards, which are available by contacting the artist.

Don't miss seeing these displays on your next visit.

Visit the library Web site at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

Barbara Vink

## Voorheesville Public Library

*Manner's on (Painfully Proper) Weddings*. We also offer two lovely little books, *For the Bride* and *For the Groom* by Colin Cowie, with suggestions designed specifically for each.

Writing your own vows is a topic that we are frequently asked about and we refer people to two books on shelf here at 392.5: *I Do, A Guide to Creating Your Own Unique Wedding Ceremony* by Sydney Barbara Metrick, and *The Knot, Guide to Wedding Vows and Traditions* by Carley Roney.

Finances are a major consideration for most people, and the library can assist you in that department as well with *Priceless Weddings for under \$5,000* by Kathleen Kennedy. We have two workbook-style planners that look

## St. Stephen's to host Alpha Course Jan. 29

St. Stephen's Episcopal Church at 16 Elsmere Ave, Delmar, will present the 10-week Alpha Course beginning Wednesday, Jan. 29, at 6:30 p.m.

The Alpha Course is for anyone who wants to find out more about the Christian faith. Adults of all ages are welcome.

Alpha began in London and is now held in thousands of churches around the world.

Each weekly session starts with an informal dinner, followed by a large group learning time.

The sessions ends with a small group discussion time and interaction.

The small groups give participants a chance to discuss issues raised during the talks.

For information, call Donna Steckline at 439-3265 or June Compton at 439-1356.

To make a reservation, call the church at 439-3265 between 9:30 a.m. and 2:30 p.m.

Let the church office know if you need child care, which will be available during the course.

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

## School concert set tonight

The elementary school's winter concert is tonight, Jan. 22, at 7:30 p.m. at the elementary school. It is free and open to the public.

### Thacher Nature Center to host winter program

The Emma Treadwell Thacher Nature Center will present a multifaceted program about birds in winter on Saturday, Jan. 25, at 1 p.m.

Beginning at the bird feeders, Chris Keefer (expert birder) will describe how to identify bird species and talk about the ways birds cope with winter conditions.

An outdoor bird walk will follow to look for birds in the winter landscape, after which Kelly Martin will introduce some wild birds in her care.

Participants will have the opportunity to make a birch log feeder containing suet or peanut butter for winter birds to feed from.

For younger participants, a project to construct a simple pine cone peanut butter feeder, will be available.

The program is free and open to the public, however there will be a \$2 fee for materials to make the birch log feeders. For information, call 872-0800.

### Village board to meet

The next regular Voorheesville village board meeting will be on Tuesday, Jan. 28, at 7 p.m. at village hall.

### Soccer club seeks players

The New Scotland Soccer Club is looking for soccer players for the 2003 spring season.

Log onto the Web site at [www.timesunion.com/communities/nssc](http://www.timesunion.com/communities/nssc) or call Tom Jones at 765-4622, Bob Reed at

### NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



765-2518 or Rod Fortran at 765-2837 for information.

### Library offers winter story times

Voorheesville Public Library has preschool story times on Monday, Tuesday, Wednesday and Friday at 10:15 a.m.

There is no sign-up necessary and all are welcome.

### Dollars for Scholars to hold drawing

Dollars for Scholars will hold a drawing for a 5-pound Hershey Bar on Valentines Day, Feb. 14.

Tickets will sold at all home basketball games and can also be

purchased in the high school guidance office.

Tickets are 50 cents each or three for a \$1.

All proceeds will go to Dollars for Scholars.

### Nursery school schedules open house

Voorheesville Community Nursery School will hold its annual open house and enrollment informational meeting on Thursday, Jan. 23, at 7 p.m. at First United Methodist Church of Voorheesville on Maple Avenue.

The school is a nondenominational parent cooperative, offering pre-kindergarten experience to children who are 4 years old by Dec. 1, 2003.

The preschool offers a morning and an afternoon program. For information, call 765-4903.

## Attack vs. Rochester



**Sunday, February 23  
4:00pm**

**Kids Tickets \$7.50**

### Clip, Return & Save

**Buy 4 tickets to the 2/2/03 game and receive 4 tickets to any other regular season game FREE!**

Offer can be redeemed at Pepsi Arena box office with this ad or by phone at 427-8145. This offer can not be combined with any other offers. Expires 2-1-03



For more information call 427-8145 or visit us online at [www.albanyattack.com](http://www.albanyattack.com)

**City legislators have redrawn district lines.  
Don't let your town be hijacked by the city.**

As a registered voter, no matter what your party affiliation, you have the power to decide how you're represented. By signing our petition submitting Local Law "J" to a public vote, you'll help ensure that:

- You, your children and your community aren't shortchanged when it comes to county funding and services.
- Your unique interests and needs aren't subjugated to those of city residents.
- You, your family and your neighbors receive their fair share of the county's budget of over \$475 million.
- Town and suburban residents are represented by town elected officials, not city-based lawmakers.

In coming days, citizens will be circulating petitions asking for your signature so the people can decide if Local Law "J" allows the residents of Albany County to be fairly and proportionately represented. Please sign our petition so people, not politicians, start calling the shots.

For more information, contact Albany County Republican headquarters at 626-0720.

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# AV materials need lots of TLC in winter

It's a fact — our cold-weather needs are just the opposite of what our audiovisual materials require.



As you crank up the heat in cars and homes, remember to remove audio tapes; videotapes, CDs and DVDs from the vicinity of dashboards, radiators and heat vents. Keep them dry, too, and in

their cases.

CDs and DVDs, long touted as more durable than tape, are actually quite vulnerable to dirt and scratches. Now's a good time to clean your A-V equipment. Cleaning kits are available for loan from the library.

Don't forget to rewind the tapes you borrow from the library, and to return all parts of a set, including printed materials. Don't hesitate to promptly report any damage you discover. Library staff will thank you, and your fellow patrons will thank you.

## New online catalog debuts tomorrow

Epixtech, our new online catalog and circulation system, will "go live" at all Upper Hudson libraries tomorrow, Jan. 23.

The new system will be installed "out of the box," as they say in techieland, meaning that its initial on-screen appearance will be pretty basic.

However, customizations will be ongoing, so its look will evolve over the next several weeks. Librarians and circulation staff will be on hand to offer assistance.

Thanks for your patience as we get comfortable ourselves with new procedures and functions.

Louise Grieco

## Soccer club sets registration Jan. 25

The Bethlehem Soccer Club will be holding general registration for its intracub soccer program Saturday, Jan. 25, from 9 to 11 a.m. at town hall.

In order to participate at the appropriate age level, a child must live in the town of Bethlehem or the Bethlehem Central School District, and have been born prior to Dec. 1, 1998.

The cost is \$65 per child.

For information, go to the club's Web site at [www.bsc-online.org](http://www.bsc-online.org).

## Hilltown Players slate auditions

Hilltown Players will hold auditions on Jan. 28 and 29 at 7 p.m. in the Berne-Knox-Westerlo High School cafeteria for its production of "Jury Room" in April and May.

For information, call 872-2057. The snow date is Jan. 30.

## Nursery school plans open house

Slingerlands Cooperative Nursery School will host an open house on Sunday, Jan. 26, from 1 to 3 p.m. for the 2003-2004 school year.

The school is in the rear of Slingerlands Community Methodist Church, 1499 New Scotland Road, Slingerlands.

The program is non-denominational. For information, call 439-0386.

## HILL offers lecture

Bethlehem Humanities Institute for Lifelong Learning has been offering a series of free lectures during the winter months when regular classes are not scheduled.

The second in the series is set for Thursday, Jan. 23, from 10 a.m. to noon at Bethlehem Public Library in Delmar.

Andrew Feffer, associate professor of history at Union College, will present "Martin Luther King's Legacy: The Struggle for Economic Justice."



David Beck conducting the Empire State Repertory Orchestra.

# Orchestra to perform at high school Jan. 25

The Empire State Repertory Orchestra, conducted by BC music teacher David Beck, will give its opening concert of the season on Saturday, Jan. 25, at 7 p.m. at Bethlehem Central High School in Delmar. The concert is free to all Bethlehem students.

At BC, Beck is conductor of the seventh- and eighth-grade string orchestra, the high school concert orchestra and the high school symphonic orchestra.

Ten Bethlehem school district students are members of the repertory orchestra: Noah Bartfield, Emily Coles, Emma Goldsmith-Rooney, Meg Kowalik, Joshua Levy, Rebecca Lewis, Federico Rodriguez, Hana Segerstrom, Jamie Stram and Lauren Triner.

Founded in 1979 as a single

orchestra, today's Empire State Youth Orchestra consists of two full orchestras, wind, string and jazz ensembles, three percussion ensembles, a flute choir and inner city string program.

About 300 students from about 60 schools pass a June audition to participate in the ESYO program. A total of 32 BC students are in ESYO groups.

The repertory orchestra is a full symphonic orchestra, which provides intermediate level students with rehearsal and performance opportunities.

Tickets are \$10 for adults and \$6 for senior citizens and students. Bethlehem students can attend free of charge. For information or to purchase tickets, call 382-7581. Tickets will also be available at the door.

# Old Songs to present concert

Local performers will take to the stage at the Old Songs Sampler Concert on Saturday, Jan. 25, at 8 p.m. at the Masonic Hall, 138 Maple Ave., Altamont.

The Sampler Concert is an annual benefit for Old Songs Festival of Traditional Music and Dance. It will feature songs on mountain dulcimer with Susan Trump, the Saratoga Mandolin Ensemble, Mark Schmidt and the Old Time Gospel Trio, Alien

Folklife, Ron Gordon and his Ukulele Friends, Debra Burger, hammered dulcimerist Bill Spence, and Addie and Olin-Unleashed.

The evening also features a drawing for dozens of quality craft items donated by Old Songs festival craft vendors.

Tickets are \$12 for adults and \$5 for children 12 and under and can be purchased at the door of by calling Old Songs at 765-2815.

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<b>10 LBS. OR MORE</b> <b>GROUND CHUCK</b> <b>\$1.49</b> LB. <b>GROUND ROUND</b> <b>\$2.19</b> LB. <b>GROUND SIRLOIN</b> Extra Lean <b>\$2.39</b> LB.	

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RSVP by calling 463-2201 ext. 356 or email [waterhouseL@albanyacademyforgirls.org](mailto:waterhouseL@albanyacademyforgirls.org)

*"Great crowds came to Jesus bringing the lame, the blind, the crippled, the mute, and many others, and laid them at His feet; and He healed them." Matthew 15:31*

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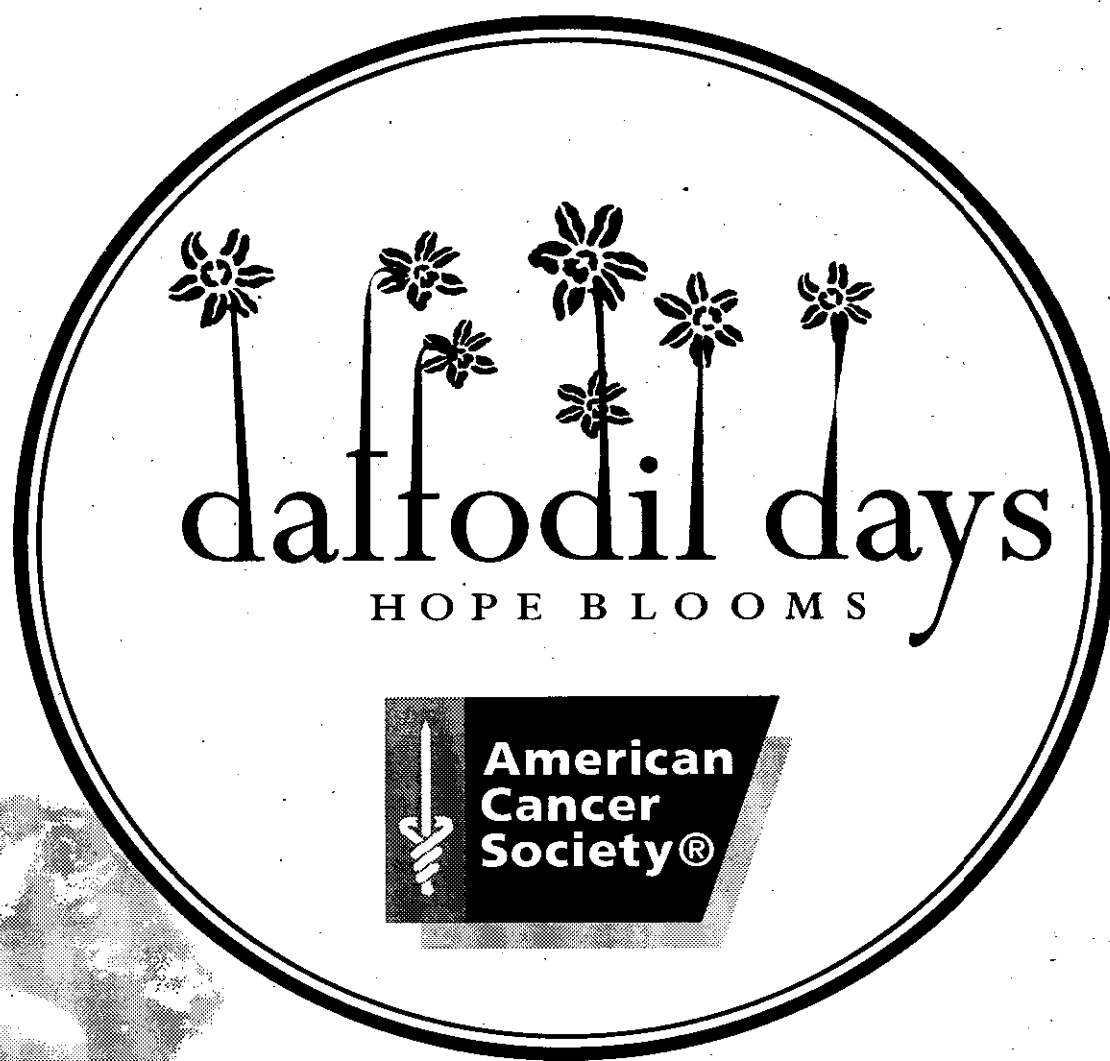
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## Empty

(From Page 1)

intent, was to enhance the Walden Farms project," he said.

But he said one of their principal concerns was a proposed "stub road" in the development that might one day be connected to a similar dead-end street in Colonial Acres, should the Magee property in between ever be developed. Rosen told the board that making provisions for such a future road connection "is a standard practice to provide access to undeveloped lands" required by the town planning department and board, a point echoed by town planner Jeff Lipnicky.

That didn't sway the neighbors. "We can understand the planning board's feeling about making these kinds of connections in the future," said Daley. "But we want to be on record that Colonial Acres is opposed to that."

He also raised questions about promises he claimed Rosen had made to the Colonial Acres Homeowners Association for a "no-cut" zone, leaving vegetation intact, along the project's northern edge — but not formally incorporated into the building plans. Indeed, he said, he and his neighbors feel the proposed stub road itself violates the no-cut

zone principle.

"We feel very strongly that there needs to be written into the plans a 25-foot no-cut zone," Daley said.

Rosen and Michaels said that many of the landscaping issues and other concerns raised by the Colonial Acres residents had been thoroughly addressed during more than a year of review by the planning board.

And Rosen was adamant in rejecting Daley's suggestion that the approval vote be postponed for two weeks to permit the neighborhood association's leadership to meet with the developer.

"We've had extensive — extensive is not the right word, but extensive — review of this plan," he said. "I find it very difficult to accept after all this review that we would have to review the plan again." The board, voting unanimously, concurred.

Rosen pledged to address the Colonial Acres residents' concerns as he proceeds with development. He said he expected to get construction under way in the spring of the project, duplexes aimed at so-called "empty nest" couples looking to downsize from larger homes.

## Bumps

(From Page 1)

Fuller said later that the Jan. 29 agenda will also include a report from former building supervisor John Flanigan regarding his review of the town code with an eye toward amending it to restrict the location of adult-use businesses in the community. Flanigan was delegated by the board last year to prepare recommendations for such provisions.

Nelson joined the planning board in May of 1978 — serving longer than any member since the retirement of William Mulholland in 1979 after more than 33 years' service. She will not be among those interviewing for the post next week. Apprised by Fuller of the board's discussion, she said, "If that is their feeling, then I intend to withdraw my name from consideration." Nelson said she was unaware of any intention by town board members to seek a change prior to last week's meeting.

She agreed to remain until a replacement is named, but with the planning board meeting scheduled for Jan. 21 canceled due to the postponement of two agenda items, that is largely a moot point — unless next week's town board meeting fails to produce a new member.

"Someone wittier than I once said, sometimes you're appointed, sometimes you're disappointed," Nelson said, otherwise declining comment.

For her part, Fuller expressed disappointment over the

board's actions.

"I guess I'm not surprised by anything," she said. "I think as individual board members, they have to be responsible for their own decisions."

She said she had names of seven other individuals who have expressed interest in the planning position, but "I'm not going to name them. I don't want anyone else publicly embarrassed."

Disagreement over a planning board candidate took place a year ago at the town board's 2002 organizational meeting as well, when Fuller nominated former RCS teacher and administrator Howard Engel to a spot vacated by Patrick Reed. The town board ultimately approved Engel's appointment by a 3-2 vote — but dissenters Lenhardt and Marcelle each offered alternative candidates, which Fuller at the time called "less than professional."

Just days before last week's meeting, Lenhardt circulated an e-mail memo to Fuller and other board members indicating his intention to put forward for consideration the same name that he offered last year — Jeffrey Perez, director of public affairs of the Charter Schools Institute of the State University of New York, a five-year SUNY employee and previously a legislative analyst in the Assembly Minority Leader's office.

A Bethlehem resident for less than five years, Perez currently serves as treasurer of the town Republican Committee.

"George Lenhardt had contacted me, remembering I had expressed interest, and he asked for my résumé," Perez said. But he did not contact Fuller directly seeking the post. "I deferred to George," he said.

At the meeting, with Perez in attendance, Fuller announced her intention to reappoint Nelson — and when no one offered a motion to do so, she pointedly called for one. Lenhardt then moved to appoint Perez.

Marcelle then urged that the appointment be tabled until the following meeting.

"If we have a position where there are multiple candidates, we should interview those

candidates and have a process whereby we discuss their merits," he said. He declined to second Lenhardt's motion — but his own motion to table also failed for lack of a second.

Plummer, who had withheld comment up to that point, then concurred with Lenhardt's view about Nelson's lengthy tenure.

"With all due respect to Marcia, it's my view that there are other individuals in the community that have expressed an interest in this position. We should be reaching out to others that have expressed an interest, and do that as quickly as possible."

Specifically, he suggested, he would like to see someone with small business experience on the planning board. At that, Fuller then proposed postponement until further interviews could be conducted, to which Plummer and Marcelle agreed — though Lenhardt voted no.

"I'm not opposed to holding interviews," he said later. "But I'd already proposed a candidate. I thought I was being consistent... the thing I object to is taking extra personal time to conduct interviews. Mr. Perez was already interviewed, a year ago."

"I'm going to do interviews on the 28th," Fuller said later. "I haven't asked George (to participate). I assume he isn't interested because he voted against holding interviews."

As for Perez' nomination, "There was not a second for Jeff Perez this time. A year ago there was... If anyone's interested, they have to go through the interview process. I do not want this to be a long, drawn-out process."

She said she would approach the Bethlehem Chamber of Commerce seeking possible candidates. "I think what we need to be looking for is someone representative of this community," she said. "Someone in the business community is what we should be looking for, and there are people like that who have expressed some interest."

Hasbrouck, who attended the board meeting, declined to take a position.

"Marcia's done an excellent job for us over a long period of time, certainly long before I was here," he said. "But that's the town board's prerogative. I'll certainly work with whoever is appointed. I try to stay as far from that process as possible."

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Have a safe and happy Fourth  
See page 2

Sapienza takes over  
as V's athletic chief  
See page 10

Clifton Park  
Halfmoon  
Incumbents score big wins in Clifton Park races

**The Spotlight**  
Volume XIV Number 25 City Edition  
July 4, 2001

**Chosen plans empty nest townhouses**  
By JESSICA PERLUS  
"There are always plans for the future," says a local resident who is part of a group of people who are planning to build townhouses in the area.

**Lazy days**  
By JESSICA PERLUS  
The summer months are here, and with them come the long, lazy days of the season. For many people, this is the best time of the year to relax and enjoy the outdoors.

**2001 graduates**  
By JESSICA PERLUS  
The annual graduation ceremony for the local high school took place last night. The ceremony was a celebration of the hard work and dedication of the students who have completed their education.

**State Museum features American landscapes**  
By JESSICA PERLUS  
The State Museum is proud to announce that it will be featuring a collection of American landscapes. The collection includes paintings, photographs, and other works of art that showcase the beauty of the American landscape.

**own board approves rowing club agreement**  
By JESSICA PERLUS  
The local rowing club has been approved by the town board. The agreement allows the club to use the local waterway for rowing and other water sports.

**Happy grad**  
By JESSICA PERLUS  
A local graduate is celebrating the completion of their education. The graduate is a member of the local high school and has achieved a high level of academic success.

