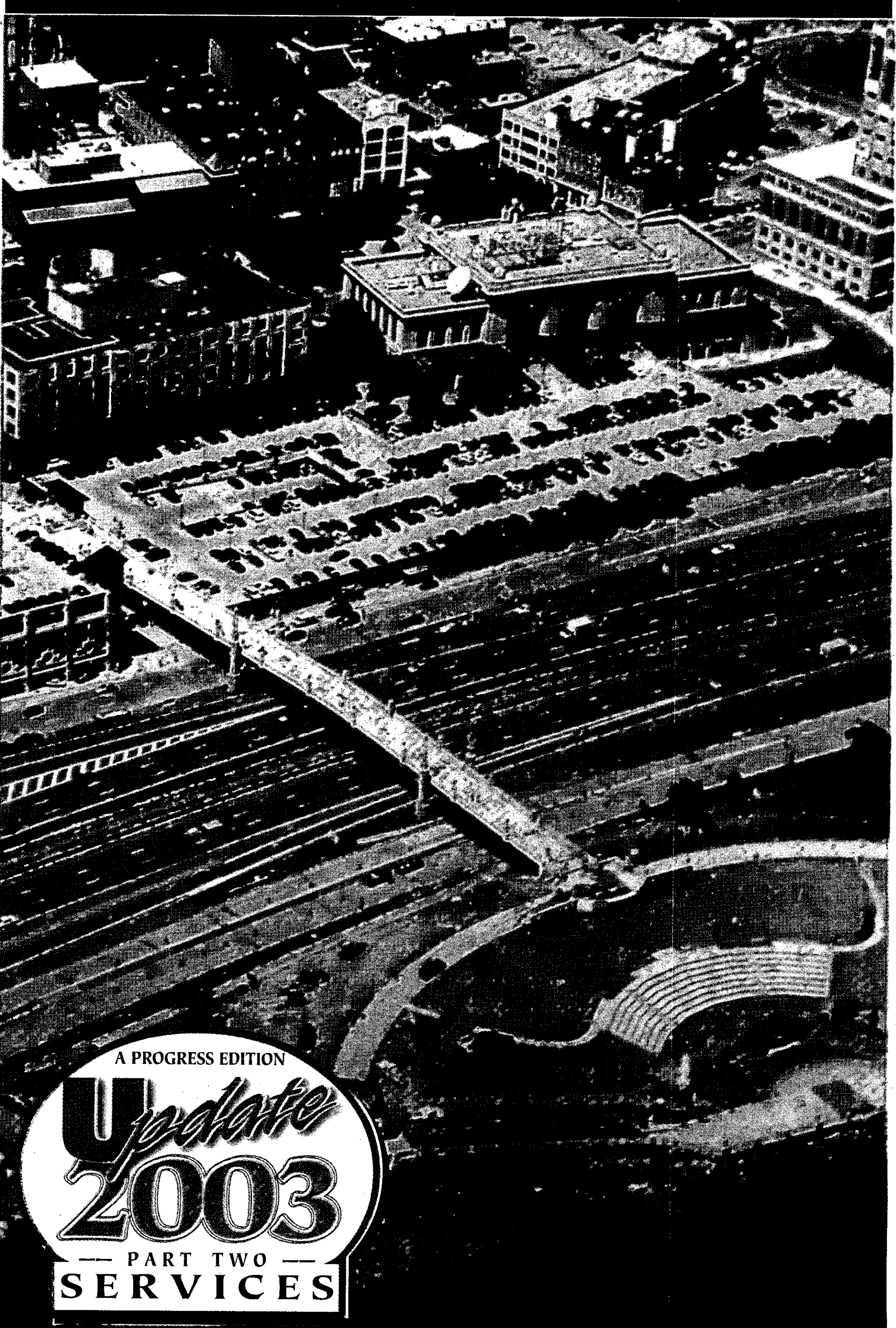


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Update
2003

— PART TWO —
SERVICES

A supplement to Spotlight Newspapers

February 19, 2003

Company's new name conveys variety of services on tap

BY KATHERINE MCCARTHY

Starting this week, Sports Therapy Albany will change its name to be more accurate in its description. The change to Albany Physical Therapy was easy to make, said Thomas Fashouer, director of rehabilitation.

"We felt that the level of services we offer, and the types of patients who see us, weren't reflected in our old name," Fashouer said. "When we opened in 1992, sports therapy was an area of specialization for us. Now, we offer so many services, we found the name restrictive."

Fashouer stressed that the name change didn't mean a change in ownership, or staff, some of whom have been with Albany Physical Therapy since it opened. Located at 4 Executive Park Drive in Albany (behind Stuyvesant Plaza), Albany Physical Therapy offers general physical therapy and rehabilitation.

"We're unique in that we offer vestibular rehabilitation," Fashouer said.

"This sort of rehabilitation addresses neurological and balance disorders, especially those caused by

dizziness and vertigo. The three full-time physical therapists, and two full-time physical therapist assistants, perform manual physical therapy, especially for people with fibromyalgia and chronic pain.

They have a special biofeedback and headache program, where they treat headaches without medicine. Albany Physical Therapy also has an aquatic physical therapy program in place at the Jewish Community Center.

"This works very well for patients who with back and neck pain," Fashouer said. "The water eliminates the effects of gravity, and in the water, we can do exercises that alleviate pressure on the spine. These aquatic exercises are great for people with no weight-bearing capabilities."

Fashouer said they also have an osteoporosis program, where they teach people exercises specific to

bone loss.