**West Nile program is outlined online**  
By JESSICA PERLUS  
A program to prevent the spread of West Nile virus has been outlined online. The program includes information about the virus, its symptoms, and how to prevent it.

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**LoudonvilleSpotlight**  
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**GuilderlandSpotlight**  
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**School district welcomes 398 new alumni**  
By JESSICA PERLUS  
The local school district is welcoming 398 new alumni. The alumni are graduates of the local high school and are returning to the district to work or study.

**Residents pan church, bake s**  
By JESSICA PERLUS  
A local church has been panned by residents. The church is accused of being out of touch with the community and of not doing enough to help the residents.

**School board**  
By JESSICA PERLUS  
The local school board is meeting to discuss the future of the district. The board is considering various options for improving the district and ensuring that all students receive a high quality education.

Town board OKs water spending  
See page 2

Institute hosts Smithsonian exhibit  
See page 10

Holiday Party Guide  
See page 10

**Clifton Park Halfmoon**  
Incumbents score big wins in Clifton Park races

**Spotlight**  
By JESSICA PERLUS  
The Clifton Park Halfmoon Spotlight is a local newspaper that provides news and information about the Clifton Park Halfmoon community. The newspaper is published weekly and is available to all residents.

**Proud painter**  
By JESSICA PERLUS  
A local painter is proud of his work. The painter has been working in the area for many years and has a reputation for high quality work.

**Halfmoon councilmen win easily**  
By JESSICA PERLUS  
The local councilmen have won their reelections easily. The councilmen are proud of their work and are committed to continuing to serve the community.

**Plotter Kill is region's hidden treasure**  
By JESSICA PERLUS  
The Plotter Kill is a hidden treasure in the region. The river is a beautiful place to relax and enjoy the outdoors.

**SCOTIA-GLENVILLE**  
Irish music abounds in March  
See page 10

**Spotlight**  
By JESSICA PERLUS  
The Scotia-Glenville Spotlight is a local newspaper that provides news and information about the Scotia-Glenville community. The newspaper is published weekly and is available to all residents.

**Scotia seeks firm to help on firehouse**  
By JESSICA PERLUS  
The local firehouse is seeking a firm to help with its renovation. The firehouse is a historic building and is an important part of the community.

**Park 'n' bark**  
By JESSICA PERLUS  
A local park is offering a new service for dog owners. The service allows dog owners to leave their dogs at the park while they are away.

**Legislature fails to OK Glendale Home study**  
By JESSICA PERLUS  
The legislature has failed to approve a home study for Glendale. The home study was a study of the local housing market and its needs.

**ROTTERDAM**  
You be or not to be  
See page 10

**Spotlight**  
By JESSICA PERLUS  
The Rotterdam Spotlight is a local newspaper that provides news and information about the Rotterdam community. The newspaper is published weekly and is available to all residents.

**Highbridge residents miffed by sewer plan**  
By JESSICA PERLUS  
Residents of Highbridge are miffed by a plan to build a sewer line. The plan is seen as an eyesore and a disruption to the community.

**JCC resumes building project**  
By JESSICA PERLUS  
The Jewish Community Center has resumed its building project. The project is a major renovation of the center and is expected to be completed soon.

**NISKAYUNA**  
Irish music abounds in March  
See page 10

**Spotlight**  
By JESSICA PERLUS  
The Niskayuna Spotlight is a local newspaper that provides news and information about the Niskayuna community. The newspaper is published weekly and is available to all residents.

**lisky board OKs building fee hike**  
By JESSICA PERLUS  
The local building board has approved a fee hike. The fee hike is seen as a necessary measure to cover the costs of the building department.

**Spring training**  
By JESSICA PERLUS  
A local team is starting their spring training. The team is looking for a good location to train and is considering the local area.

**School board**  
By JESSICA PERLUS  
The local school board is meeting to discuss the future of the district. The board is considering various options for improving the district and ensuring that all students receive a high quality education.

# Sports

## Familiarity breeds friendly boys basketball rivalry

By ROB JONAS

By day, **Mike Sgambelluri** and **Rich Gilooly** teach across the hall from each other at Bishop Maginn in Albany.

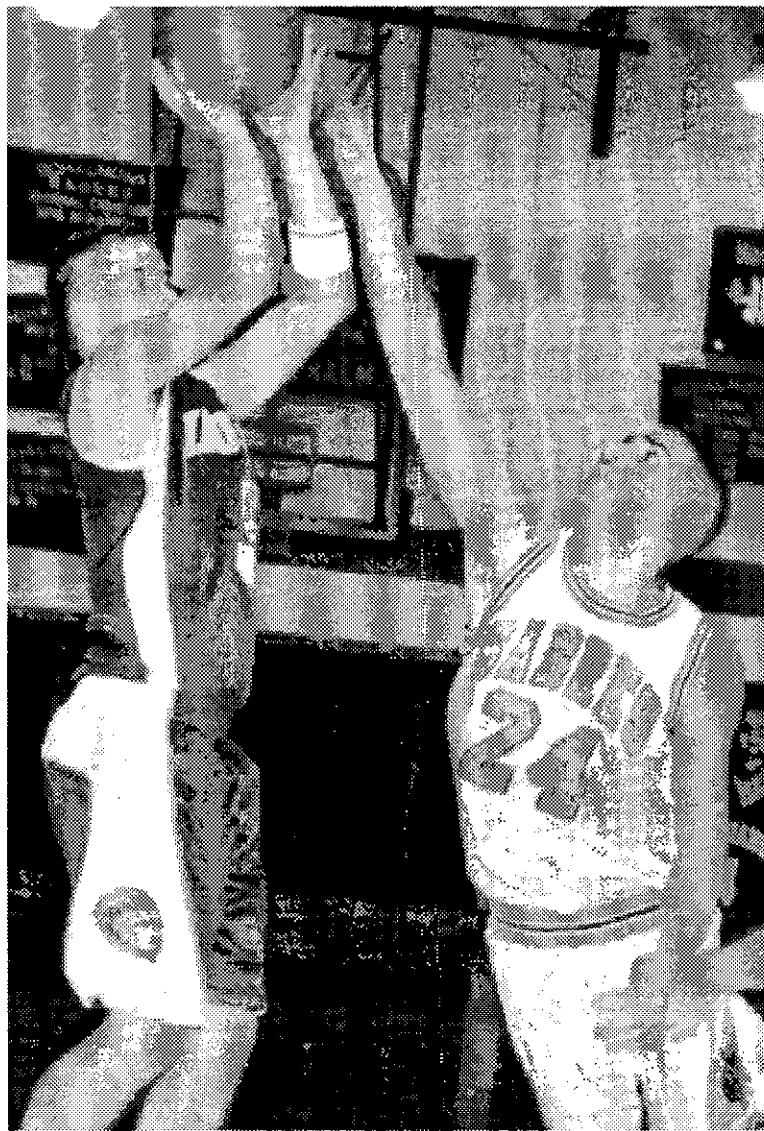
At night, the two go their separate ways to their varsity basketball coaching jobs. Sgambelluri travels south to Ravena-Coeymans-Selkirk High School, while Gilooly heads west to Schalmont High School in Rotterdam.

"It's just one of those things," said Sgambelluri, who is in his first year as coach of the Indians. "I got the job (at Maginn), and he was already there."

Last Friday, the coaches' paths crossed in western Rotterdam when Ravena visited Schalmont for a Colonial Council contest. The Indians were seeking to avenge an earlier loss to Schalmont, but the Sabres pulled away in the second half for a 66-40 victory.

"Our kids really responded in the second half," said Gilooly, who has guided Schalmont to an 8-8 record in his second year at the helm. "We pride ourselves on defense, and we really stepped up on defense."

"I tell them all the time that we can play with anybody," Sgambelluri said. "But as a staff, we know that there are going to be



R-C-S's Eric Vasquez, left, shoots over the outstretched hand of Schalmont's Dave Kowalski during last Friday's Colonial Council game in Rotterdam. The Sabres pulled away in the second half to defeat the Indians 66-40.

Rob Jonas

bumps along the way because they are a young team."

Ravena (3-11) hung tough in the first half. The Indians never trailed by more than seven points and pulled even with Schalmont late in the second quarter when **Victor Bermudez** stole the ball and went in for a layup. **Matt Martin** leaned in for a basket in the final minute to give the Sabres a 24-22 halftime lead.

Schalmont took control of the game at the start of the third quarter. Consecutive baskets by Martin and **Tim Pink** extended the Sabres' lead to six points, and **Dave Kowalski** hit a pull-up jump shot to make the score 30-22.

"We knew it was our ball coming out (to start the third quarter)," Gilooly said. "We wanted a good possession, get a (defensive) stop and get another good possession to set the tone."

A driving layup by **Rick Rider** and a put back off a missed shot by **Patrick Smith** helped the Indians cut the deficit to four points, but the Sabres went on an 8-2 run to close the third quarter with a 38-28 lead. Schalmont then outscored Ravena 28-12 in the fourth quarter to seal the victory.

"We told them that our energy has to be up always, and when we don't make shots, our defensive energy seems to drop," Sgambelluri said.

"Ravena is in a similar position to what we were in last year," Gilooly said. "They're a young team, but you can't take them for granted. Otherwise, they can sneak up on you."

Rider finished with 14 points, and Bermudez added 10 points for Ravena. **Bryan Bigley** led three Schalmont players in double figures with 19 points.

With their final regular season game out of the way, Sgambelluri and Gilooly will keep tabs on each other's teams from the teacher's lounge at Bishop Maginn.

"We talk mostly about basketball and try to help each other's teams," Sgambelluri said. "He's been a real help for me because he went through last year what I'm going through this year."

"I really feel for coach Sgambelluri," Gilooly said. "He's going to be a very good coach."

### Indians knock off Blackbirds at home

Ravena entered last Friday's game at Schalmont with a full head of steam after it defeated Voorheesville 72-53 last Tuesday at home.

Rider had a strong game, as he poured in 25 points to help the Indians beat the Blackbirds for the second time this year. Bermudez contributed 16 points, and Eric Vasquez added 13 points.

"We shot the ball well, and our kids played together," Sgambelluri said.

Mark Carson scored 20 points to lead Voorheesville.

The Blackbirds followed their game with Ravena with a 55-49 overtime loss to Watervliet last Friday.

Voorheesville (1-10, 3-11) led 31-30 after three quarters before Watervliet tied the game. The Cannoneers then outscored the Blackbirds 10-4 in overtime.

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by Lee Bormann  
President/C.F.O.



### SAFETY IN NUMBERS

If you have grown tired of the focus that Madison Avenue places on the "youth culture," you may have the satisfaction of knowing that the focus is about to shift. According to the latest United Nations statistics, globally, the population of people age 60 and older is growing by 2 percent each year. This means that by the year 2050, seniors are expected to outnumber children for the first time in human history. With this in mind, the U.N. World Assembly on Aging has convened a week-long meeting that strives to complete a global document to guide policies for the rapidly graying planet, from providing adequate pensions and affordable health care to preventing discrimination and abuse.

While many can feel disempowered as they age, keeping a positive attitude and relying on the love and care of family are both good antidotes to this kind of stress. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar we always make the health and happiness of seniors our priority. You are important to us, and it shows in everything we do, from our warm welcome and expert health care to our nutritious meals. To set up an appointment, give us a call at 439-8116 for more information.



## Several Dolphins earn first place trophies

The Delmar Dolphins Swim Club braved the snow Jan. 3-5 to compete in the Albany Starfish Trophy Invitational at RPI.

**Lexi Zerillo** took home the first-place trophy for overall points in the 8-and-under girls' division by finishing first in the 100-yard individual medley, 50 backstroke, 50 butterfly and 100 freestyle. She also placed second in the 50 breaststroke.

**Tara O'Donnell** was sixth in the 100 IM, seventh in the 100 free and eighth in the 50 free and 50 fly.

**Dawn Mirando, Jacqueline Libby and Samantha Ebersold** also had personal-best performances in the 8-and-under girls' division.

The 8-and-under boys' division was led by **Matthew Futia**, who placed third in the 50 breast and eighth in the 100 free.

**Amber Jenkins** led the 9-10 girls by finishing third in the 200 IM and 100 fly, fourth in the 200 free, fifth in the 100 back and 100 breast, seventh in the 100 free and eighth in the 100 IM, 50 breast and 50 back.

**Sarah Wooster** placed first in the 100 back and seventh in the 50 breast.

Personal-best performances were also posted by **Melanie Melewski and Kristen Pierce**.

The 9-10 boys' division was led by **Zachary Kundel**, who finished second in the 200 free, fourth in the 100 free, fifth in the 50 free, seventh in the 200 IM and 100 breast, and eighth in the 50 breast.

Strong performances were also posted by **Alex Lednev, Ryan Cheu, Kevin Jacobs and Matthew Latorre**.

The first-place trophy for overall points in the 11-12 girls' category was taken home by **Ashley Burns** after she finished first in the 200 free, 200 IM, 100 back, 100 IM, 100 fly and 500 free; second in the 50 back and 100 free; third in the 50 fly; and sixth in the 50 free and 100 breast.

**Katie O'Donnell** finished second in the 500 free, third in the

200 free, 200 IM, 50 back and 100 back, and seventh in the 100 fly.

**Kristen Gloeckler** finished fourth in the 100 fly and 200 IM, fifth in the 100 breast, sixth in the 50 fly and 100 IM, and seventh in the 50 breast, while **Allie Radliff** took eighth in the 100 fly.

Strong swimmers were also posted by **Rachel Garbo, Kyla Walsh, Mariah Kennedy, Emily Smith, Jenna Melewski and Ellie Grady**.

**Vadim Yafayev** led the 11-12 boys' division team by taking second in the 200 free and 200 IM; third in the 100 IM, 100 Fly and 500 free; fourth in the 50 breast and 100 back; sixth in the 50 back; and eighth in the 50 fly.

**Gopu Kiron** finished sixth in the 50 free and 100 breast, seventh in the 100 IM, and eighth in the 50 breast and 100 free. **Kevin Burns** placed seventh in the 200 IM and 100 free, and eighth in the 200 free, 100 IM, 50 free and 100 back.

Personal-best performances were also posted by **Jacob Van Etten, Ryan Long and Sam Stern**.

The 13-14 girls' category saw **Jennifer Van Etten** take home the first place trophy for overall points by placing first in the 200 free, 100 breast, 200 back and 200 IM; second in the 400 IM, 100 back and 100 breast; fourth in the 50 free; and seventh in the 500 free.

**Becca Stern** finished first in the 100 back, third in the 200 IM and fourth in the 100 free and 500 free.

**Hana Segerstrom, Martha Grady, Lauren Grady and Clare Jednak** also had strong performances for the Dolphins.

**Larry Gloeckler** led the 13-14 boys by taking second in the 200 breast and 1000 free, fourth in the 200 IM, fifth in the 200 free and sixth in the 100 free, while **Paul Cafiero** finished seventh in the 100 breast.

This age groups also saw personal-best performances posted by **Sean Kennedy and T.J. Jednak**.

## Eagles soar closer to the top

By ROB JONAS

After some early struggles, the Bethlehem boys basketball team is making a run at the Suburban Council Gold Division title.

The Eagles moved within a game of first-place Averill Park in the loss column last Friday with a 56-49 victory over the Warriors in Sand Lake.

"The guys did a great job, and we were very happy to have won the game," Bethlehem coach **Chuck Abba** said.

The Eagles (5-2 league, 6-6 overall) were led by the one-two punch of **Matt Robbins** and **Andrew Dolan**. Robbins, who missed the first two weeks of the season with an injury, dominated the low post on his way to a 25-point night, while Dolan contributed 17 points.

"Matt's come along," Abba said. "His wrist has healed, and I think he's got his timing back now."

Having the 6-foot, 7-inch Robbins in the lineup has helped take the pressure off Bethlehem's younger players, who felt compelled to take up the scoring slack while the senior center was sidelined.

"It's like anything else. You have another weapon or two out there, and the other team has to watch that," Abba said. "And that has opened some things up for other players like **Andrew Dolan** and **Cameron Brown**."

The Eagles tried to make up more ground on Averill Park Tuesday when they hosted Saratoga. Bethlehem has eight league games left, starting Friday at Shaker and continuing with contests against Colonie and Shenendehowa next week.

"There's a lot of tough games ahead," Abba said. "We're playing with a lot of confidence, and I think the Averill Park game proved that."

### Lady Eagles win

The Bethlehem girls basketball team kept its hold on first place in the Suburban Council Gold Division with a 62-41 win against Averill Park last Friday.

The Lady Eagles (7-1 league, 8-4 overall) jumped out to an 18-8

lead after the first quarter and never looked back.

**Kaitlin Foley** scored 13 points, **Sue Kelly** chipped in 11 points and **Jamie Mooney** added 10 points to lead a balanced Bethlehem attack.

The Lady Eagles travel to Saratoga tonight to face the team that knocked them out of last year's Section II, Class A playoffs. They return home Friday night to play Shaker.

## Fun with hoops clinics

The annual Fun with Basketball Clinic Series will be held on Sundays in February at the Bethlehem Central High School lower gym.

The clinics run from noon to 2 p.m. and are open to girls in grades one through eight.

The cost is \$40 per player. Checks should be made payable to the BCHS Lady Eagles Booster Club, and registration forms should be mailed to **John Hooper**, 48 Murray Ave., Delmar 12054.

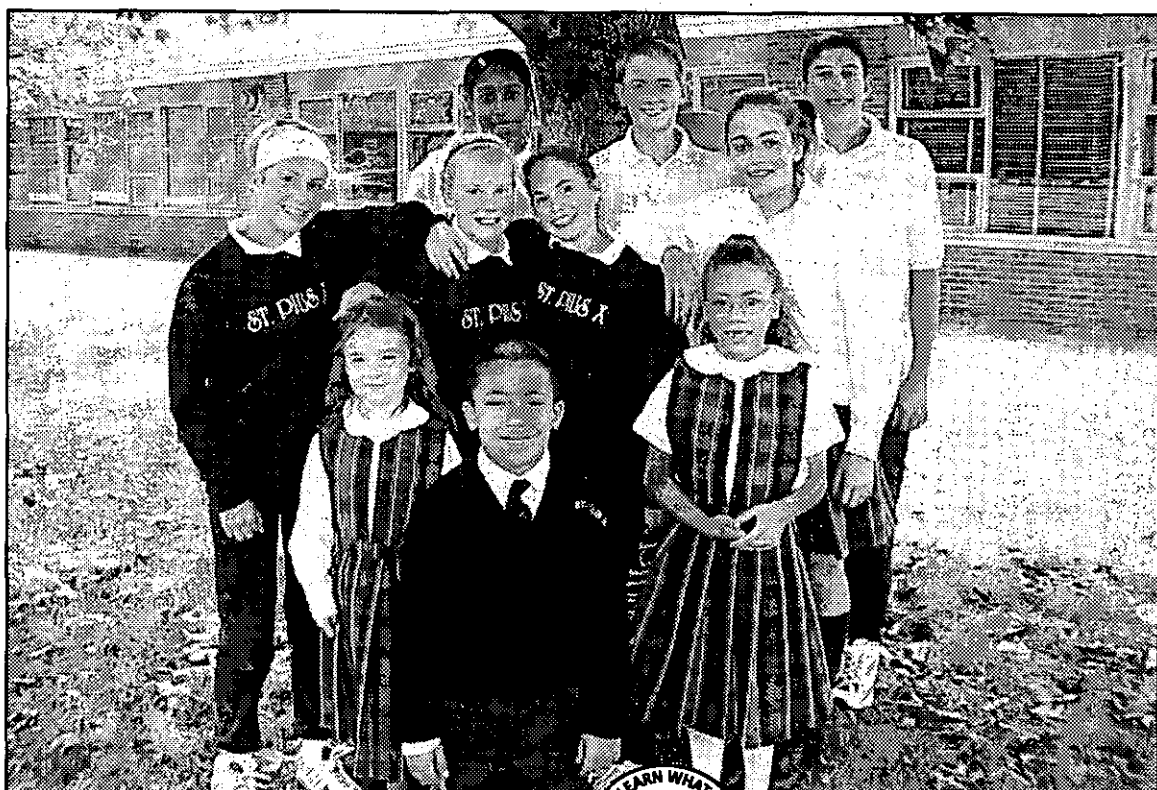
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# HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF JAN. 13-19

## Tuesday, Jan. 14

### BOYS BASKETBALL

**BETHLEHEM 64, BURNT HILLS 54**

Leading scorers: Bethlehem — Matt Robbins 21 points, Andrew Dolan 18 points.

**RCS 72, VOORHEESVILLE 53**

Leading scorers: Ravena — Rick Rider 25 points, Victor Bermudez 16 points, Eric Vasquez 13 points. Voorheesville — Mark Carson 20 points.

### GIRLS BASKETBALL

**VOORHEESVILLE 51, RCS 35**

Leading scorers: Voorheesville — Jackie Markert 13 points, Michelle Nadratowski 12 points, Jessie Engel 11 points. Ravena — Laura Persico 14 points.

### WRESTLING

**RCS 40, BURNT HILLS 19**

Individual winners: Ravena — Joe

Clancy (103 pounds), George LaMountain (119), Jake Ellis (125), Allan Northrup (135), Herb Tompkins (145), Larry LaMountain (152), Josiah Quinn (171), Joe Blondell (189), Shawn Davis (215).

## Wed., Jan. 15

### GIRLS BASKETBALL

**BETHLEHEM 52, BURNT HILLS 27**

Leading scorers: Bethlehem — Sue Kelly 12 points, Kaitlin Foley 12 points, Sarah Homer 11 points.

### WRESTLING

**COLONIE 55, BETHLEHEM 15**

Individual winners: Bethlehem — Tolan Sharlow (96 pounds), Tom Smith (215), Chad Languish (275).

**VOORHEESVILLE 60,**

**WATERVLIET 33**

Individual winners: Voorheesville — Jay Spaulding (96 pounds),

Zach Welton (112), Zak Fluster (119), April Austin (125), Mike Ashline (130), Dan Denn (135), Alex Zvinovsky (145), Josh Cootware (189), Stephen Cardinal (215).

## Thursday, Jan. 16

### WRESTLING

**RCS 75, WATERVLIET 6**

Individual winners: Ravena — Rob Radley (103 pounds), Joe Clancy (112), Eoin Carroll (119), George LaMountain (125), Jake Ellis (130), J.D. Smith (135), Allan Northrup (140), Herb Tompkins (145), Larry LaMountain (152), John Dibble (160), Joe Blondell (189), Shawn Davis (215), Brian Hart (275).

## Friday, Jan. 17

### BOYS BASKETBALL

**BETHLEHEM 56, AVERILL PARK 49**

Leading scorers: Bethlehem — Matt Robbins 25 points, Andrew Dolan 17 points.

**SCHALMONT 66, RCS 40**

Leading scorers: Ravena — Rick Rider 14 points, Victor Bermudez 10 points.

**WATERVLIET 55, VOORHEESVILLE 49**

Leading scorers: Voorheesville — Dan Melewski 14 points, Brian Carey 11 points.

### GIRLS BASKETBALL

**BETHLEHEM 62, AVERILL PARK 41**

Leading scorers: Bethlehem — Kaitlin Foley 13 points, Sue Kelly 11 points, Jamie Mooney 10 points.

**RCS 46, SCHALMONT 40**

Leading scorers: Ravena — Lorin Weidman 9 points, Ashley Byerwalters 9 points, Katelyn Matousek 9 points.

**VOORHEESVILLE 57, WATERVLIET 40**

Leading scorers: Voorheesville — Jackie Markert 21 points, Brittany Baron 13 points, Katie Inglis 11 points.

## Saturday, Jan. 18

### HOCKEY

**BETHLEHEM 8, TROY/COLUMBIA 1**

Scoring: Bethlehem — Andrew Kelleher 3-2, Joe Hughes 1-3, Jim Moehringer 2-1, Jeff Kattrein 1-1, Evan Gall 1-0, Chris Bub 0-2, Jon Bartow 0-1, Matt Guntner 0-1.

Saves: Bethlehem — Matt Guntner 17. T/C — Tim Kirsch 30.

### WRESTLING

#### RAVENA TOURNAMENT

Team scores: Saratoga 214.5, Salem 170.5, Ravena 168.5, Schalmont 123.5, Maple Hill 115, Amsterdam 94.5, Niskayuna 89, Glens Falls 59.5, Granville 49, Waterford 29, Watervliet 16, Tamarac 4, Catskill 3.

Top four finishers: Ravena — George LaMountain (fourth place, 119 pounds), Curtis Graham (first place, 125), Allan Northrup (fourth place, 130), J.D. Smith (fourth place, 135), Herb Tompkins (first place, 140), Dillon Ruxton (second place, 145), John Dibble (fourth place, 160), Joe Blondell (third place, 189), Jeff Correll (second place, 215), Brian Hart (third place, 275).

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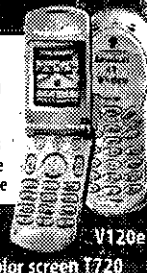


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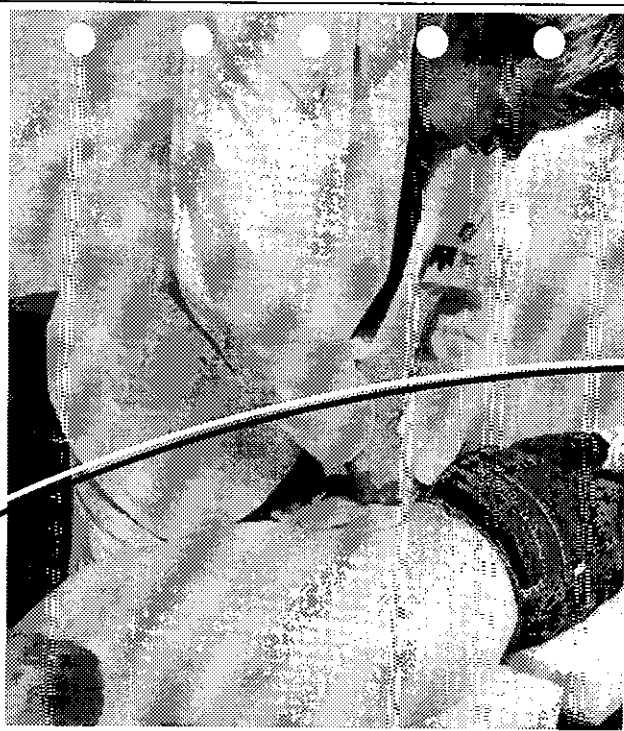
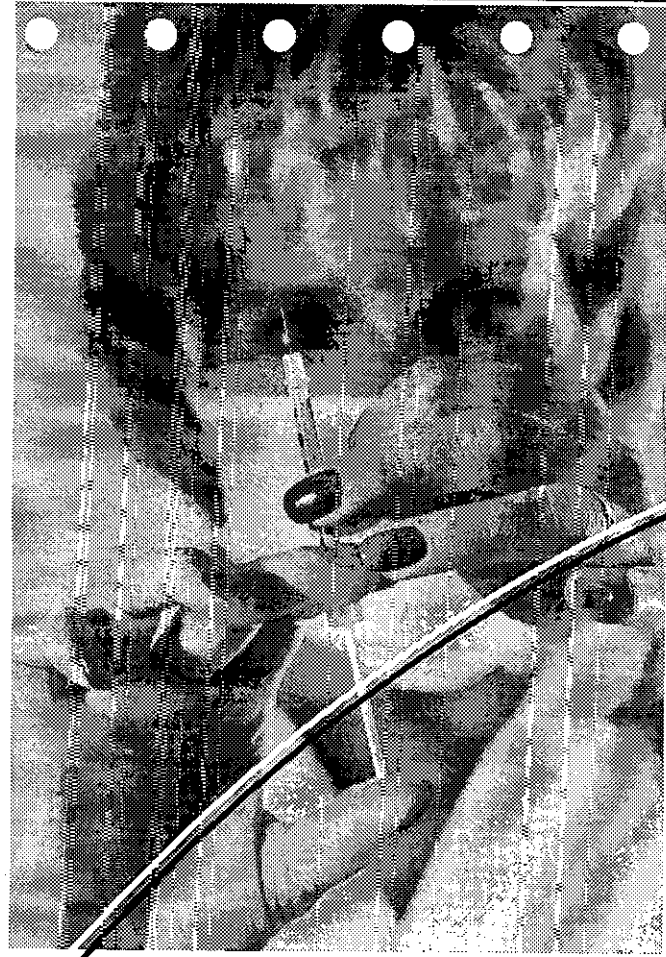
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# Health

diet & fitness

January 22, 2003

A supplement to Spotlight Newspapers



# Pilates — latest trend in exercise

By DONNA J. BELL

Every year or two it seems a new fitness trend comes on the market and everyone rushes out to try the hippest form of exercise — everything from step aerobics to cardio kick-boxing has encouraged couch potatoes to head to the gym.

Over the past few years however there has been a movement toward a quieter, less "rock and roll" form of exercise with yoga, tai chi and now Pilates taking center stage.

"People were into the mind set that you needed to pound your body to get results," said Sherrie Hickey of the Pilates Network. "But only a few people can keep that up and they would get problems, like knee injuries that would limit that activity. Now people are tired of abusing their bodies and know they want to make a mind-body connect."

The Pilates "method" is not merely about exercising, but more about developing body awareness and knowing how the muscles work and why.

"The main focus is abdominal muscles and muscles in the back," Hickey said. "It's about

improving your bodies alignment, posture, flexibility and strength."

Devotees of Pilates aim to develop the body's "center" in order to create a stable core all life's movements — be it sitting behind the wheel of a car or enjoying your favorite sport. The hope is that, through

regular training, the musculo-skeletal system will remember the movements and connections learned in classes and

become more efficient.

Hickey said that even beginners can walk into a Pilate's class and learn movements with ease. The method is based on gentle, but focused exercise that becomes more aerobic in nature as the student advances. Pilates is often used to rehabilitate injuries, making it popular with athletes, dancers and anyone who needs to ease back into exercise and has often been compared to yoga because they both share a whole-body approach philosophy in merging the mind, body and spirit.

The Pilates method began in the 1920s and was developed by Joseph Pilates who studied both Eastern and Western forms of

exercise. He and his wife opened a body-conditioning studio in New York with machines that he designed for injury rehabilitation.

It soon became popular with the dance community as it offered dancers a chance to recover from injuries and improve and strengthen their technique. Dance legends such as Martha Graham, George Balanchine and Jerome Robbins were among Pilate's students.

While some Pilate's classes still feature specially designed equipment — primarily using resistance against tensioned springs, to isolate and develop specific muscle groups — most students opt for mat work classes that requires no equipment.

"In my particular class we start by standing and working on core stability, exercises to connect the mind with the body," Hickey said.

Students visualize the exercises, standing for balance so they can feel center of their body and then they move onto a mat workout with using the student's own body for weight resistance.

"You want to gain strength," Hickey said. "But you don't want to feel any stains or pokes, you should feel great when you are working and be turned into your own ailments and limitations."

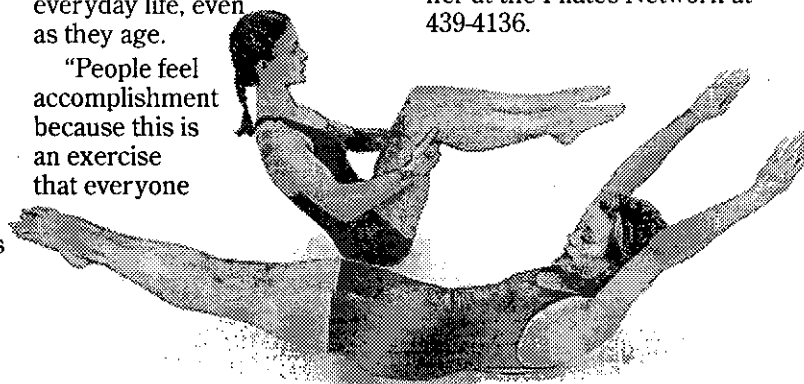
Hickey said that the goal is

for students to become stronger and more flexible, obtain better posture and learn to move better throughout everyday life, even as they age.

"People feel accomplishment because this is an exercise that everyone

can do, you can feel the muscles inside and can feel the connection," Hickey said.

Hickey, who teaches at several locations throughout the area, including the Yoga Loft and the Sweat Shop, also has a program where she instructs schoolteachers. You may reach her at the Pilates Network at 439-4136.



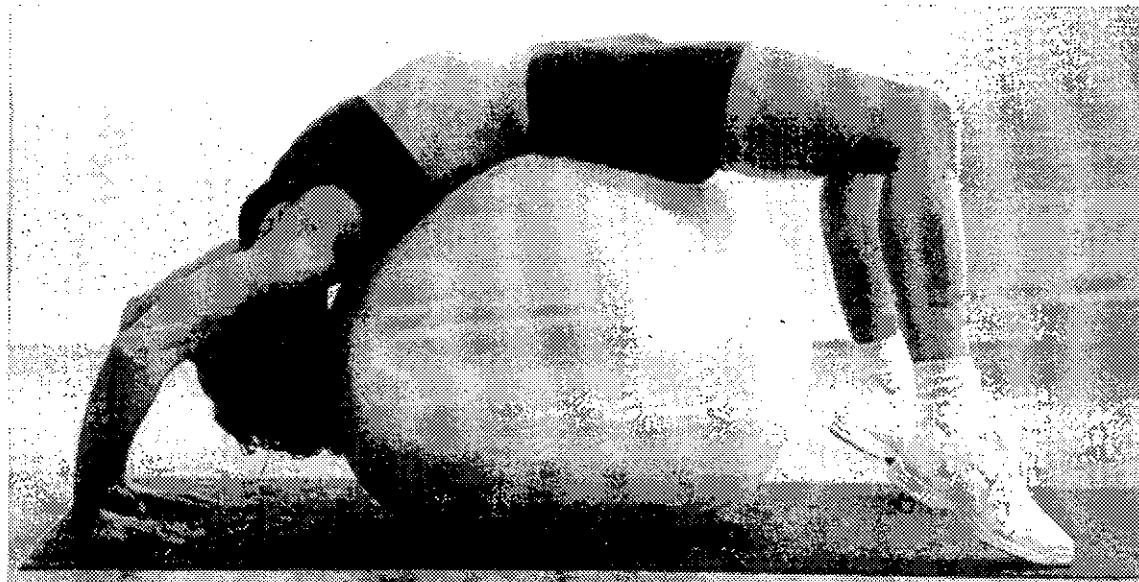
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# Homeopathy — nature's medicine

By KRISTIN OLBY

Before you reach for that cold medication on the store shelf you may want to consider another option for relieving that stubborn cough — how about homeopathic medicine?

Homeopathy is a 200-year-old system of medicine that uses various plants, earth minerals or animal products to stimulate a sick person's natural defenses.

"Many more people are using

it, at least in the first aid sense at home, and going to their doctor to have more complicated conditions treated," said Dr. Larry Malerba, who operates the Guilderland Homeopathic Clinic and has practiced for 12 years.

Homeopathy was developed around 1800 by Samuel Hahnemann, a German physician, who focused on the symptoms of diseases. It's a form of medicine especially popular in Europe and India

that's gradually gaining momentum in the United States.

Market research shows that sales of homeopathic medicines have grown at a rate of 25 to 50 percent per year during the past 10 years.

"They are gaining in popularity as is all natural medicine,"

said John Pettinato, owner and manager of the Center For Natural Wellness in Guilderland.

Homeopathy recog-

nizes that a substance known to closely mimic the symptoms of a disease can actually be used in a diluted form to treat the illness. Physicians who practice this form of treatment believe the weak dose of the disease-causing agent stimulates the body's defenses against the illness. This "Law of Similars" is the basic principle of homeopathy and it is even used occasionally in conventional medical therapies such as immunizations and allergy medications.

There are literally thousands of homeopathic remedies available covering just about every symptom imaginable. Remedies can be used to provide relief for symptoms associated with the common cold, flu, headache, muscle soreness, indigestion and many other ailments. A typical homeopathy remedy would be Apis, which is derived from the honeybee, and used to treat red, swollen, itchy hives.

"All of the homeopathic remedies have been FDA

approved and regulated for over 65 years," said Dr. Malerba.

Remedies are considered to be exceptionally safe and rarely generate side effects, in part, because the vast majority are derived from nature and are not synthetically produced. Homeopathic remedies differ from traditional medicine — they don't destroy the disease but are believed to stimulate the body's own healing action to rid itself of the problem. Marketed as over-the-counter medications, homeopathic remedies are available at most health food stores, so you don't need a prescription to purchase them.

"It's always best to pick any of the remedies with some guidance. You want to look for an expert, such as a naturopathic physician, not just someone who dabbles in it," said Pettinato.

If you do visit a homeopathic practitioner (who may be a physician, chiropractor or unlicensed entrepreneur), you'll find the diagnostic procedure to be a bit different from a traditional medical doctor. A homeopathic practitioner works to develop a "symptom picture" against which to match homeopathy's extensive array of remedies. Traditional medicine often focuses on identifying and treating symptoms individually.

It's safe to take homeopathic remedies for temporary symptoms of minor illness but they shouldn't be relied on for serious illnesses, injuries or disease. If your symptoms persist you should see a licensed physician for a conventional diagnosis.

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## CDPHP scores high marks in nationwide evaluation

Capital District Physicians' Health Plan (CDPHP), a national award-winning health plan based in Albany, and its self-funded subsidiary company, Capital District Physicians' Healthcare Network, (CDPHN), were designated "best in class" in 16 and 18 quality measures, respectively, by Lockheed Martin Corp.'s 2002 Managed

Care Quality Assessment.

Conducted by Mercer Human Resource Consulting, the report lauds CDPHP and CDPHN for customer service, health plan satisfaction, and satisfaction with obtaining a specialist's referral.

In order to be chosen as "best in class," a health plan had to score at least one standard deviation greater than the mean of national averages. With over 150 health plans evaluated participating in the assessment, only six received a score of 16 or more "best in class" designations, thereby establishing CDPHP among the elite health plans nationally.

"We are extremely proud to be assessed best in class by Lockheed Martin as their reputation for quality is unparalleled," said CDPHP CEO Dr. William J. Cromie. "Their recognition validates our endeavors to be the number one choice in customer satisfaction by our members but confirms that we can compete with regional and national health plans and come out on top."

Capital District Physicians' Health Plan (CDPHP) has been providing quality health care to the community for more than 17 years. Founded and guided by physicians, CDPHP currently serves members in 24 counties in New York including. For information about CDPHP and the products offered, visit the Web site at [www.cdphp.com](http://www.cdphp.com).

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# Avoiding winter sports injuries

By DONNA J. BELL

**S**kiing, sledding, snowboarding — 'tis the season for playing in the snow and unfortunately for a few, it's also the season for taking a trip to the emergency room. Even a simple stop at the grocery store could have you laid up with an ankle sprain or worse.

"We are seeing a lot of slipping and falling on the ice," said Dr. Michael Fuhrman of First Care Medical in Delmar. "It's a matter of wearing the right kind of shoes for many."

Fuhrman said the injuries range from bruises to fractures.

For those who plan to exercise or enjoy their favorite sport in the frosty weather Fuhrman recommends stretching and warming up before heading outside.

"It's good to stretch before working out, cold muscles aren't that great in the snow," Fuhrman said. "We all know the tale of the weekend warrior who sits at his desk all week and then goes out on the weekend and over does it. You have to keep in good shape to

avoid injury."

Adults aren't the only ones who want to get in some winter fun. Children will often stay

outside until forced to come in — regardless of how cold they get. Parents need to take care to protect

their children from the cold, wind and moisture by dressing them in layers and covering all exposed parts of the body. Kids will often continue to play even

after their gloves and socks are soaked, but moisture from snow takes heat away from the body.

"Remind your child to come indoors and change clothing if they become wet," said Susan Gauthier, Community Care Physicians' wellness concierge.

Gauthier also reminds parents to make sure children have plenty to eat and drink before heading outside. This keeps blood circulating and ensures that they have enough energy to produce body heat. Also don't forget the sunscreen and lip balm. The sun will reflect off the white snow, and dry, cold wind can leave lips cracked and bleeding.

Frostbite can also be a serious problem — especially with children since they don't regulate heat as well as adults, Fuhrman said. Frostbite can occur gradually or rapidly. The speed with which the process progresses depends on how cold or windy the temperature conditions are and the duration of exposure to those conditions. The first signs of frostbite are pins and needles and the skin appears appear very white and soft.

It's best to avoid going outdoors during extremely cold weather but if you have to go outside shield the face and other body parts from the cold wind

and temperatures by wearing protective clothing, scarves, earmuffs, gloves, and be sure to wear waterproof skin moisturizer on exposed areas.

The American Chiropractic Association (ACA) and its Council on Sports Injuries and Physical Fitness suggest the following tips to help avoid getting hurt in the winter weather while enjoying your favorite recreation:

- **Skiing** — Do 10 to 15 squats. Stand with your legs a shoulder's width apart, knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet. Stand up straight again.

- **Skating** — Do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with your other foot.

- **Sledding/tobogganing** — Do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. Either sitting or lying on your back, pull over knees to your chest and hold for up to 30 seconds.

- **Don't forget cool-down** stretching for all three sports. At the bottom of the sledding hill, for instance, before trudging back up, do some more knees-to-chest stretches, or repetitive squatting movements to restore flexibility.

## Study hopes to increase organ donation by focusing on motivations, awareness

With a critical shortage of organ and tissue donations on the nation's registries, a new research collaboration between the departments of communication at the University at Albany and the University at Buffalo and the New York Alliance for Donation (NYAD, formerly the New York State Task Force to Increase Organ and Tissue Donation) aims to bolster the registry by discovering motivations behind organ donation.

The study will help determine key messages and themes for a public awareness campaign to promote awareness of donation and related issues among young people, an important demographic in the quest to augment the nation's shortages.

Initially, NYAD will fund communication courses at UAlbany, UBuffalo and SUNY Geneseo that will expand on a pioneering UAlbany communication campaign model developed during a spring 2002 semester undergraduate course devoted to designing and executing public information campaigns to promote donation. The state Department of Health and the Center for Donation and Transplant provided funding and expertise for students working on the project.