"Some exercises are horrible for people with osteoporosis," Fashouer said. "We teach people what kind of exercises to do, and how to do them safely. This is usually a short-term program with

us, and then people continue the exercises on their own."

In order to prevent injuries, Albany Physical Therapy offers a number of educational seminars.

"We have a vestibular rehabilitation seminar coming up, and an exercise and rehabilitation seminar geared for seniors," Fashouer said.

Once a month, Albany Physical Therapy offers back education classes, teaching people what back pain is, how to recognize it, how to deal with it, and most importantly, how to maneuver your body to avoid it.

By law, New York's physical therapists must be licensed, which means they've participated in a five-year master's level program.

Albany Physical Therapy accepts all major insurance plans, and patients must be referred to them by a doctor. It is open Monday, Wednesday and Thursday from 7 a.m. to 8 p.m.; Tuesday and Friday from 7 a.m. to 6 p.m.; and Saturday from 8 a.m. to noon.

For information, call them at 489-2449.

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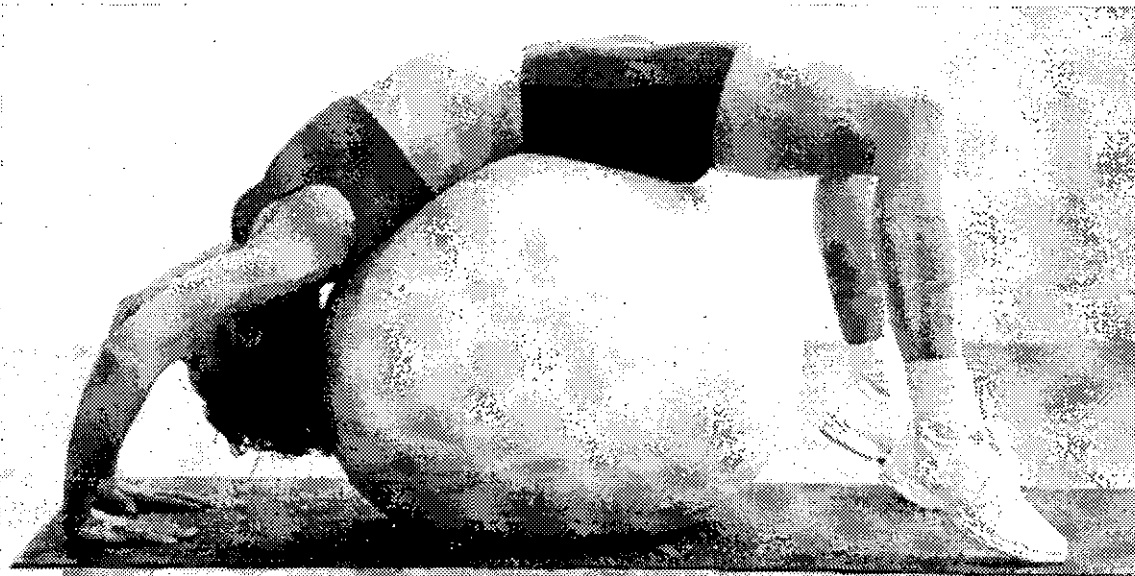
We felt that the level of services we offer, and the types of patients who see us, weren't reflected in our old name.

— Thomas Fashouer

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NXIVM course helps people develop full potential

BY KATHERINE MCCARTHY

A year and a half ago, Suzanne Kemp joined a friend traveling to the Albany area to take a course called NXIVM.

"My friend and I were successful businesswomen," Kemp said. "She called me from California and said she was having career, relationship and children problems, and could I come with her to a course she'd heard about. I went along as a friend."

What Kemp discovered changed her life, caused her to leave her alternative health product distribution business in San Antonio, Texas, to become an educational coordinator in the

NXIVM program in Albany, and to lose 108 pounds.

"I'd been to hundreds of courses," Kemp said. "This is the No. 1 human potential course that exists, and the most impactful

transformational course you can find."

The course — which is offered in five or 16-day versions — will help you get rid of the limiting beliefs

that keep you from maximizing your potential. Kemp first took the five-day course, then went home, cleared her schedule, and returned to Albany for the 16-day course. She didn't set out to lose weight, but it turned out to be one of the many positive results of the course.

"I'm like the before, after and suddenly pictures," Kemp said. "When people get rid of their limiting beliefs, amazing things happen. I found I just started losing weight, I needed less sleep and I had more energy. Because you're not reproaching yourself all the time, your I.Q. goes up, and you think more critically. People learn new communication techniques, and establish better relationships in their lives and see more success in their careers."

The course is broken into two-hour modules, and people work in groups of two or three, with a NXIVM coach.

"There's nobody lecturing about generalities," Kemp said. "Each subject is about every part of your life, and it's taught inductively."

The course explores why we've made the connections we have in our lives; what might have

happened to make one person afraid to fly, or another afraid to speak in public, for instance. Most people, Kemp said, have two to 400 limiting beliefs, and they get rid of several of them in each module of the course.

"People say, 'Oh, my God, I didn't know that,'" Kemp said of the experience. "When you know the ending, you want to go back and do things all over again."

With schools in Saratoga and Albany, NXIVM is easily accessible

to residents of the Capital District. The course, which has been in existence for nearly five years, is also gaining popularity in New York City; Des Moines; San Francisco; Seattle, and even Mexico.

There are two upcoming starting dates — March 8 in Saratoga, and March 22 in Albany. For information, contact Kemp at 373-9889, or e-mail her at skemp@nycap.rr.com.

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A place for women to keep fit

BY D.J. TAYLOR

As Fitness for Her completes its ninth year of serving women of all ages, shapes and sizes, we continue to grow and change to accommodate the needs of our clients.

People want to exercise, regardless of work, family or busy schedule demands. Exercise is an important part of everyday life and we should try to find time for it.

Many women who come to Fitness for Her have chosen to share exercise time with friends, daughters and other family members. What a

great idea! Exercising together enhances shared quality time, while not interfering with your personal workout routine.

In the midst of another "baby boom," Fitness for Her offers plenty of aerobic and modified weight programs for women in all stages of pregnancy and after the baby is born. New moms can benefit from the use of our child care area.

If new mothers come in the middle of the day, when we aren't as busy, they can even carry their infants with them while they exercise.

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

At Fitness for Her, we continue to upgrade our cardio area and weight room and have top-notch trainers on staff.

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

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

The writer is owner of Fitness for Her

S.G. Kamath, M.D.

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Delmar Dental can help you keep your smile bright

BY KATHERINE MCCARTHY

You chew with them, you grimace with them, you grin at people with them, you get little pieces of spinach stuck in them. To keep your teeth healthy through all the different stages of your life, turn to Delmar Dental Medicine.

Dentists Thomas H. Abele and

Geoffrey B. Edmunds, work with four dental hygienists and three dental assistants in their offices at 344 Delaware Ave. in Delmar.

The dental hygienists, one of whom has been with the practice for nearly 20 years, clean patients' teeth, take X-rays, and do cosmetic bleachings, periodontal charting and other periodontal procedures.

Abele and Edmunds are involved in many dentistry subspecialties, with Edmunds handling the orthodontics in the practice, for children and adults.

After an evaluation, Edmunds

will determine if a patient should have braces, dental appliances or a combination of both. If a patient wants something less visible than braces, Delmar Dental offers Invisalign, a clear plastic

orthodontic device.

Delmar Dental Medicine also performs restorative work, be it a crown to replace a

broken or fractured tooth, or a large old filling that's been damaged. A new crown will protect and strengthen the remaining tooth structure. A bridge can be used when one or more teeth are missing, and uses crowns on either end to anchor it in place.

The dentists can also provide a qualifying patient with implants, natural-looking replacements for missing teeth.

For routine teeth fillings, Delmar Dental Medicine uses composite resin fillings instead of silver mercury fillings. The resin is

less likely to fracture, and its color can be matched to the tooth it's filling.

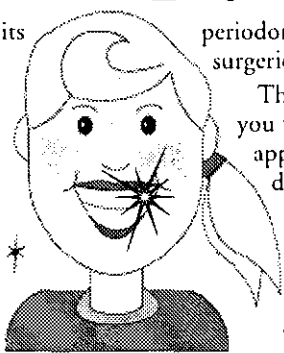
Delmar Dental Medicine can also take care of surgical needs, whether it's extraction; reconstructive surgery in conjunction with an implant, crown or bridge procedures; or

periodontal and endodontic surgeries.

The practice can save you time in getting appliances, partials, dentures, crowns and bridges, since it has an on-site dental laboratory. There are three experienced lab

technicians — the senior one of whom is Abele's father, Harold Abele, who has more than 60 years experience as a lab technician.

Delmar Dental Medicine is open from 8 a.m. to 5 p.m. Monday through Thursday, and Friday from 8 a.m. to 3 p.m. You can reach them at 439-4228 or check them out online at www.delmardental.com.



Look younger with plastic surgery

BY KATHERINE MCCARTHY

If you feel like the aging process is getting the best of you, take heart — The Plastic Surgery Group can get you looking more like your old self again.

"There are always options," said Dr. John Noonan of The Plastic Surgery Group. "We've been doing a lot of educational seminars, at our offices and in salons like Choices at Delaware Plaza."

Putting your best face forward is one concern that Noonan sees a lot, and he offered a few non-surgical tips

to keep that sunny glow in your face.

"The sun is no longer your friend," he said. "You also want to avoid alcohol, smoking and free radicals."

If the damage has been done, though, or age is starting to line your face, The Plastic Surgery Group offers several ways to turn the clock back a bit.

"There are facials, more intense treatments like microdermabrasions, and surgery," Noonan said. "It all depends on how much time and money you want to invest and what the ultimate image that you want to achieve is."

The three most popular non-surgical procedures today are Botox and collagen injections, and microdermabrasion. Botox freezes facial muscles, making vertical "anger lines" on the forehead diminish or disappear.

"Ninety percent of the time, patients who get Botox see improvement within 48 to 72 hours," Noonan said. "One shot can last three to five months."

Collagen plumps up depleted skin, whereas microdermabrasion removes a thin layer of skin from the face, allowing new skin to grow back and replace it. These treatments have become popularly known as "lunch time treatments," since they can be done on an outpatient basis in a relatively quick time frame.

One of the most popular surgical procedures plastic surgeons perform is liposuction, where they vacuum the fat out of a person's body.

"I was one of the most conservative doctors about liposuction," Noonan said. "Now I'm glad to be exposing its benefits."

Liposuction, he stressed, is not a general obesity treatment, but can be a great equalizer, if a person's body has localized abnormal fatty deposits, like on the hips or thighs, or if a person is bigger on the lower half of their body than the upper half.