"During our spring semester course," said UAlbany communication Professor Teri Harrison, "it became apparent that we had developed a significant organ and tissue donation public awareness campaign for college-age students. However, we didn't have clear concepts on how to approach and talk to students individually about organ donations. We're taking this notion to a research setting to strengthen our knowledge about the motives behind organ donation, ultimately giving us better insights into reaching this important target audience through various communication methods."

Currently nearly 80,000 people nationwide, including 8,000 New Yorkers, are waiting for organ transplants. Tens of thousands more are waiting for tissue transplants. Some 480,000 New Yorkers have signed up on the state's Organ and Tissue Donor Registry, created in 2000 by Gov. George E. Pataki.

However, the need for organ donations continues to exceed the supply — every day in the United States an average of 17 people die waiting for an organ transplant. When a donation is obtained, it is possible to transplant as many as 25 different organs and tissues, including hearts, lungs, kidneys, liver, pancreas and intestine. Tissue transplants including,

eyes, bone, skin, heart valves, tendons and veins can fight infections in burn victims, prevent the loss of limbs and restore eyesight.

NYAD is also providing seed funding to plan a proposal to finance research, pilot data collection and analysis, course development and the integration of relevant research activities.

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# Long-term care insurance — worth looking into

## Long-term care insurance news & views

**R**egardless of your age, you could require long-term care due to an accident, illness, or other disability. The cost of that care can be extremely high. In the Capital Region, for example, the cost for nursing care can run between \$70,000 and \$80,000 per year. Near Manhattan or Long Island, those numbers can be \$20,000 higher. Long-term care is the type of care you need when you're not able to care for yourself. 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 is not just for the elderly

While more than half of the people needing long-term care today are 65 or older, people between 18 and 64 make up 40 percent of those needing long-term care services. Anyone can be incapacitated by a motor vehicle accident, a stroke, heart disease or chronic illness.

### Who pays for long-term care?

Many think that health insurance or government programs pay for long-term

care. That usually isn't the case. Most group medical plans and HMOs don't cover long-term care expenses. Medicare pays for only short-term, skilled nursing home care following hospitalization. State Medicaid programs require recipients to spend down their assets to the poverty level to qualify for assistance. Medicaid is a welfare program of medical assistance, jointly financed by state and federal governments. To qualify for Medicaid, you must prove that you're indigent. You must "spend down" your income and assets to qualify. 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 percent 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 percent of families report that they deplete a large part of all of their savings to pay for long-term care.

### Why should I buy long-term care insurance?

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. When we require care, our spouse or other family member may not be able to give us the help needed. Our relative may be juggling a job or other family responsibilities, making it difficult or impossible to carry the extra burden of caring for a family member. If you do have a family member, friend, or neighbor willing to provide care for you, some LTC policies will pay them for their services.

### Protect your retirement assets

As we age and come close to retirement, or actually retire, it's important to make sure that retirement plans don't go astray by the devastation of needing long-term care. A long-term care illness or accident can deplete a lifetime of accumulated assets very quickly and threaten financial independence in your golden years. It is critical to make sure to plan for the unexpected expense that needing long-term care can bring to you and your family.

### Long-term care insurance — what are the reasons?

Long-term care insurance purchasers give the following reasons for considering long-term care insurance.

1. To preserve their assets for their spouses and heirs
2. To avoid being dependent on others
3. To be cared for at home for as long as possible

4. To be able to get into a nursing home of their choice should they need one

5. To avoid Medicaid

6. To have peace of mind

### Where can you learn more about LTC insurance?

Because there are so many factors when selecting a 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 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. It's also important to always ask for an outline of coverage or sample policy of the plan 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 Shopper's Guide," call New York Long-Term Care Brokers Ltd. in Clifton Park at 371-5522, ext. 116 or visit the web site at [www.NYLTCCB.com](http://www.NYLTCCB.com).

## Health and wellness classes offered by Albany food coop

The Honest Weight Food Coop in Albany is offering a class in nutrition, "Cancer and Diet: The Nutritional Approach," with David Yarrow on Tuesday, Feb. 18 at 7 p.m.

The class is part of the Coop's Health and Wellness Series and will be offered in the Coop community room at 484 Central Ave., Albany.

Scurvy, beriberi, pellagra and pernicious anemia were terrible plagues in their time whose cure was the discovery of a simple biochemical nutrient.

Significant scientific information supports the concept that cancer is in large part a consequence of nutritional deficiency and dietary imbalance. While such an approach to treatment and prevention has been largely ignored in America, successful clinics in other countries have been using a nutritional approach for over three decades.

Yarrow helped found and direct the Northeast Organic Farming Association of New York.

Other upcoming events at the Coop include, "Is Milk a Natural? Troubles with Dairy Foods," on Tuesday, Feb. 4 at 7 p.m. and a study circle on sustainable living on Thursday, Feb. 13 at 7 p.m.

Call the coop at 482-2667 or stop by to register for classes which are free and open to the public.

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# Help kids avoid accidental poisoning

To a toddler, Motrin tablets can look a lot like orange M&M's. While many parents are aware that they need to keep cleaning solutions and pesticides locked up and away from young children, they often do not realize the danger posed by the common adult medications they have around the house.

Of the more than two million accidental poisonings reported to the American Association of Poison Control Centers every year, more than one million of these involved children under 5. Of these exposures, one in three involved a medication; more than four times the number of poison exposures from household cleaning solutions.

In the past decade, the number of medications available to consumers has risen by almost 500

percent, with most home medicine cabinets filled with a dazzling array of products including vitamins, herbal supplements, prescription medicines, aspirin and cough syrup. With all this medicine around, it's no wonder there is a greater likelihood that a child may misuse it.

Another contributing factor is the graying of America. Seniors are much more active than they ever have been, and spend a great deal of time with their

grand-children, often having them stay for extended visits. Many of the medications taken by older adults are the most dangerous for children, and seniors may not be in the habit of storing away their medications and can be caught off guard by curious, active grandchildren.

Unfortunately, children's small, growing bodies are more susceptible to toxins. Their systems cannot process the levels of medication found in adult strength medications. Common products



such as iron supplements and medications for heart disease, high blood pressure and diabetes are extremely unsafe if

ingested by children.

The experts suggest parents and grandparents take the following precautions to prevent accidental poisonings in the home:

- Be prepared. Since poison remedies in the home can dramatically decrease the time between ingestion and treatment, it is important that every

assistance.

Syrup of ipecac is needed for instances when it is recommended to quickly induce vomiting to remove the ingested poison from the child's stomach, such as vitamins or large pills that take time to break down. However, in cases where vomiting may cause further damage to the esophagus, activated charcoal is recommended as the preferred treatment to absorb liquid toxins a child has swallowed.

- Store all medications and hazardous chemicals in labeled, child-resistant containers out of the sight and reach of children and away from food products. Be very careful of handbags and suitcases.

- Clean out your medicine cabinet on a regular basis. Adult-strength iron prepara-

tions, vitamins and supplements and even aspirin can be dangerous for children.

- Stay alert. Children often think that medicines look like candy. Never refer to medicine as candy when trying to get a child to swallow it.

- Never take medicine in front of a child. They may imitate you.

- Children will swallow just about anything. When in doubt, assume the worst. Never think a child could not have eaten something because it tastes bad to you. Children often eat things that are unpalatable to adults.

- Post the following nationwide number conspicuously by every phone in your home: (800) 222-1222. This number will connect you to the nearest poison control center.

The time to take precautions is now, before something happens. Make sure you are prepared for whatever the children in your life get into.

For a free brochure on accidental poisoning or more information and the nearest location for the Little Remedies Poison Treatment Kit, call 1-800-754-8853 or visit [www.littleremedies.com](http://www.littleremedies.com).

Article courtesy ARA Content



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Every year it seems there is a new dieting trend. Most recently, high protein, low carbohydrate (high-fat) diets have become all the rage. Some people swear by them while others are skeptical about their effectiveness and safety.

However, a diet based on increased (but not excessive) levels of protein has been shown in a number of studies to give an added boost to dieters by helping them increase weight loss, increase loss of body fat, and reduce the loss of muscle tissue. Many experts recommend a diet containing 25 to 35 percent protein for weight loss and between 20 to 25 percent protein for weight maintenance.

In both cases, the protein should be high quality protein. But how can people easily add more protein to their diets without overdoing it? Whey protein is one option to consider. "Whey protein is a high quality, complete protein source with little to

no fat that can help control hunger and weight," says Dr. Julie Miller Jones, a professor of nutrition at the College of St. Catherine in St. Paul, Minn. Usually found in a powdered form, this concentrated dairy protein can easily be added to many foods and recipes.

One form of whey protein, whey protein isolate, contains less than 1 percent lactose and is often recommended for vegetarians and for those who are lactose or gluten intolerant.

Let's take a look at four ways that whey protein can help with weight loss.

1. Protein requires more energy to digest than other foods (called the thermic effect of food). This helps use more calories and hence may help with weight loss.

2. Also, high quality proteins such as whey protein help to preserve lean muscle tissue while you lose fat. If your body doesn't get enough protein and the important essential amino acids on a daily basis it will "steal" them from existing muscle tissue.

3. Protein also helps to slow down the absorption of glucose into the bloodstream. This in turn reduces hunger by reducing insulin levels and making it easier for the body to burn fat.

4. Protein has a greater ability to promote satiety than do fat and carbohydrates. Whey protein contains a special component called glycomacropeptide, or GMP. GMP helps promote the release of CCK, which is an appetite-suppressing hormone. This may help you feel full sooner.

In addition to weight loss, another important side benefit of whey protein is its ability to support the immune system. It promotes the formation of glutathione, an anti-oxidant, which plays a key role in supporting the immune system. This is especially important during periods of stress and disease.

Here are some ways to easily incorporate protein (using whey protein) into your diet.

• Turn your morning smoothie into a satisfying "fat burner" by combining whey protein, skim milk and fresh or frozen fruit. The dairy calcium provided by the milk makes it even more of a plus in regards to weight loss. Blend and enjoy!

• Make a healthy "home from school" snack by mixing together 1 box (4 serving size) of regular or sugar-free instant JELL-O® pudding with 2 servings of natural, vanilla, or chocolate whey protein powder. Add 2 1/2 cups skim milk and mix according to the directions

on the box. Refrigerate for 15 minutes and serve.

• Prepare a delicious whipped topping for fruit and desserts. This recipe was created by Dr. Richard Ya Deau, a retired oncology surgeon.

• 40 grams of unflavored, unsweetened whey protein powder

• 16 ounces low fat milk

• 8 crushed ice cubes

• 1 tablespoon sugar or artificial sweetener,

• 1 teaspoon vanilla extract  
Add all of the ingredients to a food processor and mix until stiff peaks are formed. Use as a replacement for whipped cream.

Whey protein is available in health food stores, natural food stores, and many fitness centers. For more recipes and information contact the Whey Protein Institute at [www.wheyproteininstitute.org](http://www.wheyproteininstitute.org) or call their toll-free number, (866) WHY-WHEY.

Article courtesy ARA Content

## Early detection is key to surviving cervical cancer

In recognition of National Cervical Cancer Awareness Month, the American Cancer Society is promoting its new revised guidelines that tell women and their healthcare practitioners when and how often to practice early detection tests for the disease.

The society recommends a simple Pap test, which can find cervical cancer and pre-cancerous changes early when treatments are very effective.

"Cervical Cancer Awareness Month in January is a good time to schedule this important test," said Dave Momrow, American Cancer Society senior vice president of cancer control. "Cervical cancer was once the No. 1 cause of death from cancer in women. It now ranks 13th in cancer deaths for women. The main reason for this change is the increased use of the Pap test."

In November, the American Cancer Society issued the following new early detection guidelines for the disease:

Screening should begin approximately three years after a woman begins having vaginal intercourse, but no later than 21 years of age.

Cervical screening should be

done every year with regular Pap tests or every two years using liquid-based Pap tests. At or after age 30, women who have had three normal test results in a row may get screened every two to three years. But a doctor may suggest getting the test more often if a woman has certain risk factors.

Women 70 years of age and older who have had three or more normal Pap test results and no abnormal results in the last 10 years may choose to stop cervical cancer screening.

Screening after a total hysterectomy (with removal of the cervix) is not necessary unless the surgery was done as a treatment for cervical cancer or pre-cancer. Women who have had a hysterectomy without removal of the cervix should continue cervical cancer screening at least until age 70.

The Pap test is a screening procedure that permits diagnosis of pre-invasive and early invasive cancer. If detected at an early stage, cervical cancer is very curable.

For information call toll-free anytime 1-800-ACS-2345 or visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org).

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# Back pain can really set you back

**L**ow back pain affects up to 80 percent of Americans at some time during their lives, and is one of the top 10 reasons for patient visits to emergency rooms, hospital outpatient departments and physicians' offices. Back pain is so prevalent that productivity in the workplace suffers each year as a result — 100 million workdays are lost annually to back pain related problems, and it accounts for 15 percent of sick leaves.

Although many cases of low back pain are not serious and subside with



adequate rest or stretching, severe low back pain can have significant consequences if left untreated.

The lower back provides mobility and strength, and enables the body to turn, twist, bend, walk and lift. Proper functioning of the lower back is required for practically all of life's daily activities. And for 85 percent of back pain sufferers, the primary site of injury and source of pain is the lower spine. That's why low back pain can dramatically reduce flexibility, restrict physical movement, and decrease the quality of life in patients who do not seek treatment.

Many different treatment options are available to patients who suffer from low back pain, depending on the severity of the pain and whether the spine or surrounding tissues have been damaged. The extent of the damage and/or origin of a patient's low back pain can best be determined by an orthopedic surgeon or a spine specialist. The safest and most common treatment for acute low back pain, or pain with an immediate and abrupt onset, is acetaminophen, an over-the-counter pain reliever that is taken orally.

For more intense or longer lasting pain, usually referred to as chronic pain, additional oral medications are generally prescribed, including non-steroidal anti-inflammatory drugs (NSAIDs), muscle relaxants or opioids — opium-derived narcotic drugs, such as codeine.

Physicians often perform physical adjustments or use alternative therapies as a way to

relieve persistent, lasting pain that cannot be alleviated by oral medications alone. These methods include manipulation (i.e., adjusting the vertebrae in the spine to align properly), traction applied to the spine, massage, biofeedback or acupuncture. Epidural steroid injections, or potent anti-inflammatory medications delivered into the spinal canal to reduce pain and inflammation, are also recommended to

relieve pain that has not responded to oral medication or physical therapy alone. Oral pain relievers frequently supplement these treatments. If a physician detects a serious problem with the alignment of the spine or sees damage to the surrounding nerves due to a problematic disc in the vertebrae, surgical treatment options may be considered.

A damaged disc, often referred to as a "degenerative" disc, can be incredibly painful if left untreated. Discs act as shock absorbers for the vertebrae in the spine; a disc is considered degenerative if it has hardened or deteriorated, and no longer provides cushion. Degenerative discs are common and are not, in themselves, the source of the back pain. In fact, by the age of 50, 85 percent of the population will show evidence of disc degeneration. Pain occurs, and surgery is required, when the vertebra presses on nearby nerves or begins to pinch against the spinal cord as

a result of weakened or deteriorated discs. About 12 million Americans currently have some form of disc degeneration and of those, 10 percent are candidates for surgery.

Teresa Hoffman, an Alabama financial assistant and mother of three, endured severe low back pain for more than five years before doctors were able to pinpoint the source of her extreme discomfort and treat it effectively. The pain began in her lower back, and over time increased to include the area across her hips and down both legs. The pain in her hips radiated around her tailbone, making it difficult for her to sit or stand comfortably. In order for her to sit for any length of time, she had to place inflatable swim rings, made for infants, on her chair or on the seat of her car. When the pain got progressively worse, she had trouble working for an entire day and found it difficult to perform activities that required any type of movement, such as walking or playing softball with her children. She was finally referred to a spine specialist, who diagnosed her with a ruptured disc, and recommended that she have spinal fusion surgery.

The surgery removed the damaged disc that was the source of her problem and fused the surrounding vertebrae together. Teresa was in and out of the hospital in less than a week. Today, she is back to living a normal life — working full time and able to spend time

with her children, pain-free.

Spinal fusion surgeries are the standard surgical treatment for patients who have degenerative discs. This procedure involves removing the damaged disc from the spine, and replacing it with a device filled with pieces of bone to induce the vertebrae to grow, or "fuse" together. Traditionally, the bone pieces are harvested from the patient's hip, so the patient must undergo two separate surgeries. Harvesting the bone from the hip can be as painful as the back pain itself. In fact, for some patients, their hip continues to be painful long after their back has healed.

Studies have shown that nearly one-third of patients experience hip pain up to two years following surgery. However, a new biological product recently became available that

eliminates the need to collect bone from the patient's hip. This product is a genetically engineered protein, called INFUSE Bone Graft, that induces bone growth at a specific place in the spine. People at risk for low back pain can greatly reduce their chances of aggravating or possibly injuring their spine by maintaining a healthy diet, getting regular exercise and not smoking.

Before choosing any treatment, patients who suffer from low back pain should consult their doctor. Patients can obtain information on treatment



options and find a spine specialist in their area by using the "physician finder" on [www.back.com](http://www.back.com).

Article courtesy ARA Content



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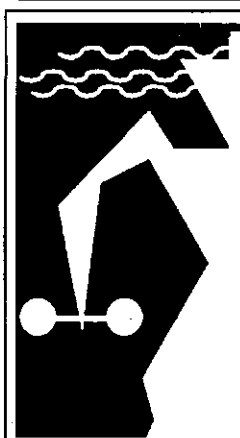
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#### ➤ BRIDES AND GROOMS

Issue Date: Jan. 8 • Ad Deadline: Dec. 27

#### ➤ HEALTH, DIET AND FITNESS

Issue Date: Jan. 22 • Ad Deadline: Jan 8

### FEBRUARY

#### ➤ UPDATE I — BUSINESS & FINANCE

Issue Date: Feb. 12 • Ad Deadline: Jan 29

#### ➤ UPDATE II—SERVICES

Issue Date: Feb. 19 • Ad Deadline: Feb. 5

### MARCH

#### ➤ SPRING HOME IMPROVEMENT

Issue Date: March 5 • Ad Deadline: Feb. 19

#### ➤ HEALTH CARE

Issue Date: March 19 • Ad Deadline: March 5

### APRIL

#### ➤ HOME AND GARDEN

Issue Date: April 9 • Ad Deadline: March 26

#### ➤ SPRING AUTOMOTIVE

Issue Date: April 23 • Ad Deadline: April 11

### MAY

#### ➤ SENIOR LIVING

Issue Date: May 7 • Ad Deadline: April 23

#### ➤ WELCOME SUMMER

Issue Date: May 21 • Ad Deadline: May 7

### JUNE

#### ➤ HOME IMPROVEMENT

Issue Date: June 4 • Ad Deadline: May 21

#### ➤ CLASS OF 2003

Issue Date: June 25 • Ad Deadline: June 11

### JULY

#### ➤ SENIOR LIFESTYLES

Issue Date: July 9 • Ad Deadline: June 25

#### ➤ SUMMER AUTOMOTIVE

Issue Date: July 23 • Ad Deadline: July 11

### AUGUST

#### ➤ BACK TO SCHOOL

Issue Date: Aug. 13 • Ad Deadline: July 30

#### ➤ HEALTH CARE

Issue Date: Aug. 27 • Ad Deadline: Aug. 13

### SEPTEMBER

#### ➤ COMMUNITY SERVICES

Issue Date: Sept. 10 • Ad Deadline: Aug. 27

#### ➤ HOME DECORATING & REMODELING

Issue Date: Sept. 24 • Ad Deadline: Sept. 10

### OCTOBER

#### ➤ WEDDING GUIDE

Issue Date: Oct. 8 • Ad Deadline: Sept. 24

#### ➤ FALL AUTOMOTIVE

Issue Date: Oct. 22 • Ad Deadline: Oct. 10

### NOVEMBER

#### ➤ HOLIDAY PARTY GUIDE

Issue Date: Nov. 5 • Ad Deadline: Oct. 22

#### ➤ HOLIDAY GIFT GUIDE

Issue Date: Nov. 26 • Ad Deadline: Nov. 17

### DECEMBER

#### ➤ HOLIDAY GIFT GUIDE II

Issue Date: Dec. 10 • Ad Deadline: Dec. 3

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Jennifer and Marcelo Villarreal

## Duffy, Villarreal marry

Jennifer Duffy, daughter of Dr. William and Catherine Duffy of Slingerlands, and Marcelo Villarreal, son of Juan Villarreal of Monterrey, Mexico, and Esthela Guajardo of Monterrey, were married April 27 at the Church of the Blessed Sacrament in New York City.

A reception followed at Le

Parker Meridien Hotel in New York City.

The bride is a graduate of Bethlehem Central High School and the College of the Holy Cross.

The groom received an MBA from Ecole Nationale des Ponts et Chaussees in Paris.

The couple lives in Monterrey.