"We're sculpting bodies," Noonan said. "We don't do one standard body, but can give a patient what they want."

The same is true of lipoplasty, which is no longer just a standard face lift.

"We address each component — the muscles, the fatty tissue, and then we redrape the skin over the face," Noonan added.

"While plastic surgeons can make great things happen, Noonan stressed that no surgery should be taken lightly.

"You need to trust in your surgeon, and the anesthesiologist," Noonan said. "You need to do it with surgeons certified by the American Board of Plastic Surgery."

Also, he advised, never hesitate to ask to see photographs, and if there's something a patient is unsure of, ask for a second opinion.

"Any doctor worth his mettle will agree with that," Noonan said.

The Plastic Surgery Group has been in the Capital Region for more than 55 years, and is one of the oldest plastic surgery practices in the country. Its seven board certified plastic surgeons, including Noonan, offer a full range of restorative and cosmetic plastic surgery procedures that include cosmetic eyelid surgery, forehead lifts, rhinoplasty, chemical peels, laser hair removal, tummy tucks, spider vein treatment and breast augmentation.

Free seminars are held monthly. The next facial rejuvenation seminar is scheduled for April 10 at 7 p.m., and the next body contouring seminar will take place on March 12 at 7 p.m. Free Botox evaluations, along with treatments for a fee, are held monthly; the next one is on Feb. 26 at 6 p.m.

The Plastic Surgery Group is located at 1365 Washington Ave. in Albany. They can be reached at 438-0505 or on the Web at www.theplasticsurgerygroup.net.

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Baptist Health provides medical care for the family

BY MICHELE FLYNN

You may not even know they're there, but behind the Baptist Health Nursing and Rehabilitation Center on Route 50 in Scotia, lies Baptist Health Family Medical Care. Both are operated by Baptist Health System, but there is one significant difference: the medical practice is for all ages, newborns, children and adults.

Capital Region Cardiology stays small to serve you

BY MICHELE FLYNN

Dr. Igal Zuravicky, Michael P. Bernstein and Brian A. Herman make up Capital Region Cardiology. They cover three offices, including one in Greene County.

Their approach is simple, according to Zuravicky who founded the practice in 1979.

"We provide top quality care on an individual basis. This is not a mass production operation. Unfortunately, that has happened in the last few years in medical care," he said.

It doesn't happen at Capital Region Cardiology. The doctors tailor care to each individual's needs, spending the necessary time with each patient. They've kept the spirit of the good old days, the individual attention and the service, and added the new.

"Cardiology explodes every day: new drugs, new modalities, new interventions and better testing specificity. There is something new everyday and we do our best to keep up," Zuravicky said. "We deliver comprehensive care every facet of cardiac care from diagnosis to treatment."

"It is unusual for a small outfit to do that," he added. "Large groups contain overhead to make the operation financially more feasible. A small group has a harder time doing that. We pride ourselves on doing that."

Zuravicky said there is no such

thing as the typical patient his office sees.

The word "family," in its name describes the practice in two ways: it is a family practice, serving families from birth to old age, and a family of practitioners who work together. Office manager Melissa Rogers has been with the practice since the start in 1998.

"There are new patients entering the practice each day. It has been fun to watch the pediatric practice grow," she said.

"I can tell you that the most frequent disease is coronary disease, but each patient is unique and needs unique treatments," he said.

Zuravicky began the practice in 1979. He graduated from the University of Lausanne in Switzerland and completed his fellowship in cardiology in Syracuse at the Upstate Medical Center.

Bernstein graduated from the Spackler School of Medicine in Israel and completed his fellowship at University Hospital in Syracuse.

Herman graduated from Hahnemann University in Pennsylvania, completing his fellowship at Presbyterian University Hospital in Pittsburgh.

All three doctors are fellows of the American College of Cardiology and are affiliated with St. Peter's, Albany Memorial and Albany Medical Center hospitals.

The main office of Capital Region Cardiology is at 854 Madison Ave. in Albany. It is open Monday through Friday from 8 a.m. to 5 p.m.

The Latham office is at 694 Troy-Schenectady Road. It is open Wednesday from 8 a.m. to noon. The Greenville office is in Greenville Family Health Care in Bryant's Country Square. It is open every other Monday from 1:30 to 4 p.m.

To make an appointment, call 438-6236.

Besides handling the day-to-day business of the office, she is the X-ray technician.

Nurse manager Jennifer Pettis said that Roger's familiar face is a comfort for new and returning patients, young and old.

"The parents are patients and they bring their kids. They recognize Melissa and know us," she said.

Dr. Montana Serrano has also been with the practice since the beginning. He is a family practitioner with a background in internal medicine. He has worked in urgent care facilities throughout the area.

"He's a really nice guy," said medical director Dr. Robert Ringle.

Serrano attends children and adults. Dr. Jan Carstens treats the

young and old, including the tiniest patients, newborns. She is also a family practitioner who previously worked at St. Clare's Hospital.

Baptist Health Family Medical

Care also contracts with local business for pre-employment physicals, drug screening and workers' compensation claims.

"They bring them here instead of wasting the day at the ER," said Rogers.

Pettis worked at the Baptist nursing home for more than six years before coming to the family care practice. After working closely

with the elderly residents, she said, "I did not expect to develop such a relationship with the patients," but has found that she has developed many close relationships.

Pettis works with licensed practical nurse Debbie DiDonna to care for patients day-to-day needs, and also calls them with lab results. Patients can always get a same-day appointment, and walk-ins are seen. The office stays open until 7 p.m. on Monday and Thursday.

For information or an appointment, call 377-9444.

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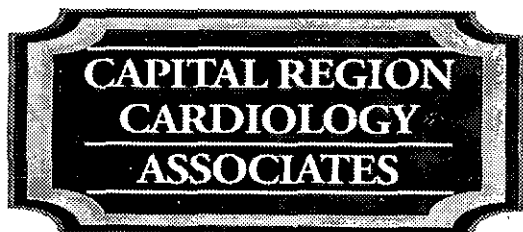
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Take off pounds sensibly with local TOPS chapters

BY DAMIAN PAGANO

When Judith Pettit started a local chapter of "Take off Pounds Sensibly," TOPS for short, she said she weighed 240 pounds and suffered a host of weight-related health problems.

Pettit said she turned to cookies

whenever she got nervous or depressed.

About 20 years later, Pettit said she has slimmed down and improved her health. She has also curtailed her cookie habit. It wasn't easy, but the TOPS organization helped her through the tough times, she said.

"You can't give up when the going gets tough," Pettit said. "We really advocate that you have to take it each day as it comes."

TOPS is an international, nonprofit organization that encourages members to support each other in trying to lose weight.

Pettit started a chapter of TOPS in Gloversville in 1983. She heard about the group through a coworker but found out that there weren't any local chapters.

Pettit wrote to TOPS headquarters and decided to start a local chapter. She and five other people met weekly in the dining room of her home. But the buzz spread fast. People interested in the organization's philosophy of weight loss through a sensible diet, regular exercise and peer support were coming to meetings from as far away as Schenectady.

Pettit said the Gloversville group was the first of the organization's local chapters. Over the next decade, Pettit said she and some of her friends helped start TOPS chapters all over the Capital

District. The group now boasts about 3,000 members and chapters in 16 area counties, she said. The chapters meet on a weekly basis.

Annual membership is \$20 and weekly dues for the local chapter never exceed \$2, Pettit said.

For their dues, members receive a monthly magazine that contains news, inspirational stories and low-fat recipes.

The local chapters have recently started a buddy system in which people pair up to encourage each other in exercise and to provide support for people having a tough time reaching their goals for losing weight.

"You've got to learn to be tough and positive," Pettit said. "But it can be hard and the more people support each other, the easier it is to reach your goals."

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Area eye care specialist to provide Botox training

Stasior & Stasior Eye Care Specialists in Latham has been selected to be the exclusive Botox national training center for physicians in the Capital Region and northeastern corridor.

The doctors, Orkan George Stasior, M.D., F.A.C.S. and George O. Stasior, M.D., F.A.C.S., ophthalmologists and eye plastic surgeons, have been using Botox for the past 20 years for the treatment of various eye disorders. They have met the strictest criteria necessary for this important distinction of being a national training center for Botox.

The doctors will be training other eye plastic surgeons, ophthalmologists, dermatologists, maxillofacial surgeons, general

plastic surgeons and facial plastic surgeons to safely and effectively administer Botox for medical and cosmetic uses.

Allergan's drug Botox, which received FDA cosmetic-use approval less than a

year ago, has

already

become the

most popular cosmetic

procedure, surgical or

non-surgical in

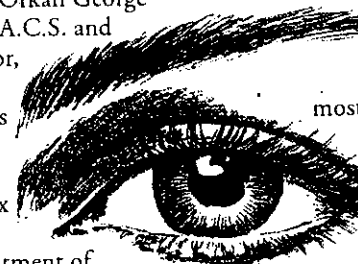
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For further details, contact Stasior & Stasior Eye Care Specialists at 220-1400, or check out their Web site at www.tricityreview.com/stasior&stasioreye.

They can also be reached by fax at 220-1404 or e-mail at stasioreye@mybizz.net.

Stasior & Stasior's offices are at 8 Wade Road in Latham.



Home Sweet Home



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St. Peter's Bender Lab starts blood donor program

BY LYNN ROTHENBERG

There used to be just one source for blood supplies in the area — the American Red Cross — but in October, St. Peter's Bender Laboratory opened its own blood donor program.

It is located at 2 Clara Barton Drive in Albany, next to Child's Hospital on Hackett Boulevard.

While the Red Cross supplies blood where there is a need, blood donated to Bender will be used exclusively by the hospital, according to Ben Norris, administrative director of laboratory services at the hospital. He said there is a shortage of blood supplies.

"The Capital District has a lower rate of blood donations than most areas," said Norris. "Sixty percent of the population nationally is able to donate. Of that, only 5 percent donate. Here,

it's only 4 percent," he added.

The donor program at the hospital hopes to increase donations by making it easier for donors. Bender will run a blood drive at businesses, Norris said. They set up cots, and if the building is too small, the lab has a

mobile van that accommodates three to four people at a time. Bender also assists companies in encouraging people to sign up for blood

drives.

Autologous donation, or donating blood for one's own use became popular when fear of receiving AIDS tainted-blood tainted was more prevalent, Norris said.

This practice has diminished, he said, noting that the Federal Drug Administration (FDA) sets standards for blood quality: it is screened, tested, and meets all standards.

The problem with storing blood

is the short shelf life for red blood cells — 42 days, while platelets are only viable for five days.

"We don't freeze blood," Norris said.

The discard rate at the hospital

is less than 1 percent due to the constant need for it.

"We use 1,000 units of red cells a month," he said.

While most people can donate blood, those with health conditions

such as hepatitis or AIDS are precluded.