## Delmar man named to post

David Spore of Delmar has been named director of housekeeping for the Picotte Cos., the Albany-based commercial real estate development and property management firm. He will be responsible for the planning, coordination, delivery and management of housekeeping and custodial services to

all Picotte managed properties.

Previously, he served as district service manager and assistant production manager of UniFirst Corp., Watervliet and was a customer service specialist at Garden Way.

He is a graduate of Siena College with a bachelor's degree in English.

## BCHS graduate earns scholarship

Rebecca Minor of Delmar, a senior majoring in performance (voice) at Ithaca College, has been awarded the Iola Angood Taylor '32 Scholarship for the current academic year.

Minor, a graduate of Bethlehem Central High School, has been a member of the Women's Chorale, Choir and Madrigal Singers at the college.

## Births

### Albany Medical Center,

Girl, Lauren Paige Plunkett, to Lorna and Billy Plunkett of Voorheesville, Oct. 1.

Girl, Juliana Kathryn Barriere to Michelle and James Barriere of Slingerlands, Oct. 5.

Boy, Matthew Edward Kazanjian, to Patricia and George Kazanjian of Delmar, Oct. 18.

Girl, Caroline Kathleen Hunt, to Jennifer and Jeffrey Hunt of Selkirk, Oct. 21.

Boy, Robert Arnold Pelletier Jr., to Gina and Robert Pelletier of Feura Bush, Oct. 22.

Boy, Alexander Michael Wood, to Dawn Myrtle and Brian Wood of Glenmont, Oct. 29.

### Out of town

Boy, Jayden William Parry, to Merrillyn Ainsworth Parry and William Parry, formerly of Delmar, Dec. 25, at Beth Israel Hospital in Boston. Maternal grandparents are Arlene Ainsworth-Kutz and Myer Paul Kutz of Delmar. Paternal grandparents are Judith and William Parry of Glenmont.

## Dean's List

### Alfred State

Luke Giovanniello of Delmar.  
Cleveland Institute of Music  
Helena Kopchick of Delmar.

### Colgate University

Heather Gross of Slingerlands.

### Hamilton College

Christopher Abbott of Slingerlands.

### Rochester Institute of Technology

Alison McKee of Delmar.

### SUNY Cortland

Danielle Blanchard of Clarks-ville, Laura Nicholson of Selkirk, and Stephanie Halbedel, Caitlyn Plummer and Christopher Wilson, all of Delmar.

### SUNY Oswego

Lisa Murray of Selkirk.

### University of Connecticut

Alison Laufer of Delmar.

### University of Rhode Island

Meghan Smith and Louis Zell, both of Glenmont; Danielle Masterson of Voorheesville; and Kathryn Venezia of Slingerlands.

### Western New England College

President's list, Joseph Petrillo of Delmar; dean's list, Christopher Carriero of Glenmont.



Timothy Moshier and Katherine McKee

## McKee, Moshier to wed

Katherine Lynne McKee, daughter of Peter and Lynne McKee of Delmar, and Timothy Joseph Moshier, son of James and Mary Ellen Moshier of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Moravian College. She is a Spanish teacher at Dothan High

School in Dothan, Ala.

The future groom is a graduate of Bethlehem Central High School and the U.S. Military Academy. He is a second lieutenant in the Army, attending helicopter flight school at Fort Rucker, Ala.

The couple plans a July 5 wedding.

## V'ville resident promoted by CDPHP

Capital District Physicians' Health Plan (CDPHP) recently promoted registered nurse Barbara A. Downs to vice president, corporate administration. Prior to her new position, Downs had served since 1999 as vice president of resource coordination. Before that, she was senior director of clinical affairs

and operations for Kaiser Permanente, and director of medical management for Community Health Plan (CHP).

She received a nursing degree specializing in medical surgery from Fulton Montgomery Community College. A native of Schenectady, Downs lives in Voorheesville.



## Parents for Excellence to hold forum

Parents for Excellence will sponsor an informational forum for parents of high school students and incoming freshmen on Monday, Jan. 27, at 7:30 p.m. at Bethlehem Central Middle School's library media center.

A panel of parent and student "experts" will share information about BCMS. The forum will provide an opportunity to network and learn about the high school curriculum.

## Here's to a Wonderful Wedding!



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# Obituaries

## Merle Blackman

Merle Blackman, 82, of Palm Bay, Fla., and formerly of Voorheesville, died Friday, Jan. 17, at Holmes Regional Medical Center.

Mrs. Blackman was born in Williamsport, Pa.

She worked for Farm Family in Glenmont as an executive secretary before moving to Florida in 1983.

She was one of the founding members of Christ United Methodist Church of Palm Bay.

Survivors include her husband, Frederick Blackman; three sons, Frederick Blackman III of Palm Bay, Fla., Merrill Blackman of West Point and James Blackman; a daughter, Sharon Youmans of East Greenbush; six grandchildren; and four great-grandchildren.

Services were from Fountainhead Funeral Chapel in Palm Bay.

Contributions may be made to Christ United Methodist Church Scholarship Fund, 7795 Babcock St. South East, Palm Bay, Fla. 32909.

## Dora Ribero

Dora Jane Ribero, 92, of Delmar died Thursday, Jan. 16, at Child's Nursing Home in Albany.

She was a graduate of Colby-Sawyer College in New Hampshire.

Mrs. Ribero was a secretary at Elsmere Elementary School from 1952 to 1977.

She was an avid gardener, traveler and reader.

She was the widow of Earle P. Ribero.

Survivors include two nephews, Kent R. Lyman Sr. of Stratford, Conn., and Donald Kellogg of New Smyrna Beach, Fla.

Services were from the Meyers Funeral Home in Delmar.

## David Tuohey

David J. Tuohey, 45, of Delmar died Wednesday, Jan. 15.

Mr. Tuohey was an Army veteran serving from 1976 to 1986. He was a military policeman and an intelligence analyst in the United States and Germany. He earned the jump medal at Paratrooper School and attended French Commando School. He was a recipient of the Army Commendation medal. During the American Bicentennial year, he marched at ceremonies in several countries as a member of the colorguard.

He was an avid skier and fisherman. He was a member of the Schenectady Pipe Band.

Survivors include his parents, Hugh and Laurie Tuohey of Elsmere; two brothers, Daniel Tuohey of Delmar and Dennis Tuohey of Detroit, Mich.; and a sister, Mary Reopell of Manlius.

Services were from St. James Church in Albany.

Burial was in Our Lady of Angels Cemetery in Colonie.

Arrangements were by the Daniel Keenan Funeral home in Albany.

## Dorothy Gordon

Dorothy Wallace Gordon, 94, of Morrisville, Vt., and formerly of Elsmere, died Friday, Jan. 10, in Morrisville.

Born in Syracuse, she lived in Elsmere from 1933 to 1991, before moving to Vermont.

She was a graduate of Syracuse University and was a member of Kappa Kappa Gamma sorority.

Mrs. Gordon was a teacher at Philip Livingston Junior High School in Albany before she retired.

She was a longtime member of First United Methodist Church in Delmar.

She was the widow of Frank E. Gordon.

Survivors include a son, F. Wallace Gordon of Abington, Pa.; two daughters, Nancy Gordon Runk of Lansdowne, Pa., and Linda Gordon Adams of Stowe, Vt.; nine grandchildren; and 14 great-grandchildren.

A memorial service is scheduled for Saturday, Feb. 1, at 4 p.m. at Stowe Community Church in Stowe.

Spring burial will be in Bethlehem Cemetery in Delmar.

Arrangements were by the Stafford Funeral Home in Stowe.

Contributions may be made to the Lupus Foundation of America, Vermont Chapter, PO Box 115,

Waterbury, Vt. 05676.

## Joseph Yungman

Joseph A. Yungman, 76, of Stow, Mass., and formerly of Delmar, died Jan. 11.

He lived in Delmar for 35 years and in Clifton Park for two, before moving recently to Stow. He spent summers at Schroom Lake.

Mr. Yungman received a degree in electrical engineering from Union College and served in the Navy from 1944 to 1946.

He worked for the former New York Telephone Co. in both Elmira and Albany for 41 years, until his retirement in 1985.

He was a member of the Telephone Pioneers and played the violin with the Delmar Community Orchestra.

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

Survivors include his wife of 52 years, Mary Harders Yungman; four daughters, Joanne Hurwitz of Houston; Marjorie Berlin of Wantagh, Long Island; Susan Kelleher of Acton, Mass., and Barbara O'Connor of Marshfield, Mass.; a son, John Yungman of Greenwood, Ind.; four siblings; and 11 grandchildren.

Services were from Acton Funeral Home in Acton, Mass., and St. Isidor's Church in Stow.

## John Hutchinson

John E. Hutchinson, 77, of Slingerlands died Tuesday, Jan. 14, at St. Peter's Hospital in Albany.

He was a lifelong resident of the Capital District.

Mr. Hutchinson worked for the Postal Service in Albany for 36 years.

He was a member of the Mount Vernon Masonic Lodge, the Scottish Rite Shrine and St. Paul's Episcopal Church in Albany.

Survivors include a cousin, Russell "Rusty" J. Lagrange of Albany, and several other cousins.

Services were from the Tebbutt Funeral Home in Albany.

Burial will be in Albany Rural Cemetery in Menands.

## George Airey

George H. Airey Jr., 74, of Florida and formerly of Selkirk, died Tuesday, Jan. 14, in Florida.

Mr. Airey was a Navy veteran of the Korean War.

He worked for the former New York Telephone Co. for many years before he retired.

Survivors include his wife, Marion Miller Airey; two sons, George Airey III of Florida and Lawrence Airey of North Carolina; a daughter, Susan Medina of North Carolina; and three grandchildren.

A local service is scheduled from 10 a.m. to noon on Thursday, Jan. 30, at the Babcock Funeral Home in Ravena.

All other services were private.

Contributions may be made to Sylvia's House, 2895, S.E. 62nd St., Ocala, Fla. 34480.

## Dorothy Lunden

Dorothy Lunden, 95, of Clifton Park and formerly of Winding Road in Delmar, died Sunday, Jan. 19, at the Eddy Ford Nursing Home in Troy.

Born in Johnstown, she was a graduate of Johnstown High School and received a bachelor's degree from the former State Teachers College.

For most of her life, she was a homemaker.

She did work as a classroom technician for Albany Medical School's anatomy department for several years.

She was the widow of Albert C. Lunden.

Mrs. Lunden was a member of the Daughters of the American Legion Tawasentha Chapter in Slingerlands, PSI Gamma Alumnae at the University at Albany, and the Lakeland Garden Club. She was a former member of Delmar Reformed Church, first Presbyterian Church in Lakeland and North Bush United Methodist Church in Johnstown.

Survivors include a son, Robert G. Lunden of Clifton Park; five grandchildren; and eight grandchildren.

A memorial service is scheduled at 1 p.m. Saturday, Jan. 25, at the Gordon C. Emerick Funeral Home, 1550 Route 9W, Clifton Park. Relatives and friends are invited.

Spring burial will be in North Bush Methodist Cemetery in Johnstown.

Contributions may be made to North Bush United Methodist Church, North Bush Road, Johnstown 12095.

## Serving Seniors in the capital region.

Our monthly publication contains useful news, entertaining features and activity listings throughout the area.

capital district seniors spotlight

the resource for seniors

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Recycle this newspaper

## 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.



# Family ENTERTAINMENT

## CALENDARS ♦ ARTS & ENTERTAINMENT

By JOSEPH A. PHILLIPS

He is an American cultural icon and cautionary tale, a figure both lionized and reviled for more than a half century. He was, depending upon the vantage point along America's great racial divide from which he is viewed, best known for his deep, rich bass performance voice or for a more strident voice speaking out for civil rights, organized labor and a host of other causes.

There can be no better summation of Paul Robeson as artist and man than the two signature roles that defined and bracketed his career through multiple performances on stage and screen. For Robeson embodied both the angry, volatile, misunderstood and doomed

Othello, and the weary but dignified Joe on the banks of "Ol' Man River" in "Showboat."

"Paul Robeson: Spirit of a Culture," an exhibit of photos and memorabilia, supported by recordings and archival film footage, assembled by the Paul Robeson Foundation, opens Saturday, Jan. 24, at the New York State Museum, in time for Black History Month in February, remaining on display through March 23.

"The value of this exhibit is, it really brings to light, through personal memorabilia, a man very few people know about," said Nancy Kelly, coordinator of traveling exhibitions for the museum. "If Robeson came along 20 or 30 years later, his life and his career would have been very different from what it was. This is a very complex portrait of him. The exhibit shows what a monumental talent he was. And it shows what an intelligent and complex man he was. But I think it also sheds light on what was going on in the middle of the century in America — the Red scares, the McCarthy era, the struggle for justice for African-Americans. Robeson is not one of those figures you hear much about nowadays in connection with these things."

Born in 1898, the fifth child of a former slave, and raised in tony Princeton, N.J., under the stern guidance of his minister father, he sang in the church choir, was one of only two African-Americans in his high school class, and only the third ever, admitted to Rutgers College.

"He overcame many obstacles to really excel as both an athlete and a scholar," Kelly said.

Segregated out of the dormitories, he joined the varsity debating team and Glee Club, but was excluded from traveling with his white fellows.

Despite a locker far apart from teammates and segregated accommodations on the road, he was the first African-American of prominence in collegiate athletics, earning 14 varsity letters and a future induction to the National Collegiate Football Hall of Fame.

He also excelled in the classroom. He was selected to Phi Beta Kappa in his junior year and graduated as valedictorian of the class of 1919.

At Columbia University, Robeson entered law school, met his future wife, a brilliant analytical chemist - and began to soak up the cultural

awakening of the Harlem Renaissance, making the acquaintance of Theodore Dreiser and Eugene O'Neill, Carl Van Vechten and Langston Hughes.

While at Columbia, he also began to appear in amateur theatricals at places like the Greenwich Village Theater. His short-lived career in the law ended when a

secretary at the otherwise all-white law firm where he was employed refused to take dictation from him.

But soon after, he made his debut in "Voodoo" on the London and New York stages, and later created lead roles in O'Neill plays like "The Emperor Jones" at the seminal Provincetown Playhouse.

He made the acquaintance of pianist-arranger Lawrence Brown and, in an historic 1925 New York concert and a national concert tour to follow, Robeson

and Brown elevated the Negro spiritual to concert-hall legitimacy. His distinctive voice caught the ear of composer Jerome Kern, who penned "Ol' Man River" specifically for Robeson — and in 1928, "Showboat" was a smash on the London stage, with Broadway and film versions to follow.

In 1930, opposite Peggy Ashcroft at London's Savoy Theater, he became the first black man since the 19th century to interpret the role of Othello onstage. Film, opera, recordings — the historic "Ballad for Americans" — and further triumphs at Carnegie and Royal Albert halls followed, as he traveled between homes in London and New York, celebrated on both continents.

But as he would write, "I hope the time will come when a Negro actor will not be limited to Negro parts."

His championing of the American spiritual broadened into an interest in folk musical idioms from around the world; he privately studied Swahili and Chinese.

By the early 1930s, he had befriended W.E.B. DuBois and Emma Goldman and begun to appear at rallies for social justice and organized labor. He traveled to Moscow, performed for the Republican side during the Spanish Civil War and at benefits for Jewish refugees of the



An amazing multifaceted man is featured in the current New York State Museum exhibit 'Paul Robeson: Spirit of a Culture' on display from January 24th to March 23rd.

## Singer sought social justice

### State Museum to highlight Robeson's life

growing atrocities in central Europe. By the early 1940s, he was hailed as "the tallest tree in the forest" by civil rights leader Mary McLeod Bethune.

Driven home by the war, he signed on as the first black entertainer to headline USO tours and appeared at bond rallies with Lena Horne and Helen Hayes. But as the accolades grew — honorary degrees, a Spingarn Medal for his leadership in the Negro community, his 1943 Broadway triumph as Othello — he also attracted the attention of J. Edgar Hoover. The FBI launched a "confidential custodial detention card" and investigative files on him were tagged, on Hoover's instructions, "Robeson, Paul — Native born — Communist."

He spoke up for an end to African colonialism, campaigned on behalf of fair labor practices, led a delegation to the White House to petition president Harry Truman on behalf of anti-lynching legislation, and co-chaired Henry Wallace's Progressive Party campaign for president in 1948.

In 1949, an outdoor concert appearance in Peekskill led to a riot when departing attendees were beaten and attacked by a mob which was local and state police.

Summoned before the notorious House Un-American Activities Committee and questioned about acquaintances with

alleged Communist ties, he replied, "You're the unpatriotic Americans and should be ashamed of yourselves."

His passport was cancelled by the State Department and "He was basically under siege in the 1950s," Kelly said. "Any place he was scheduled to perform, it was cancelled. He was a non-person."

By the time McCarthyism had run its course in the mid-1950s and the civil rights movement emerged as a force, Robeson's career revived —

a world concert tour, another "Othello" — but his political activism was forgotten.

In failing health amid bouts of depression, "His 75th birthday was actually celebrated at Carnegie Hall, but he didn't even make it there," Kelly said. He died soon after in 1976.

In photos of his career, copies of his letters and journals, his birth certificate and varsity letters and sheet music, recordings and archival footage of his appearances and performances, "Spirit of a Culture," organized four years ago to mark the centennial of Robeson's birth, "is a remarkable opportunity to bring this material to the State Museum," said Kelly — and to shed light on a pace-setter and provocateur whose legacy keeps on rollin' along.



Robeson 'The Invincible' in his impressive football days at Rutgers College.



Robeson leading Moore Shipyard workers in singing The Star-Spangled Banner. Sept., 1942.

ARTS and ENTERTAINMENT

Theater

BEGUILLED AGAIN

Rodgers/Hart musical, Capital Repertory Theatre, 111 N. Pearl St., Albany, through Feb. 16, \$15. Information, 877-7529.

TOSCA

Russian State Opera production, Proctor's Theatre, State Street, Schenectady, Jan. 25, 8 p.m., \$34, \$36 and \$45. Information, 346-6204.

THE ROCKY HORROR SHOW

camp classic, Albany Civic Theater, 235 Second Ave., weekends through Jan. 26, \$15. Information, 462-1297.

FIT TO KILL

world premiere thriller, Curtain Call Theatre, 210 Old Loudon Road, Latham, through Feb. 2, \$15. Information, 877-7529.

Music

THREE MO' TENORS

Proctor's Theatre, State Street, Schenectady, Jan. 24, 8 p.m., \$29, \$36 and \$39. Information, 346-6204.

JAZZ GUITAR SUMMIT

The Van Dyck, 235 Union St., Schenectady, Jan. 25, 7 and 9:30 p.m., \$10. Information, 381-1111.

L'ENSEMBLE

French Flair chamber program, The Egg at Empire State Plaza, Albany, Jan. 26, 3 p.m., \$20. Information, 473-1845.

THE BAND OF THE GRENADEIER GUARDS

Proctor's Theatre, 432 State St., Schenectady, Jan. 30, 8 p.m., \$29, \$32 and \$36. Information, 346-6204.

DEAD CAT BOUNCE

The Van Dyck, 235 Union St.,

Schenectady, Jan. 31, 7 and 9:30 p.m., \$15. Information, 381-1111.

EDDIE FROM OHIO

The Egg at Empire State Plaza, Albany, Jan. 31, 8:15 p.m., \$18. Information, 473-1845.

MYSTICAL ARTS OF TIBET

Troy Savings Bank Music Hall, State and Second streets, Feb. 1, 8 p.m., \$22 and \$25, \$16 for children. Information, 273-0038.

Comedy

PAT COOPER

Glen Sanders Mansion, Scotia, Jan. 24, 6 p.m., \$60 includes dinner. Information, 374-7262.

LILY TOMLIN

Troy Savings Bank Music Hall, State and Second streets, Feb. 1, 8 p.m., \$35; \$45 and \$55. Information, 273-0038.

Visual Arts

NEW YORK STATE MUSEUM

The World Trade Center: Rescue, Recovery, Response; Burgess Shale: Evolution's Big Bang, through March 12; Once Upon a Time: Fiction and Fantasy in Contemporary Art from the Whitney Museum, through March 9; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

The Beatles: Then and Now, photos by Harry Benson, through March 2; plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

Spirit of Schenectady and Collection Highlights, Nott Terrace Heights. Information, 382-7890.

ALBANY CENTER GALLERIES

161 Washington Ave., works by Louanne Genet Getty and Deborah Zlotzky, through Feb. 14. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Albany-Shaker-Road, Colonie, "Show Off," artwork and ephemera from 57 upstate museums and historic sites, through Feb. 16, 7 a.m. to 7 p.m. daily. Information, 242-2241.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, "Cool Views," through Jan. 31, Wednesday to Sunday. Information, 786-6557.

Call for Artists

CAPITAL BALLET AUDITIONS

for March 22 performance, 170 Myrtle Ave., Saturday, Jan. 25, 2:30 to 3:30 p.m. Information, 427-1429.

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.

SUBURBAN SOUNDS COMMUNITY CHORUS

openings in mixed chorus, rehearsals Sundays at 7 p.m. at Altamont Village Hall, 115 Main St. Information, 861-8000.