People who want to donate blood or to run a blood drive, may contact St. Peter's Blood Donor Center at 426-1510 or 1-800-753-6341.

Good eating habits key to dieting

BY ROB JONAS

Diet Workshop of the Capital District, Inc. believes that people shouldn't have to starve themselves or take supplements in order to lose weight.

Instead, the program focuses on eating regular foods in moderation to lower weight and cholesterol levels.

"The average person loses 1 to 2 pounds per week, and they can eat like a normal person," Diet Workshop president Chris Hess said. "It's all about learning what to eat, and portion control is a major part of it."

Hess said many of Diet Workshop's clients have been in the program for several years, and some of their clients have even gone on

to become instructors in the program.

"We definitely do get word-of-mouth (advertising) because the majority of our members have been with us a long time, and they are very happy with the program," she said.

The way the program works is that people keep track of how large their portions are so they stay within the amount of calories they can eat per day. Caloric ranges start at 1,200 per day and are low in fat, though people can incorporate anything they want into their diets — including cookies, cake and other sweets.

"They are very often surprised at the quantity and the types of food we eat" in the program, Hess said.

Clients also attend classes at

Diet Workshop's headquarters on Central Avenue in Colonie.

"When a member comes into a Diet Workshop class, they like the fact that the instructor knows them by name," Hess said. "The class sizes are kept small, so the instructors get to know each member."

Hess said those who join the program see results within a short period of time.

"If they start the program, in the first week they can expect to see some weight loss," she said. "The average person sees 5 to 6 pounds of weight loss in the first week, but that's normal for any weight loss program."

For information, call Diet Workshop at 452-4900.

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Keeping your health while traveling to other lands

BY MICHELE FLYNN

Taking a trip abroad and don't know what to pack? Can't help you there, but Dr. Henry Luban and registered nurse Sue Gauthier can give you advice on how to stay healthy while visiting Africa, South America, India or just about anywhere.

They provide this service at Health Travel Medicine, part of Community Care Physicians in Latham.

Gauthier is the Wellness Concierge, and part of her job is to advise travelers on health issues particular to their travel plans. Luban has a great interest in travel medicine, is board certified in internal medicine and has been practicing for more than 15 years. Though the service has been open less than a year, they have sent many globetrotters safely to and from their destinations.

First, Gauthier reviews the patient's itinerary to determine what

precautions might be necessary, based on Center for Disease Control (CDC) information, length of stay and whether the patient will be staying in a rural or urban area. She then makes recommendations for inoculations and advises on safety issues. Depending on the locale, she might warn against eating raw food, suggesting it be well-cooked instead.

She also advises using commercially bottled water, even for brushing teeth. In addition, she can provide information about the U.S. Embassy. Much of this information can be collected by travelers, but they appreciate the convenience of having it collected for them.

After Gauthier provides guidance, Luban provides further safety information, and ensures that patients understand the importance of taking medication until it is finished and administers the necessary shots.

Luban administers inoculations against a variety of diseases, including yellow fever, malaria, meningitis, hepatitis A and typhoid. Many physician's offices stock some of the vaccines needed by travelers, but it's not cost effective for individual offices to stock them all.

Not to worry, Health Travel Medicine has what you need. However, most adventurers don't need any shots. Inoculations are generally not required to enter a country, however visitors to parts of Africa and South America must be protected against yellow fever.

Unfortunately health insurance does not usually cover inoculations

not necessary in this country, so travelers must pay out-of-pocket. The staff at Travel Health Medicine also suggests that vacationers call their insurance company to find what, if anything, is covered abroad, such as medevac transport back home. Some travelers purchase additional health insurance specific to travel.

Community Care Physicians Health Travel Medicine is available Monday through Friday from 8 a.m. to 5 p.m., Monday through Friday. It is

recommended that many inoculations be given four to six weeks before a trip.

For an appointment, call 783-3110. And bring your pictures in when you come back!



• • SERVICES • •



Ophthalmologist provides full service

BY MICHELE FLYNN

Dr. Suresh Kamath is a Slingerlands ophthalmologist providing a variety of services, from routine eye exams to Botox treatments. He completed his training at Albany Medical Center and has been practicing for eight years.

Basic ophthalmology offered by Kamath includes eye exams, glaucoma and diabetes screening and treatment, and motor vehicle eye tests. He also offers cosmetic procedures.

Kamath is familiar with vision problems related to diabetes and glaucoma.

He called diabetes, "A horrible, subtle disease that creeps up on people. It is one of the largest causes of blindness."

Diabetes produces blood vessel damage throughout the body, including the eyes. The extent of the damage depends on the severity and length of the disease. Some damage can be fixed. For instance, if the blood vessels grow abnormally or leak, they may be repairable. But a clogged vessel cannot be fixed.

Specialized surgery for glaucoma is usually not necessary, as many cases can be treated with medication.

Most of Kamath's work is in routine eye care such as eye exams, though his subspecialty is eyelid surgery. He repairs eyelids that are droopy or have turned inside out. Small tumors on the lid can also be corrected with surgery.

Some patients are interested in cosmetic surgery, and Kamath offers a consultation in which he asked the patient to describe the problem.

"Then, I come up with a plan to fix their problem," he said. "Sometimes they aren't sure, so I

help them define what bothers them and what they want to do about it. Beauty is in the eye of the beholder. The patient is the beholder. My job is to educate them on what their options are, and then do it as safely as possible."

There are three areas of cosmetic surgery: bags, frown lines and skin texture. Bags require surgery. Kamath uses Botox injections for frown lines. He does not offer skin texture solutions.

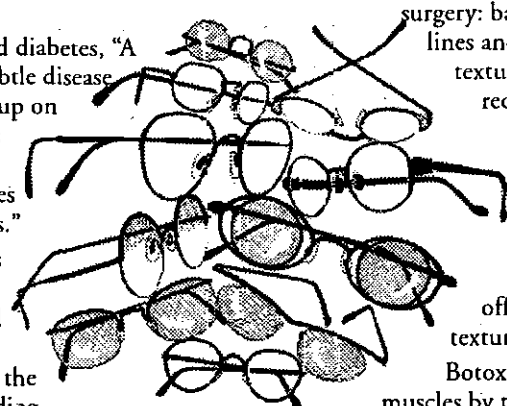
Botox relaxes muscles by treating blood vessels with a chemical that blocks the nerve. His patients use it for any wrinkles that are caused by frowning, such as crows feet and between eyebrows. The results last three to six months.

"Anything you don't like will be gone in a few months," he said. "But, I've never really had anyone who didn't like it. They usually want to do more."

Cosmetic Laser Surgery is at 1345 New Scotland Road in Slingerlands in the medical building next to Price Chopper.

The office is open Monday through Wednesday from 9 a.m. to 4 p.m., Thursday from 9 a.m. to 6 p.m. and Friday from 9 a.m. to 1 p.m.

For an appointment, call 439-1383. All major insurance plans are accepted.



Hughes Opticians: it's all in the family

BY KATHERINE MCCARTHY

At Delmar's Hughes Opticians, located at 411 Kenwood Ave., taking care of people's eyes is a family affair.

Tom Hughes Sr. started Hughes Opticians in 1988, after having been in the business for a few years.

"I wanted to go out on my own, and I live in Delmar, so I started out here," Hughes said. "It's worked out really well."

Hughes' wife Michelle is the receptionist and their two children, Tom Hughes Jr. and Michelle, are also opticians.

"It's nice to have the kids in the business," Hughes said. "As far as we know, they went into it of their own choosing. There's always somebody from the family here."

In addition to the family of opticians, Dr. Kerry Harbeck is a full-time optometrist, who can provide eye examinations.

"We make the glasses here, and can provide very quick turn-around," Hughes said. "Sometimes we have them as quickly as the next day."

That speed is possible partly because Hughes Opticians has the most updated equipment available for making glasses.

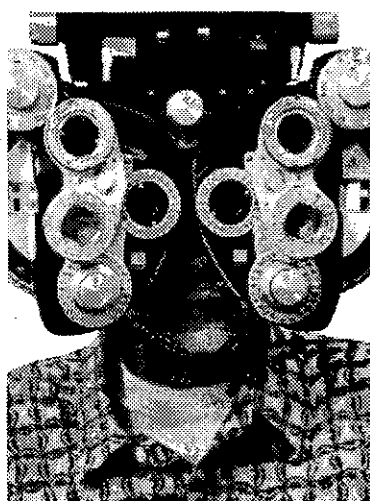
Hughes Opticians has a full line of frames for glasses, and they have the next generation transitional lenses that darken when you go outside. For the aging baby boomer generation, there are bifocal contact lenses.

"These have been around for a while, but the new ones which came out a couple of years ago are much better," Hughes said.

Hughes Opticians accepts CDPHP and MVP insurance, and recently became a participating provider in the Davis plan, which covers Verizon and CSEA workers.

"This insurance lets us reach a number of people we couldn't before," Hughes said. "This adds something unique to the wide variety of frames and lenses we've always had, and the personal touch that a small, family-owned business can provide."

You can reach Hughes Opticians at 439-4971.



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Hiscock & Barclay has a wealth of tort experience

BY DAVID TYLER

As the issue of tort reform continues to bubble up in the halls of Albany and Washington, Hiscock & Barclay Law Firm is proving to be an experienced and cost-effective guide through the tricky currents of tort law.

Rochester-based partner William Gandy has about 20 years experience litigating tort cases and lists some of the nation's largest insurance

companies among his clients. One of a number of lawyers in the firm with at least 20 years of experience in the area, Gandy handles primarily catastrophic injury and product liability cases and he has taken more than 50 trials to verdict.

As such, he is well versed in what he calls the three targets of tort reform — caps on pain and suffering judgments, joint and several liability, and a section of state civil law that takes worker negligence out of the equation when considering any gravity-related injury incurred in the work place.

Pain and suffering

"There continue to be proponents that say we ought to cap pain and suffering," Gandy said. "It's an interesting debate."

That debate was fueled by President George W. Bush's recent State of the Union address, during which he proposed a \$250,000 cap on medical malpractice, similar to the cap in place in California. But while the federal government

could hold some sway over the states, Gandy believes that the decision to install a cap in New York must take place in Albany, not Washington. And that, he said, is unlikely.

"I don't think this is something that the state is in a position to pass right now," he said. "The trial lawyers (lobby) is very strong in New York state."

Nonetheless, there has been some meaningful tort reform in the past 20 years.

In 1986, when outrageous judgments were even more

commonplace and insurance premiums were skyrocketing, the state changed the standard of an excessive verdict. Prior to 1986, an award was considered excessive if it "shocks the conscience." After the 1986 change, if an award "materially deviated from reasonable compensation," it was considered excessive and reduced.