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

ANNIE SCHAFER ORCHESTRA

openings in the string section, rehearsals Thursdays 9:30 a.m. to noon, Nott Terrace and Eastern Avenue, Schenectady. Information, 372-5146.

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.

CRAFTERS WANTED

for 2003 New Scotland Plum Fest on Sept. 20. Information, 439-5488.

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

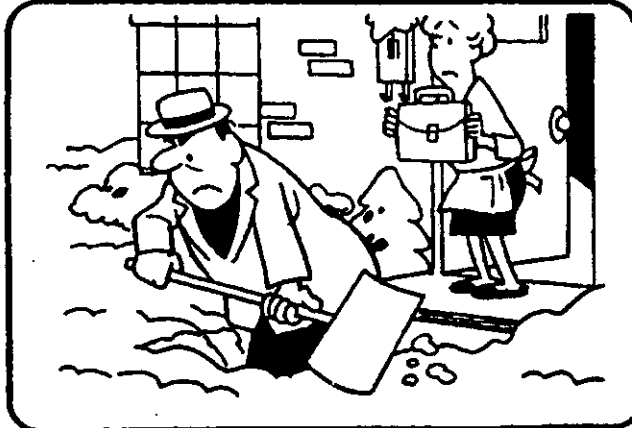
watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Briefcase is different. 2. Shoes are black. 3. Man's shirt is different. 4. No snow in shovel. 5. Tree is gone. 6. More bricks on house.

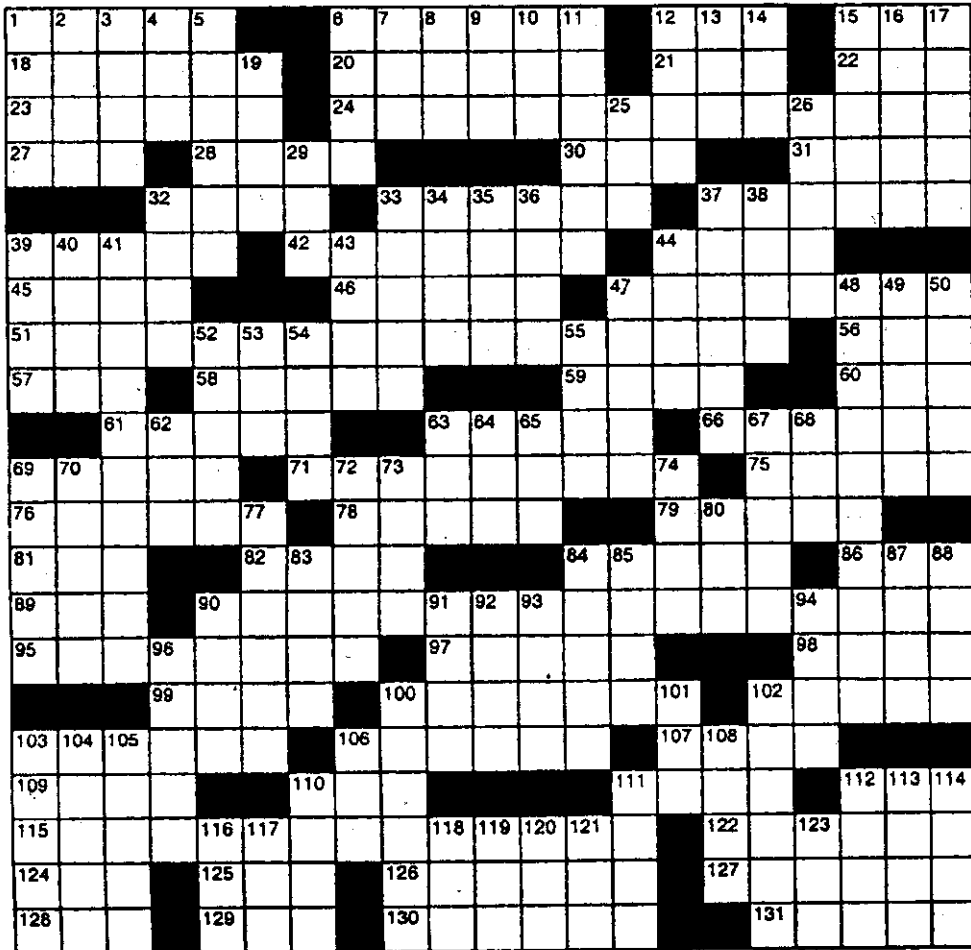
MAGIC MAZE • PIGS

Q Y I F D A X Y V T Q O M J H  
F C K A Y W D E B A B U R P N  
L J H R F R U D P I G L E T E  
B P Z X O S V T R Q O M L L K  
I E H G E P O L E N E P T D F  
D T B I Z T H I S L I T T L E  
Y U N K N A B Y G G I P I O W  
G N O L O O R U B L I W L N V  
A I T R Q O E L T T I L D R 3  
N A Y G G I P S S I M L N A K  
I H F D C A I Z X W V U 2 S R

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

1st little Arnold  
2nd little Gordy  
3rd little Miss Piggy  
Annie Sue Oolong  
Penelope  
Petunia  
Piggy bank  
Piglet  
Porky  
This little  
Wilbur

The Super CROSSWORD



- ACROSS
- 1 Los —, CA
  - 6 Shake-speare heroine
  - 12 "— Bailou" ('65 film)
  - 15 Bribe
  - 18 '01 Audrey Tautou film
  - 20 Drifting
  - 21 He gives a hoot
  - 22 "Tarzan" extra
  - 23 Let up
  - 24 Riddle: Part 1
  - 27 Fashion monogram
  - 28 Beethoven's birthplace
  - 30 Highest card
  - 31 Japanese city
  - 32 Ashbrook or Carvey
  - 33 "Taxi" star
  - 37 Savage
  - 39 Throbbled
  - 42 Jazzman Dave
  - 44 Composite component
  - 45 Word with dance or dunk
  - 46 Conflict site
  - 47 Generosity
  - 51 Riddle: Part 2
  - 56 Cornfield cry
  - 57 Turkish title
  - 58 Indo-European capital
  - 59 Pro foe
  - 60 Cable channel
  - 61 "Love Story" author
  - 63 Bestow
  - 66 "— of the North" ('22 film)
  - 69 Botch
  - 71 Ornamental material
  - 75 Sheds
  - 76 Cashew kin
  - 78 Alpha opposite
  - 79 It multiplies by dividing
  - 81 Runner Sebastian
  - 82 Choir member
  - 84 Tennyson's "Enoch —"
  - 86 Houston or Huff
  - 89 — Arbor, MI
  - 90 Riddle: Part 3
  - 95 '74 Abba hit
  - 97 Moshe of Israel
  - 98 Annoy
  - 99 Journalist Jacob
  - 100 Part of FBI
  - 102 Sapphire surface
  - 103 Lysander's home
  - 106 Delight
  - 107 Obote's ouster
  - 109 European capital
  - 110 JFK abbr.
  - 111 Candid
  - 112 Burglarize
  - 115 Answer to riddle
  - 122 Where to find a fennec
  - 124 Delivery truck
  - 125 Help
  - 126 Rocco
  - 127 Dieter's portion
  - 128 Meadow mama
  - 129 Sneak a peek
  - 130 Shows one's feelings
  - 131 Author Zola
  - DOWN
  - 1 Player or Puckett
  - 2 Leon of "Mister Ed"
  - 3 Reveal
  - 4 Barcelona bravo
  - 5 Seafaring storyteller
  - 6 Pestiferous person
  - 7 Mistaken
  - 8 "Treasure Island" monogram
  - 9 One — customer
  - 10 Charleson or Carmichael
  - 11 Storm
  - 12 Crypt-analyst's concern
  - 13 Impress immensely
  - 14 RN's specialty
  - 15 '78 Peace Nobel
  - 16 Glass work
  - 17 Piano part
  - 19 Short jacket
  - 25 Rhine wine
  - 26 Harden
  - 29 Apprehend
  - 32 Actress Moore
  - 33 Part of HOMES
  - 34 "Yeah, sure!"
  - 35 Tahoe town
  - 36 Injury after-effect
  - 37 "White Christmas" composer
  - 38 Fad
  - 39 Movie mutt
  - 40 Drain problem
  - 41 Aggravation
  - 43 Sita's spouse
  - 44 Covenant
  - 47 Panelist Paul
  - 48 SAT part
  - 49 Wooden shoe
  - 50 Lucas critters
  - 52 Philistine deity
  - 53 Precambrian —
  - 54 Auel heroine
  - 55 Light wagon
  - 62 Maestro de Waart
  - 63 Vigoda or Fortas
  - 64 Witty one
  - 65 Botanist Gray
  - 67 Correct
  - 68 British big shot
  - 69 Tropical screecher
  - 70 Actress Massey
  - 72 Government game
  - 73 Out of control
  - 74 Pianist Lupu
  - 77 Showy flower
  - 80 With 121 Down, famed Giant
  - 83 Vientiane's nation
  - 84 Mindful
  - 85 Barrett or Jaffe
  - 87 Competent
  - 88 TV's "— the Press"
  - 90 Decree
  - 91 "— fixe"
  - 92 Nothing, in Navarra
  - 93 Colors
  - 94 Neighbor of Pakistan
  - 96 Comic Leon
  - 100 Chocolate or strawberry
  - 101 Drink like a dachshund
  - 102 It may be grand
  - 103 White wine
  - 104 "Fiel"
  - 105 Isolated
  - 106 School grp.
  - 108 Clutter
  - 110 Guitarist Duane
  - 111 Singles
  - 112 Sitarist Shankar
  - 113 Hurler
  - 114 Unadorned
  - 116 Singing syllables
  - 117 Shril sound
  - 118 High dudgeon
  - 119 Genetic letters
  - 120 Cut-de —
  - 121 See 80 Down
  - 123 "Run to —" ('61 hit)



# The Spotlight CALENDAR

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

**Wed. 1/22**

## BETHLEHEM

### CEREMONY OF REMEMBRANCE

Honoring Karen Cole; Library Media Center, Bethlehem Central Middle School, Kenwood Ave., Delmar, 6-7 p.m.

### SOLID ROCK CHURCH

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

### TOWN BOARD

Rescheduled to Jan. 29. 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.

### BOY SCOUT TROOP 58

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

### TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. 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. 1/23**

## BETHLEHEM

### 'BUSINESS FOR BREAKFAST'

Breakfast meeting and presentation on "Protecting Yourself in Cyberspace." Hot Buffet breakfast, \$9 at door with reservation. Sponsored by Bethlehem Chamber of Commerce. Quality inn;

Route 9W, Glenmont, 7:45 a.m. Reservations, 439-0512.

### H.I.L.L. LECTURE SERIES

Dr. Andrew Felter, Associate Professor of History, Union College, on "Martin Luther King's Legacy: The Struggle For Economic Justice." Sponsored by Humanities Institute for Lifelong Learning. Community Room, Bethlehem Public Library, 451 Delaware Ave., 10 a.m. Free. Information, 439-9661.

### BETHLEHEM SENIOR CITIZENS

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

### TAKE OFF POUNDS SENSIBLY

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

### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

### MEN'S GARDEN CLUB

Dinner meeting, guest speaker John O'Donnell, General Manager Albany County Airport, on history of airport, future plans and impact of 9/11 on operations. Quality Inn, Route 9W, Glenmont. Call for time and reservations, 438-7550 or 237-8572.

### BETHLEHEM LUTHERAN

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

### AA MEETINGS

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

### NEW SCOTLAND

### THE CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need; volunteers welcome. Clarksville Reformed Church, Route 443, Clarksville, 8:30-11:30 a.m. and 4-7 p.m. Information, 768-2916 or 439-5400.

### POETRY WRITERS GROUP

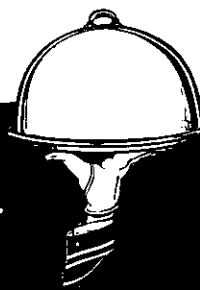
Every Other Thursday Night Poets, Voorheesville Public Library, 51 School Road, 7 p.m. Information, 765-2791.

**Fri. 1/24**

## BETHLEHEM

### VISUAL SUPPORT GROUP

Strategies to cope with visual impairment, led by Dr. Edwin Pesnel. Guest speaker: Barry Berberich, Executive Director, northeast Association for the Blind. Refreshments. Room 101, Bethlehem Town Hall, 445 Delaware Avenue, Delmar, 1-2 p.m. Sponsored by Bethlehem Senior Services. Information, 439-4955, ext. 4.



**Spotlight on Dining**

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**DUMPLING HOUSE**  
Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese.

Eat in or Take Out. Open 7 days a week.

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

### 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. 1/25**

## BETHLEHEM

### RED CROSS BLOOD DRIVE

Donors must be at least 17, 110 pounds, and in good health; Delmar Reformed Church, 386 Delaware Ave., Delmar, 8 a.m. - 1 p.m. Information, 439-9929.

### SOCCER CLUB REGISTRATION

Bethlehem Soccer Club registration for intracub soccer program; children must reside in town with birth date prior to Dec. 1 1998. \$65 per child. Bethlehem Town Hall, 445 Delaware Ave., 9-11 a.m. Information, www.bsc-online.org.

### SATURDAY STORYBREAK

For ages 3-6, stories, songs, flannelboard fun and a craft, all materials provided. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 11 a.m. Information, 439-9314.

### PROGRAM AT FIVE RIVERS

Indoor program to explore owl ecology and adaptation. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

### CONCERT AT BCHS

David Beck and Empire State Repertory Orchestra in a program of Khachaturian, Enesco, Brahms, Mascagni and Walton; Auditorium, Bethlehem Central High School, Delaware Ave., Delmar, 7 p.m. \$10, \$6 seniors/students; Information, 382-7581.

### AA MEETING

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

**Sun. 1/26**

## BETHLEHEM

### BREAKFAST AT ELKS LODGE

Pancakes, French toast, eggs, sausage, bacon, toast. Bethlehem Elks Lodge # 2233, 1016 River Road (Route 144), Cedar Hill, 8:30 a.m.-noon. \$5 adults,

**Recycle**

\$4.50 seniors, \$3 for ages 3-12. Information, 767-3038.

### NURSERY SCHOOL OPEN HOUSE

Including registration for 3 and 4-year-old classes for 2003-04 school year. Non-denominational program. Rear of Community United Methodist Church, 1499 New Scotland Road, Slingerlands, 1-3 p.m. Information, 439-0386.

### SNOWSHOEING AT FIVE RIVERS

For beginners, learn how to snowshoe and take a walk looking for animal signs; please pre-register by 1/24. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

### WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.  
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.  
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., 439-9929.  
Family of God Community Church (Nazarene), Krumkill Road at Blessing Road, North Bethlehem.  
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.  
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.  
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.  
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.  
King's Chapel, 434 Route 9W, Glenmont, 426-9955.  
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.  
Normansville Community Church, Mill Road, Delmar, 439-5710.  
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.  
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.  
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.  
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.  
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.  
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.  
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

### NEW SCOTLAND

### THE DRAGON'S EGG

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

### WORSHIP INFORMATION

Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.  
Clarksville Community Church, Route 443, 768-2916.  
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.  
Faith Temple, New Salem, 765-2870.  
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.  
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.  
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.  
Onesquethaw Reformed Church,

Tarrytown Road, Feura Bush, 768-2133.  
New Scotland Presbyterian Church, Route 85, 439-6454.  
St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.  
Unionville Reformed Church, Delaware Turnpike, 439-5001.  
United Pentecostal Church, Route 85, New Salem, 765-4410.

**Mon. 1/27**

## BETHLEHEM

### MOTHERS' TIME OUT

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

### DELMAR KIWANIS

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

### CLASS IN JEWISH MYSTICISM

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

### INDOOR PISTOL SHOOTING

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

### EXPLORER POST 157

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

### DELMAR COMM. ORCHESTRA

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

### AA MEETING

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

### NEW SCOTLAND

### CERTIFICATION EXAM REVIEW

Review session for Certified Nursery Professional exam, to be held Feb. 13 in Colonie; review sessions through Jan. 29, 9:30 a.m. - 4 p.m. \$35 for NENYN/LA members, \$40 for non-members. William J. Rice Jr. Extension Center, 24 Martin Road, Voorheesville. Registration, 765-3500.

### PRESCHOOL STORY TIME

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

### QUARTET REHEARSAL

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

**Tues. 1/28**

## 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.

### DELMAR PROGRESS CLUB

Antique study of Victorian maiolica. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 1:30 p.m. Information, 439-3916.

### TAKE OFF POUNDS SENSIBLY

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

### PUBLIC HEARING AT TOWN HALL

State Department of Transportation officials discuss plans for Slingerlands Bypass. Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-4955.

### BINGO

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

### 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.

### ZONING BOARD OF APPEALS

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

### V'VILLE VILLAGE BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. (6 p.m. workshop meeting). Information, 765-2692.

**Wed. 1/29**

## BETHLEHEM

### INTERNET WORKSHOP

"How to Search the Internet," hands-on workshop for adults, learning basic techniques and comparing search engines. Registrants must have prior computer experience; each session limited to six registrants, one session only. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 1:30 & 3 p.m. Information, 439-9314.

### DELMAR PROGRESS CLUB

Evening Group, "Birds In Our Community" by Bob Budliger. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 7 p.m. Information, 439-3916.

### TOWN BOARD

Special meeting date, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Next meeting Feb. 12. Information, 439-4955.

### NEW SCOTLAND

### PRESCHOOL STORY TIME

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

### 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.

### LEGAL NOTICE

#### LEGAL NOTICE

Notice of Qualification of Voicecom Telecommunications, LLC. Authority filed with Secy. of State of N.Y.(SSNY) on 12/5/02. Office location: Albany County. LLC formed in Delaware (DE) on 2/26/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Services Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Gores Technology

### LEGAL NOTICE

Group., 10877 Wilshire Blvd., Suite 1805., Los Angeles, CA 90024. Art. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD30002685. (January 22, 2003)

### NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Washed Crushed Stone for the year 2003 for the use of said Town, as and

### LEGAL NOTICE

when required. Bids will be received up to 2:50 p.m. on the 4th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY

### LEGAL NOTICE

of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

### BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM

Kathleen A. Newkirk CMC,RMC  
Town Clerk  
Dated: January 15, 2003  
LD30002728  
(January 22, 2003)



**LEGAL NOTICE****LEGAL NOTICES**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: 1815 PARK HOTEL ASSOCIATES, LLC.

Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/13/02. 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, 235 West 103rd Street, New York, New York 10025. Purpose: For any lawful purposes. LD30002688 (January 22, 2003)

**ARTICLES OF ORGANIZATION OF FOUR CORNERS LUNCHEONETTE, LLC**

Under Section 203 of the Limited Liability Company Law of the State of New York.

**THE UNDERSIGNED**, being a natural person of at least eighteen (18) years of age and acting as the organizer of 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 "Law") certifies that:

**FIRST:** The name of the Company is Four Corners Luncheonette, LLC.

**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 shall mail a copy of any process against the Company served upon such Secretary is 2 Grove Street, Delmar, New York 12054.

**FOURTH:** The Company is to be managed by all of its members exclusively in their membership capacity.

**FIFTH:** The future effective date of the Articles of Organization which does not exceed 60 days from the date of filing is January 1, 2003.

**IN WITNESS WHEREOF**, I have subscribed these Articles of Organization and do hereby affirm the foregoing as true under the penalties of perjury, this 9th day of December, 2002.

David Heffley, Member

2 Grove Street

Delmar, New York 12054

LD30002654

(January 22, 2003)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

Articles of Organization of 622 Watervliet Shaker Road, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on December 19, 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, 622 Watervliet Shaker Road, Latham, New York 12110. 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. LDG 30002675 (January 22, 2003)

**LEGAL NOTICE**

Notice of formation of Adirondack Fence Co., LLC, a NYS Ltd. Liability Co., (LLC). Formation filed with SSNY on 12/12/02. Off. Loc: Albany Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Vinciguerra & Brown, 10 Utica Ave., Latham, NY 12110. Purpose: all lawful purposes. LD30002664

**NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 1203 (c)**

The name of the professional service limited liability company is THE ANDERSON GROUP, LLC. The date of the filing of the Articles of Organization with the Secretary of State was July 22, 2002. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly, & Gable, P.C., c/o Timothy E. Casserly, 255 Washington Avenue Extension, Albany, New York 12205. The purpose of the Company is to engage in any lawful act or activity for

**LEGAL NOTICE**

which limited liability companies may be formed under the Limited Liability Company Law. LD30002639 (January 22, 2003)

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

The name of the LLC is BBL GORDON, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 8, 2003. 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. LCD30002701. (January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for MILLING for the Town of Bethlehem for the year 2003 as and when required.

Bids will be received up to 3:20 p.m. on the 5th day of February 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

Kathleen A. Newkirk  
CMC, RMC TOWN CLERK  
DATED: JANUARY 15, 2003  
LD30002735  
(January 22, 2003)

**LEGAL NOTICE**

**BLEECKER CAFE, LLC**  
Notice of Formation of Limited Liability Company  
Articles of Organization of Blecker Cafe, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on December 13, 2002. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, 32 Dove Street, Albany, New York 12210. LLC does not have a specific date of dissolution. Purpose: All legal purposes.  
Filer: Law Office of Kara Conway Love  
Address: 450 New Karner Road, Suite 203, Albany, NY 12205-3898 LCD30002679 (January 22, 2003)

**LEGAL NOTICE**

Notice of formation of limited liability company ("LLC"). Name of LLC: Blue Owl Solutions, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on 11/8/02. Office location: Albany county. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against LLC served upon him/her to: Kevin M. Webb, 35 Domenico Drive, Glenmont, NY 12077. Purpose: To engage in information technology consulting and any other lawful activity. LCD30002644 (January 22, 2003)

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

Articles of Organization of C N TOMMELL CATTLE COMPANY, LLC ("LLC") filed with the Secretary of State of NY ("SSNY") on 11/14/2002. Office Location: Albany County. SSNY has been designated as agent upon whom process against it may be served and SSNY shall mail a copy of any such process served to the LLC, 254 Stovepipe Road, Voorheesville, NY 12186. Purpose: To engage in the business of cattle dealer and any lawful

**LEGAL NOTICE**

activity. LD30002655 (January 22, 2003)

**LEGAL NOTICE**

Cascade General Agency, LLC was filed with the SSNY on 01/02/03. Office location: Albany County. Ralph R. Penton designated as agent of LLC whom process against it may be served. The address which SSNY shall mail any process against the LLC served upon him: Ralph R. Penton, 10823 206th St. SE, Snohomish, WA 98296. Purpose: Any lawful purpose. LD30002739. (January 22, 2003)

**LEGAL NOTICE**

**COALITION BUILDERS, LLC**  
**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is COALITION BUILDERS, LLC. The Articles of Organization were filed with the New York Secretary of State on December 6, 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 16 Regina Court, Delmar, NY 12054. LD30002687 (January 22, 2003)

**NOTICE OF CONVERSION**

**FROM A PARTNERSHIP TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
The name of the LLC is COLUMBIAWASHINGTON SQUARE, LLC. The Certificate of Conversion of COLUMBIAWASHINGTON AVENUE ASSOCIATES (a Partnership) to the LLC filed with the NY Secretary of State on November 29, 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 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. LCD30002648 (January 22, 2003)

**LEGAL NOTICE**

Notice of Qualification of Conway Land Holdings, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/11/02. Office location: Albany County. LLC formed in Delaware (DE) on 6/20/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Art. of Org. filed with DE Secy. of State, Loockerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity. LD30002684 (January 22, 2003)

**LEGAL NOTICE:**

**CONTI APPRAISAL & CONSULTING, LLC**  
Certificate of Limited Liability Company filed with NYS Secretary of State on December 30, 2002. Principal office located in Albany County, NYS Secretary of State designated as agent of the LLC upon whom process against it may be served. Secretary of State shall mail copies of any process against it to: CONTI APPRAISAL & CONSULTING, LLC, c/o Jacqueline R. Conti, 1182 River Road, Selkirk, NY 12158. The purpose of the limited liability company is to engage in any lawful act or activity. The limited liability company is to be managed by one or more of its members. LCD3000027 (January 22, 2003)

**LEGAL NOTICE**

Notice of Qualification of Durham D&M LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/16/02. Office location: Albany county. LLC formed in Delaware (DE) on 11/8/02. SSNY designated as agent of LLC upon whom

**LEGAL NOTICE**

process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: school bus transportation services. LD30002704. (January 22, 2003)

**LEGAL NOTICE**

Notice of Qualification of Durham School Services, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 12/18/02. Office location: Albany County. LP formed in Delaware (DE) on 10/1/02. 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. DE address of LP: 1209 Orange St., Wilmington, DE 19801. Name/ address of each genl. ptr. available from SSNY. Cert of LP filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE. 19801. Purpose: school bus transportation services. LD30002703 (January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Gasoline and Diesel Fuel for the use of said Town for the year 2003.

Bids will be received up to 2:30 p.m. on the 4th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, 445 Delaware Avenue, Delmar, New York.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

KATHLEEN A. NEWKIRK  
CMC, RMC.  
DATED: January 15, 2003  
LD30002726  
(January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for Generator Service Contract.

Bids will be received up to 2:30 p.m. on the 11th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

Kathleen A. Newkirk, CMC, RMC  
Town Clerk  
DATED: January 15, 2003  
LD30002725  
(January 22, 2003)

**LEGAL NOTICE**

Notice of formation of limited liability company ("LLC"). Name of LLC: Glass Tapestry Concepts, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on 11/8/02. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against LLC served upon him/her to: Beth D. Webb, 35 Domenico Drive, Glenmont, NY 12077. Purpose: To engage in custom glass

**LEGAL NOTICE**

painting and any other lawful activity. LD30002645 (January 22, 2003)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
The name of the LLC is GNL PROPERTIES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 20, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Warren 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 149 Route 28N, North Creek, New York 12853. LCD30002684 (January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Gravel for the Year 2003 for the use of said Town as, and when required. Bids will be received up to 3:00 p.m. on the 4th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

Kathleen A. Newkirk CMC, RMC  
Town Clerk  
DATED: January 15, 2003  
LD30002729  
(January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for the purchase and installation of Guide Rails to be used by the Highway Department along various roads throughout the Town of Bethlehem.

Bids will be received up to 3:20 p.m. on the 4th day of February 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM**

Kathleen A. Newkirk, CMC, RMC  
TOWN CLERK  
DATED: JANUARY 15, 2003  
LD30002731  
(January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for the use of said Town, including Water District No. 1 during the year 2003, as and when needed.

Bids will be received up to 2:40 p.m. on the 4th day of February, 2003 at which time bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Cop-

**LEGAL NOTICE**

ies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM.**  
Kathleen A. Newkirk, CMC, RMC  
Town Clerk  
LD30002727  
(January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for the rental of heavy construction equipment for use by the Highway Department and the Department of Public Works as and when required.

Bids will be received up to 2:50 p.m. on the 5th day of February 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

KATHLEEN A. NEWKIRK  
CMC, RMC TOWN CLERK  
DATED: January 15, 2003  
LD30002733  
(January 22, 2003)

**NOTICE TO BIDDERS**

**NOTICE IS HEREBY GIVEN** that the Town Board of the Town of Bethlehem hereby invites sealed bids for In-place Paving, as and when required.

Bids will be received up to 3:30 p.m. on the 5th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM**

Kathleen A. Newkirk  
CMC, RMC TOWN CLERK  
DATED: January 15, 2003  
LD30002736  
(January 22, 2003)

**NOTICE OF FILING OF THE ARTICLES OF ORGANIZATION OF JOHNSON CONTRACTING, LLC**

1. The name of the Company is: Johnson Contracting, LLC  
2. The Articles of Organization of the Company were filed with the Secretary of State on January 2, 2003.  
3. The County within the State of New York in which the Company's office is to be located is Schenectady.  
4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served and the post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Company served upon him or her is: c/o Wallace I. Johnson 8313 Duaneburg Road Route 7 Delanson, New York 12053  
5. The registered agent of the limited liability company upon whom process against the liability company may be served is: Wallace I. Johnson, 8313 Duaneburg Road, route 7, Delanson, New York 12053.  
6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD30002721 (January 22, 2003)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Qualification of Kforce Flexible Solutions, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/2/03. Office location: Albany County, LLC formed in Florida (FL) on 12/20/02. 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: 1001 East Palm Ave., Tampa, FL 33605. Arts. of Org. filed with FL Secy. of State., Div. of Corps., 409 East Gaines St., Tallahassee FL 32399. Purpose: any lawful activity. LD30002694 (January 22, 2003)

## LEGAL NOTICE

KINGS CORNER, LLC  
Notice of Formation of Limited Liability Company  
Articles of Organization of Kings Corner, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on December 13, 2002. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail; a copy of any process to the LLC, 299 Upper Flatrock Road, Voorheesville, New York 12186. LLC does not have a specific date of dissolution. Purpose: All legal purposes. LCD30002671 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of LFG Technologies Development LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/16/02. Office location: Albany county. LLC formed in Illinois (IL) on 11/7/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: c/o Corporation Service Co. 80 State St., Albany, NY 12207, registered agent upon whom process may be served. IL address of LLC: 9550 W. 55th St., Suite A, McCook, IL 60525. Arts. of Org. filed with IL Secy. of State, Dept. of Business Services, Rm. 351, Howlett Bldg., Springfield, IL 62756. Purpose: any lawful activity. LD 30002676 (January 22, 2003)

## NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the rental of a Large Track Excavator for use of the Highway Department of said Town as and when required.  
Bids will be received up to 2:40 p.m. on the 5th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.  
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
KATHLEEN A. NEWKIRK  
CMC RMC TOWN CLERK  
DATED: January 15, 2003.  
LD30002732 (January 22, 2003)

## NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Materials for the Bethlehem Department of Public Works and other Town departments, as and when needed.  
Bids will be received up to 3:00 p.m. on the 11th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of

## LEGAL NOTICE

the bidder and subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.  
BY ORDER OF THE TOWN BOARD OF BETHLEHEM  
Kathleen A. Newkirk, CMC, RMC  
TOWN CLERK

DATED: January 15, 2003  
LD30002724  
(January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Miller Place Realty, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/14/03. Office location: Albany County. LLC formed in Delaware (DE) on 12/5/02. 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. (CSC) 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD30002740 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")  
The name of the LP is Montrose Partners of Albany, L.P.  
The Certificate of Limited Partnership was filed with the New York State Secretary of State on December 24, 2002. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany county. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110. LCD30002680 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PAULSEN DEVELOPMENT COMPANY OF ALBANY, LLC. Articles of Organization were filed with the Secretary of State (SSNY) on 12/04/02. 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, 5 Palisades Drive, Albany, New York 12205. Purpose: For any lawful purpose. LD30002705 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PET SAR, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/09/03. 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, 126 Clermont Street, Albany, New York 12203. Purpose: For any lawful purpose. LD30002738 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PMJR SERVICES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/21/02. 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, 8 Madison Place, Albany, New York 12202. Purpose: For any lawful purpose. LD30002672 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)  
The name of the LLC is RAR DEVELOPMENT, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 16, 2002. The purpose of the LLC is to en-

## LEGAL NOTICE

gage 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 6364 French's Hollow Road, Altamont, New York 12009. LCD30002668 (January 22, 2003)

## NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Sanitary Sewer Grouting Services for the Bethlehem Department of Public Works, Sewer District as, and when needed.  
Bids will be received up to 3:30 p.m. on the 11th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.  
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
Kathleen A. Newkirk, CMC, RMC  
TOWN CLERK  
DATED: January 15, 2003  
LD30002723 (January 22, 2003)

## LEGAL NOTICE

CERTIFICATE OF LIMITED PARTNERSHIP OF SCHUYLER-MECHANICVILLE PARTNERSHIP, L.P.  
UNDER SECTION 121-201 OF THE REVISED LIMITED PARTNERSHIP ACT  
1. The name of the limited partnership is "SCHUYLER-MECHANICVILLE PARTNERSHIP, L.P."  
2. The county in which the office of the limited partnership is located is Albany County, New York.  
3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 596 New Loudon Road, New York 12110.  
4. The name and business address of the sole general partner is: Shopping Center Development Co., V, Inc. 596 New Loudon Road Latham, New York 12110  
5. The latest date upon which the limited partnership is to dissolve is December 10, 2102.  
IN WITNESS WHEREOF, the undersigned has executed this Certificate of Limited Partnership on the 10 th day of December, 2002 and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof.  
SHOPPING CENTER DEVELOPMENT CO. V, INC.  
LCD30002662 (January 22, 2003)

## NOTICE OF PUBLIC HEARING

TOWN OF BETHLEHEM SECTION 8 RENTAL ASSISTANCE PLAN  
The Town Board of the Town of Bethlehem will hold a public hearing on Wednesday, March 26, 2003 at 7:30 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, New York 12054 for the purpose of receiving comments from the public on the Town's proposed Agency Plan for 2003 for the Section 8 Rental Assistance Program. Copies of the Agency Plan and all supporting documentation are available for review by the public at either of the following locations:  
Town of Bethlehem  
445 Delaware Avenue  
Delmar, NY 12054  
(518) 439-4955  
Joseph E. Mastrrianni, Inc.  
242 Union Street  
Schenectady, NY 12305  
(518) 372-4739 Ext.26  
All parties in interest and citizens will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides

## LEGAL NOTICE

reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact Nan Lanahan at 439-4131. Advanced notice is requested.  
BY ORDER OF THE TOWN BOARD: TOWN OF BETHLEHEM  
KATHLEEN A. NEWKIRK, CMC  
RMC TOWN CLERK  
DATED: January 15, 2003  
LD30002737 (January 22, 2003)

## LEGAL NOTICE

Notice of Formation of Sherwin Capital LLC, Art. of Org. filed Secy. of State (SSNY) 10/2/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 15 Kunker Ave., Latham, NY 12110. Purpose: any lawful purpose. LCD30002641 (January 22, 2003)

## LEGAL NOTICE

SHOPPING CENTER DEVELOPMENT CO. III, LLC  
Notice of formation of a domestic Limited Liability Company. (LLC) Articles of Organization filed with the New York Secretary of State on November 4, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110. LCD30002708 (January 22, 2003)

## LEGAL NOTICE

SHOPPING CENTER DEVELOPMENT CO. II, LLC  
Notice of formation of a domestic Limited Liability Company. (LLC) Articles of Organization filed with the New York Secretary of State on November 1, 2002. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110. LCD30002707 (January 22, 2003)

## NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")

The name of the LP is Somerset Associates Acquisition Company, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on January 8, 2003. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 2 Tower Place, Albany, New York 12203. LCD30002712 (January 22, 2003)

## NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")

The name of the LP is Somerset Associates, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on January 8, 2003. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 2 Tower Place, Albany, New York 12203. LCD30002713 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Spherion Atlantic Resources LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/3/02. Office location: Albany County. LLC formed in Delaware (DE) on 7/24/02. SSNY designated as agent of LLC upon whom process

## LEGAL NOTICE

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: 2050 Spectrum Blvd., Fort Lauderdale, FL 33309. Arts. of Org. filed with DE Secy. of State, 401 Federal St. Ste. 3 Dover, DE 19901. Purpose: any lawful activity. LD30002635 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Spherion Atlantic Workforce LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/3/02. Office location: Albany County. LLC formed in Delaware (DE) on 7/24/02. 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: 2050 Spectrum Blvd., Fort Lauderdale, FL 33309. Arts. of Org. filed with DE Secy. of State, 401 Federal St. Ste. 3 Dover, DE 19901. Purpose: any lawful activity. LD30002636 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Stock Yards Meat Packing Company, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/26/02. Office location: Albany County. LLC formed in Delaware (DE) on 12/19/02. 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. Principal office of LLC: 9755 Patuxent Woods Drive, Columbia, MD 21046. Arts. of Org. filed with DE Secy. of State, 32 Lockerman Square, Dover, DE 19901. Purpose: any lawful activity. LD30002693 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Teleglobe USA II LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/30/02. Office location: Albany county. LLC formed in Delaware (DE) on 12/19/02. 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. Principal office of LLC: 11495 Commerce Park Dr., Reston, VA 20191. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD30002718 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Teleglobe USA III LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/30/02. Office location: Albany County. LLC formed in Delaware (DE) on 12/19/02. 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. Principal office of LLC: 11495 Commerce Park Dr., Reston, VA 20191. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD30002695 (January 22, 2003)

## LEGAL NOTICE

Notice of Qualification of Teleglobe USA III LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/30/02. Office location: Albany County. LLC formed in Delaware (DE) on 12/19/02. 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. Principal office of LLC: 11495 Commerce Park Dr., Reston, VA 20191. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Ste. 4,

## LEGAL NOTICE

Dover, DE 19901. Purpose: any lawful activity. LD30002696 (January 22, 2003)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: TESCO, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/12/02, with an existence date of 01/01/2003. 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, 13 Michael Drive, Schenectady, New York 12303. Purpose: For any lawful purpose. LD30002673 (January 22, 2003)

## NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishings of TOPSOIL for the use of said Town for the year 2003 as and when needed.  
Bids will be received up to 3:10 p.m. on the 4th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in or to reject any or all bids.  
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
Kathleen A. Newkirk, CMC, RMC Town Clerk  
DATED: January 15, 2003  
LD30002730 (January 22, 2003)

## NOTICE OF FORMATION OF LLC

Twin Technologies, LLC, filed Articles of Organization with the New York Secretary of State on December 26, 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 Twin Technologies, LLC, 14 East Bayberry Road, Glenmont, New York 12077. 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. LD30002699 (January 22, 2003)

## NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for utility repair crews, as and when required.  
Bids will be received up to 3:05 p.m. on the 5th day of February, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.  
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
KATHLEEN A. NEWKIRK  
CMC RMC TOWN CLERK  
DATED: January 15, 2003  
LD30002734 (January 22, 2003)





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# Spotlight CLASSIFIEDS

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Active couple in 30's promises love, laughter & financial security to your newborn. We're committed to being best parents possible. Expenses paid. Alice & Michael 1-866-441-8577.

Pregnant? Not ready to parent? Make your dreams for your child come true. Choose a loving family. Profiles sent ASAP. Free and confidential services. Spence-Chapin Adoption Agency 1-800-321-LOVE(5683) www.spencechapin.org

## BUSINESS OPPORTUNITIES

\$1380 Guaranteed! Stuff envelopes. Qualified, legitimate honest employment. \$225 cash hiring bonus, guaranteed in writing. SASE to Mandel/ Tanner, Dept 091Q, 2222 New York Avenue, Huntington Station, NY 11746.

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 800-998-VEND.

## CHILD CARE NEEDED

Nanny For Our Home- 7:45 AM-3:45 PM. School Teacher Schedule. Provides All Normal Holidays And Summer Off. 2 Children 2 Yrs. & 6 Months. Kim 439-0803.

## CHILDCARE SERVICES

Cozy Corner Daycare- NYS License Openings Rotterdam Area. 6 wks-12 Yrs. Also Before And After School Care. Call 355-4429.

ROCKHILL DAYCARE/ Voorheesville (Off Route 85). 1 Infant Opening Under 2 Yrs., 1 Toddler Opening Under 3 Yrs. Full Time Only State Registered/ Family Care. Call Lisa 765-2010.

## CLEANING SERVICES

CLEANING- residential/ small business/industrial. Free estimates. References. Call Rose 439-0350.

Housecleaning/ Weekly, Bi-weekly, Monthly. References. Honest. Free Estimates. Call 469-8895.

HOUSECLEANING: Quality work, reliable, trustworthy, experienced, references available. 459-8307.

Affordable Rates, Flexible Hours. Free Estimates. Call Janice 475-9621.

CLEANING SERVICES + ERRANDS. Weekly/biweekly. Houses, apartments, Small offices. Ask for Lori 785-6374.

THE IRISH Washerwoman, professional, reliable, thorough. Home and commercial cleaning services. Weekly, monthly, seasonal, 426-8170, estimates, references.

## COMPUTERS AND COMPUTER PRODUCTS

eBay RESELLERS NEEDED!! We supply products 50% below wholesale. No inventory - No experience required. Call today for more information: 1-800-568-1636 ext. 3640.

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STOP FORECLOSURE-\$439.00 Best price guaranteed service. See real case file results at www.unitedfreshstart.com! Let our winning team help you SAVE your home. 1-877-327-SAVE(7283).

## FIREWOOD

2-YEAR SEASONED HARDWOOD: Face cords & Full Cords. Stacking Available. Cut-Split & Free Delivery. Call 426-9663.

FIREWOOD, FULL CORD, \$125, 372-7679. Full cord \$125.00

MIXED HARDWOOD- Face Cords, \$75. Stacking Extra. Call Jim Stanton: 365-7334 or 857-9486.

Seasoned Hardwood- Cut, Split, Delivered. \$150 Full Cord. TRUCK LOAD SPECIAL! 355-3200.

MIXED HARDWOODS: Full cords, \$160; face cords, \$75. Jim Haslam, 439-9702.

## HANDYMAN

BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

## HEALTH CARE

PRESCRIPTION DRUGS- Nationwide Savings Plan Guaranteed Savings. \$9.95/mo. entire family. 1-800-914-8508.

## HEALTH & DIET

ASTHMA ALLERGIES? Ten people needed to evaluate air purification system. No purchase required. Please call 372-2479.

Tired And Sore After All That Shoveling? Call Crystal Keyes At 439-8271. To Schedule A Relaxing And Soothing Massage. Crystal L. Keyes- NYS Licensed Massage Therapist.

## HOME IMPROVEMENT

Weather and emergency repairs of barns, houses and garages. Call Woodford Bros. Inc for straightening, jacking, cabling and weather related repairs. Free estimates 1-800-Old-Barn. www.1-800-Old-Barn.com

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LAMB MEAT- USDA Certified Lamb Meat For Sale. Many Cuts To Choose From. Call 588-6296 For Current Market Prices.

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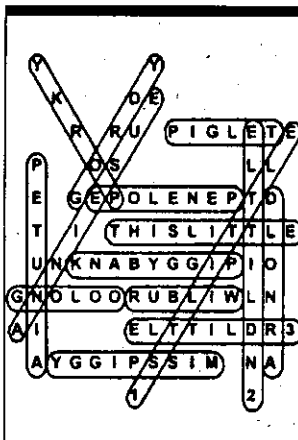
LOWEST COST ON BABY FORMULA. Guaranteed!! BabyFormulaOnline.com 800-474-6452.

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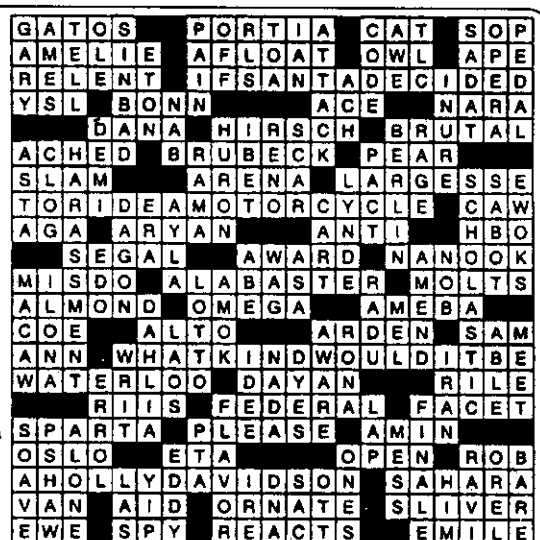
Dining Room Set- \$1,200. Sofa- \$800. Call 439-6486

White Crib With Mattress-\$22. Call For Price For Mickey Mouse Bedding And Curtains. Call 899-7049.

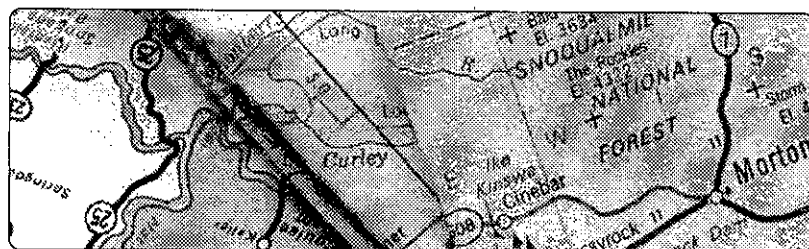
## Magic Maze Answers



## Super Crossword Answers



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Call Spotlight Newspapers at 439-4949 to place your ad.

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

## MUSIC LESSONS

GUITAR LESSONS, guitarist available for private instruction in your home or mine. 20+ years experience. Call Rob, 372-5077.

NONDEE JONES piano and voice. Experienced, degreed, references. Call for information, Niskayuna, 631-0948.

PIANO LESSONS- Room For Intermediate Level Piano Students. Call Audrey DeSantis.

VIOLIN AND PIANO LESSONS- 25 Years Russian And American Experience. Call Lydia- 356-5233 Or 334-9128.

## PAINTING

MAHONEY & MAHONEY PROFESSIONAL Painters Interiors-Exteriors Free Estimates, Reasonable Rates- Dependable Services. Very Best References. Please Call Ed At- 475-0532.

## PAINTING & PAPERING

PAINTING, WALLPAPERING 30 Yrs. Exp. Bruce Hughes. 767-3634 Or Tom Curit 439-4156.

## PETS FOR SALE

A.K.C.—3rd Generation Black-Yellow—Chocolate. Family Raised—1st Shots. Please Call 785-7333.

## PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

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Companion For Elderly People 24 Hour Care. Or Shift Work. Affordable, Alternate To Nursing Home. Call 756-1595.

## SERVICE DIRECTORY

TILE INSTALLATION & REPAIR. Ceramic, Slate, Stone. Floors, Kitchens, Fireplaces. Call Mark At: 872-1565.

## SITUATION WANTED

Creative And Caring. Individual will assist with home and health care needs. May include errands and transportation. Background in the arts with some nursing/science education. Wendy At 756-3845.

Elder Care Private Duty. Shift Or Live-In. Compassionate, Reliable, Experienced. Call 432-5765.

RN private duty days flexible experienced insured. Insurance accepted. References- available. 248-0142.

## SNOWPLOWING

Reliable And Affordable Service, Free Estimates. Guiderland And Surrounding Area. 861-7010.

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2000 Honors Graduate, Experienced. Most subjects, SAT prep. Brain- 439-2608.

TUTORING HIGH SCHOOL math, 33 years experience. Math A Regents is Jan. 27, 439-0610.

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BUYING/SELLING miscellaneous items. Furniture, house contents, estates, clean-outs, Route 9W, Ravena Flea Market, 756-7778.

BUYING: All old costume and better jewelry. Call 439-6129.

Cap for GMC 1500 pickup, full size bed. 756-7965.

WANTED TO BUY Pre-1955 telephones, radios, television sets, old radio tubes, tube amplifiers, cast iron penny banks, cameras, pre- 1920 tin or glass 4 paper photographs, old wood fishing lures, old toy cars, trucks, boats, or model boats, pre 1965 comic books, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition on above items even broken or rusty. Call 745-8897.

## Classified INFORMATION



### Office Hours Deadline

8:30 AM - 5 PM  
Monday-Friday  
Deadline: Friday at noon  
for following week



### Mail Address • In Person

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



READERSHIP:  
8 Newspapers;  
105,000  
Readers



### Phone • Fax

(518) 439-4940  
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## Classified Ads Appear In All Eight Papers

### In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guiderland Spotlight

### In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

### In Saratoga County

Clifton Park/Halfmoon Spotlight

## Classified Rates

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

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

All line ads must be pre-paid in order for placement.

Ads will appear in all eight newspapers, as well as on the internet for the number of weeks requested.

## Order Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ Number of Weeks: \_\_\_\_\_

MasterCard or Visa# \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

# Spotlight on EMPLOYMENT

## HELP WANTED

\$1,500 A MONTH PT- \$4,500-\$7,200 FT WORK IN HOME International company needs Supervisors & Assistants. Training. Free booklet: 888-202-6426/ www.PathToYourDreams.com  
\$1500 a month PT-\$7200 FT work in Home International company needs Supervisors And Assis-

tants. Training Free Booklet. www.PoweredFreedom.com (888)233-6360.

ATTENTION COLLEGE STUDENTS. Part time work in customer service/sales. \$12.95 guaranteed appointment. Create a schedule to fit around classes. 100 scholarships awarded Yearly, conditions apply. 782-2776. workforstudents.com.

DYNAMIC BUSINESS OPPORTUNITY- Mail-order/E-commerce business. PT/FT. Free Info. Full Training. www.cashfromhomeplus.com or 888-382-6870.

Full Service Day Spa in Rotterdam looking for experienced hairstylist to rent private room with many extras. Please call- 356-1700.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

HORSE FARM HELP NEEDED- For Cleaning Stalls And General Barn Work. Experience Highly Desirable. Non Smoker. Full time And Part Time Positions Available. Call Joe 767-2906.

House Cleaner Wanted: \$10/ Per Hour. Rotterdam. 355-3331.

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Time/ Flex Hours, Benefits. Call 439-2262 Or Apply To Saratoga Shoe Depot (255 Delaware Ave).

Order Selectors, Albany Distribution Center for Save-A-Lot Foods seeks experienced grocery warehouse order selectors. Apply in person: Mon-Fri 8:00 AM-4:00 PM at Save-A-Lot Building #8 Northeastern Industrial Park @ Guiderland Ctr. Equal Opportunity Employer.

POSTAL JOBS- \$9.04-\$14.21 + Benefits, No Exp. FOR INFO, 1-800-495-5514 Ext: 5200. 8a-9p Days-avail. varies.

PART TIME/FULL TIME-Receptionist (M-F)-Slingerlands Primary Care, Fax resume 439-1592 or call 439-1564.

RN's/LPN's w/ Medicaid certification or willing to be certified to work on southern Albany County case. All shifts starting mid-March. No lifting. Leave info w/ Kevin 861-6460.

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DRIVER NEEDED FOR WILTON, NY. Dedicated must have 3 years or more driving experience. OTR & O/O needed as well. Excellent pay and benefits. Must have CDL A. At least one year verifiable road experience, current DOT physical and HAZMAT endorsement. For information or application call Angela (877)877-9669 or (845)469-5920 or apply online @ www.cloverleaftransport.com

Get a job or Go to college. How about both? Part-time jobs available with full time benefits! Tuition assistance -Cash bonuses and skill training. Have it all in the New York Army National Guard! Our phone number is the same as our website: www.1-800-GO-GUARD

IDEAL GIFTS by FRIENDLY Toys & Gifts. Sensational spring catalog and discount sale catalog are out. Free Catalogs, Hostess and Advisor information available. 1-800-488-4875 www.friendlyhome.com

\*\*\*ANNOUNCEMENT\*\*\* Now hiring for 2002/ 2003. Postal Jobs \$13.21 -\$28.16/ hour. Full benefits/ Pd training/ No exp nec. Accepting calls 7 days. (866)844-4915 ext. 113.

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**Clerical staff (1)** - assist customer service reps., answer telephones, do data entry, communicate with customers via email and fax. Good computer skills a must.

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fax 518-767-3766

email petsfly@pettransporter.com

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\$20-\$22/hr.  
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Accu Care  
Home Health Services

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Experienced installer for DirecTV as well as Dish Network satellites. You MUST have reliable transportation, tools and be responsible. Excellent pay \$1000-1500/week. References needed.

Call Tom at **413-663-3111**  
for consideration.

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**SUPERVISOR  
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MANAGEMENT TRAINEES**

Call for a personal interview at (518)-465-4501 or stop by our office at 141 Broadway, Rensselaer for a personal interview. EOE.

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For the area premier retirement community

Full & part-time positions. Cleaning apartments for independent seniors. Apply mornings to Nancy A. Fedele, Director of Independent Living.



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For a 24 hour home care case in Ballston Lake.

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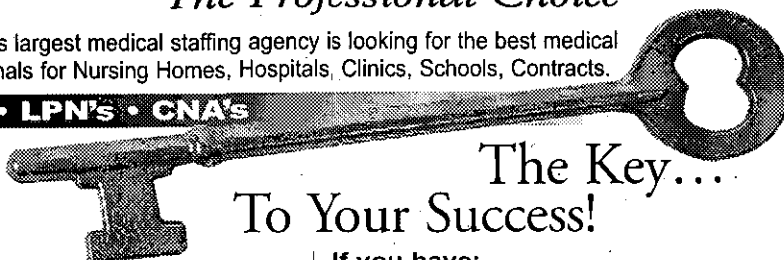
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# Real Estate CLASSIFIEDS

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**\$FORECLOSED GOV'T HOMES**  
\$0 or Low down! Tax repos and bankruptcies! HUD, VA, FHA. No Credit O.K. For listings (800)501-1777 ext 1099.

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**FLORIDA, MT DORA** Phase three. Only 4 lots available "5 star" Retirement Community. Homes from \$14,000 to \$70,000. Lot rent \$234.00 Includes water, sewer, garbage removal. Free brochure (407)880-1212.

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**ALBANY:** \$395 plus utilities, charming studio apartment, 1st floor in historic pastures at 132 Green Street, next to tennis courts. Security, references and lease required. Please call Karin at 1-877-351-8571. Available in January.

**DELMAR:** Small 1 bedroom apartment \$470 for 1 person, \$520 for 2, utilities included, off street parking, no pets, no smokers! BROKER- 369-5086.

**DELMAR:** \$650 includes heat and hot water, 1 bedroom, 2nd floor of house at 38 Euclid Ave. House for sale. No lease. Security and references required. Please call Karin at 1-877-351-8571. Available immediately.

**DELMAR:** \$1050, includes heat and hot water, 2 bedroom and den, first floor of house at 38 Euclid Ave. House is for sale. No lease. Security and references required. Please call Karin at 1-877-351-8571. Available immediately.

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bedroom apartment. Parking, security. No pets. Suitable 1 person. 439-6888.

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**DELMAR:** \$660, includes heat and hot water, 1 bedroom and den, 2nd floor (rear) apartment at Village Drive Apartments. Security, references and lease. Please call Karin at 1-877-351-8571. Available in January.

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**DELMAR:** \$685, includes heat and hot water, 2 bedroom, 2nd floor (front) apartment at Village Drive Apartments. Security, references and lease. Please call Karin at 1-877-351-8571. Available in January.

**ELSMERE, Duplex - two bedroom,** 11/2 baths, 439-2110. No Pets, Available In February. \$775.

**GLENMONT - LARGE STUDIO APT.** Full Bath, No Pets. Utilities Included. \$420.00 plus Security. CALL 767-9501.

**RAVENA - 1 Bedroom,** With Appliances, Wall To Wall Carpet, Ceramic Bath, Quiet Neighborhood, Off Street Parking, No Pets, References & Security. \$500 + Utilities. 756-6739.

**SELKIRK:** \$425 plus utilities. Very small cottage, nice for single person. Security, reference and lease required. Please call Karin at 1-877-351-8571. Available in January.

**SOUTH BETHLEHEM - (396 west of 9W).** For rent Duplex three bedrooms, Heat/ Hot Water, Washer, Dryer Hookup, Country Setting, Security Deposit. \$500. 767-3481.

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**DELMAR RANCH - 3 Bedrooms,** 2 Baths, Living Room, Dining Room, Kitchen. 439-7823.

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**DELAWARE PLAZA - DELMAR -** Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

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**LAND WANTED** Serious buyers seeks hunting/ recreational acreage 200-2000 acres in New York State, brokers protected. For immediate response, call 607-563-3870.

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## \$397,900 - GLENMONT

1 Yr old Custom 3,100SF Colonial in Country Meadows; 1st Floor Study, Private Wooded Yard. MLS # 2222095

## \$379,900 - GLENMONT

Spectacular home on a private 2.27 Acre lot in Bethlehem Schools. 4 Bedrooms, 3.5 Baths & Much More. MLS # 2225450

## \$369,000 - VOORHEESVILLE

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## \$358,900 - SLINGERLANDS

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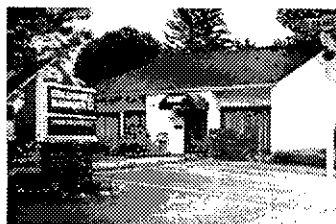
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# Automotive CLASSIFIEDS

## New vehicle designs and materials

Can your collision repair shop fix them right?

Today's vehicle designers face some competing demands. They need to reduce fuel consumption and polluting emissions, but still recognize that consumers love sport utility and other large vehicles. Consumers aren't clamoring for a return to the days of the compact car.

One solution is obvious, but challenging. Find a way to reduce the weight, and thus the fuel consumption, of vehicles without sacrificing size.

The aluminum industry believes it offers automakers a good alternative to the weight of steel. An aluminum-based car can be 22 percent larger than a steel car of the same weight. In recent years, the use of aluminum has surpassed the use of plastics in vehicles. Once limited to primarily engine, transmission and suspension

parts, aluminum is increasingly being used for cosmetic outer panels, door skins and trunk lids, inner structural components, and even structural frame rails.

A limited but growing number of cars are constructed of nearly all

have traditionally been multiple parts into one unit, designers also eliminate the weight of the flanges needed to weld the parts together.

Some of the non-structural portions of the ULSAB car body, such as the spare tire tub and dash panel insert, are made from a steel sandwich material. Two very thin skins of steel combined with a plastic core create this 1-millimeter thick material weighing 50 percent less than a comparable all steel piece.

As aluminum and elements of the ULSAB project are increasingly being used on vehicles on the road today, proper training is becoming even more important to have vehicles repaired properly after an accident. Vehicle owners should select a collision repair facility that has the current technical training to understand how to work with the lighter weight materials and changing vehicle design.

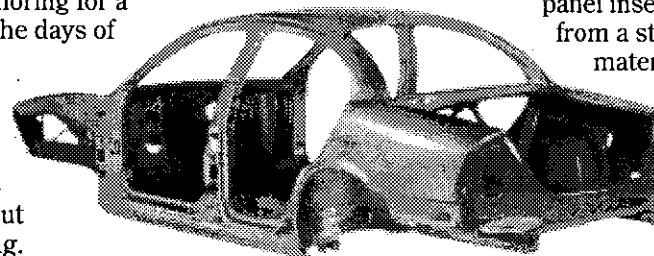
aluminum. Aluminum industry officials recently used one such vehicle, an Audi A8, to show off aluminum's strength by supporting the 4,000-pound luxury sedan with only a six-pack of aluminum beverage cans under each wheel.

The steel industry is fighting back, however, with an ambitious multi-year project to develop an "ultralight steel auto body (ULSAB)." This consortium of steelmakers says it has shown that steel can be used to create a typical 5-passenger sedan with 25 to 33 percent less weight than a conventional steel-bodied vehicle, without raising production costs or sacrificing safety.

How is it done? First, the ULSAB uses more of what is known as high-strength steel. While between 20 percent and 60 percent of the body of most current vehicles is made from high-strength steels, these materials account for 100 percent of the ULSAB.

Traditional vehicle parts are stamped out of a sheet of one type and thickness of steel. The ULSAB engineers recognized that some of these parts could instead be stamped out of a "quilt-like" piece of steel created by welding different thicknesses or strengths of steel into a single flat piece. A part stamped from this "tailor-welded blank" can have high-strength steel in the areas where it is needed, and thinner or lower strength steel in other areas. This removes weight that does not contribute to performance.

For example, the ULSAB body side, including the rear fender and roof structure, is all one part made from a tailor-welded blank that includes three grades of steel and five different thicknesses. By consolidating what





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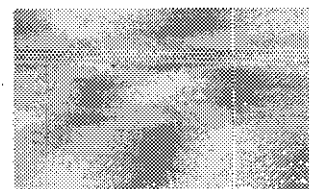
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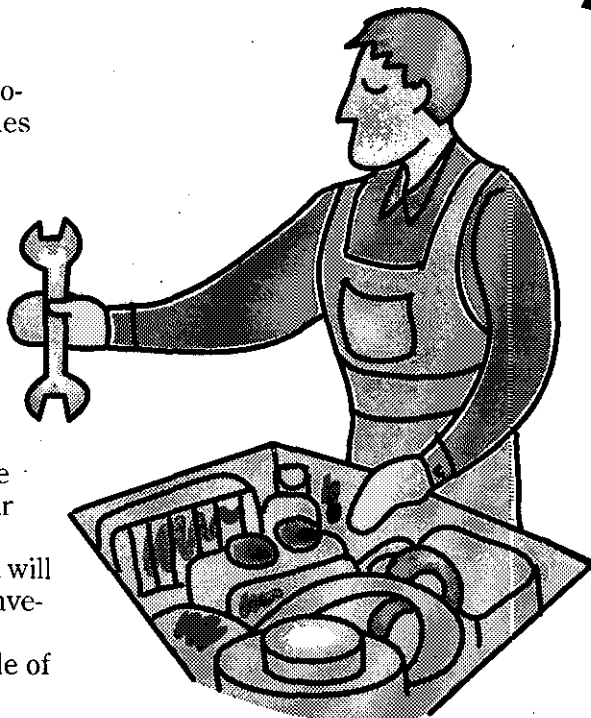
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# Automotive CLASSIFIEDS

## It's all in timing

**W**ith automotive engines as with many aspects of daily life, timing is critical. One vehicle component often overlooked during routine maintenance is the engine timing belt. If it fails, the engine will stop and the car will coast to a stop. The lucky motorist will only have the inconvenience of being stranded on the side of the road.



On the other hand, the engine might suffer severe damage to its internal components. This potential disaster can be avoided easily and relatively inexpensively by replacing the timing belt within the required replacement interval.

Timing belts resemble an engine accessory serpentine belt in appearance, only they typically have square teeth on the inside surface. They usually are constructed of rubber reinforced with nylon. Simply put, the timing belt transfers the rotation of the crankshaft to the camshaft. The rotating camshaft activates the valves, which provide air and fuel to the cylinders and expel combustion gases to the exhaust system.

The valves and pistons are constantly moving up and down at very high speeds. When the pistons are down, the valves are open; when the piston is at the top of its travel, the valves are closed. Some engines don't allow clearance between a valve at its lowest point and a piston at its highest. The timing belt, therefore, is the critical link to ensure that these components don't collide. If collision occurs, damage to the valves, pistons, cylinder head, and cylinder walls can result. This can be an expensive repair.

Many domestic vehicles built within the last several years and the majority of imports are equipped with a

timing belt. Other engines rely on a timing chain rather than a belt. Refer to your owner's manual or take your car to a repair facility if you are unsure.

Because timing belts usually are protected from foreign objects by a cover, visual inspection is impossible. The owner's manual maintenance schedule is a source of timing belt replacement intervals, typically every 60,000 to 90,000 miles.

Timing belt replacement usually requires removal of the engine drive belt that operates the alternator, water pump, power steering pump, and air conditioner. Consider replacing this belt, or multiple belts, when having a new timing belt installed.

### Automotive CLASSIFIEDS

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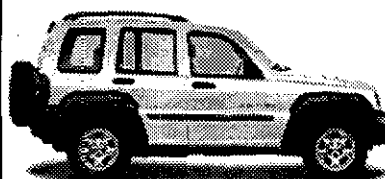
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(From Page 1)

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