In addition, all awards are reviewed by the state appellate court and reduced if they are not in keeping with that standard.

"These awards are routinely reduced," Gandy said.

Joint and several liability

Prior to 1986, if there was shared liability, the plaintiff could pick and choose between the responsible parties, a decision that was typically based upon which defendant had the greatest ability to pay. In that scenario, a defendant who shared just 1 percent of responsibility for an injury could be joint and severally liable for 100 percent of the award.

In 1986, that law was changed to make only those with 51 percent of the responsibility or more joint and

severally liable for non-economic damages like pain and suffering. However, the 1986 reform — called Article 16 — does not include cases involving automobile accidents, which make up a large percentage of tort cases.

Those in favor of tort reform would, ideally, like to do away with joint and several liability completely. At the very least, Gandy said, they would like to see Article 16 expanded to include cases involving automobile accidents.

Gravity related accidents

Frustrating to employers is a section of the state labor law that deals with workers or objects falling from an elevated work site. Damage awards are larger in these cases because unlike other cases, the worker's negligence can't be used to reduce the employer's liability. Therefore, the employer has absolute liability for these damages, even if the injured employee is partially responsible for the accident.

"There is no consideration of any negligence on the part of the worker," Gandy said. "The absolute

liability increases the value of the damages."

Not only are the damages larger, but the employers have no recourse in the courts, even if the employee was partially or completely to blame for the accident.

While New York may not be prepared for sweeping tort reforms, Gandy said, the issue is coming to a head.

"I think it's having a significant impact on our industry. It's driving up the cost of doing business," he said. "The issue of tort reform is moving quickly up the agenda."

Because of the significant costs, not only of the awards but also of defending a lawsuit of this nature, Gandy said it is imperative to have an attorney with the experience to prepare an efficient and cost-effective defense.

"It can be very costly if you start making mistakes," he said.

Hiscock & Barclay has attorneys who handle tort cases in Albany, Buffalo, Rochester, Syracuse and New York. Find them at www.hiscockbarclay.com.

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At Bethlehem Family practice, there are three physicians and two nurse practitioners. In the Slingerlands office, they provide primary care to all ages, including newborns, along with a full range of women's health services.

Bethlehem Family Practice has many generations of the same families as patients. This is a plus for those

families, since it keeps all the family's health care in one place, and helps the providers learn a great deal about that family's history. The practice also provides medical care at a local nursing home, school district, college and industrial facility.

Taking care of patients in many different arenas has helped broaden the knowledge of the providers at Bethlehem Family Practice. They have experience in taking care of patients across all ages and environments.

Although they are involved in many areas, their primary concern is patients. This is why the practice offers evening

and weekend hours and same day appointments. They also provide house calls for established patients that are homebound.

Drs. Drew, Piplani and Pyle are board certified Family Practice Physicians. Drew has been practicing in Delmar for 21 years. Piplani has been with Bethlehem Family Practice since 1998, and Pyle joined the group in 2001.

Kim Lucey is a board certified Family Nurse Practitioner who has been practicing for five years. Her interests include women's health.

Kristin Cooke is an adult nurse

practitioner and a board certified Gerontological Nurse Practitioner. She has 11 years experience working with the elderly.

The administrator, Anne Cooke, is a Certified Medical Practice Executive and would be happy to answer any questions about the practice.

The office is at 1345 New Scotland Road in Slingerlands, next to Price Chopper. New patients are welcome.

To reach Bethlehem Family Practice, call 439-8555. They look forward to hearing from you and providing your family's health care.

**Update
2003**

• • SERVICES • •

Dr. Cheng focuses on total eye care

Dr. Mabel Cheng is an eye physician and surgeon. She is board certified by the American Academy of Ophthalmology and has been in practice for 12 years.

Her office's mission is to provide "quality medical and surgical eye care in a warm and friendly atmosphere."

This is evident as soon as you walk into the office and are greeted by the wonderful staff.

A variety of services are available in the practice, including comprehensive eye exams for both adults and children. Many patients have sought Cheng for surgical care of the eye. She was the chief surgeon for the Eye Care Department of the former CHP/Kaiser Permanente.

Cheng performs the latest techniques in small incision, sutureless cataract surgery with minimal discomfort to the patient. Other surgeries, such as glaucoma surgery, lid surgery, as well as refractive corrective surgery, including LASIK, are available. Some laser procedures can be done in the comfort of her office.

In addition, Cheng has a master's degree in human nutrition, and is well versed in the nutritional care of the eye. This is particularly important in taking care of

patients with diabetic eye disease, macular degeneration and other health problems.

Cosmetic procedures, such as eyelid rejuvenation surgery, are also available. Facial lines and wrinkles and migraines can be treated with Botox injections with minimal down time.

Contact lenses can be fitted and low vision services are available.

The office is centrally located in Latham, a short and easy drive from anywhere — with plentiful parking.

Appointments are made in a timely manner and the office is open Monday through Friday from 8 a.m. to 5 p.m. Emergency services are always available and the office is wheelchair accessible.

New patients are always welcome and Cheng participates in most major insurance plans.

Cheng is comprehensive in her care and compassionate towards her patients. A visit to her office is a warm and rewarding experience, during which patients get the benefit of the latest available technology and advances in eye care.

High-tech solutions used by Elsmere dentist

BY DAMIAN PAGANO

People might not associate a trip to the dentist with lasers and other high-tech gadgets.

But Elsmere dentist Gary L. Nelson uses the latest technology to provide the most accurate diagnosis possible and to ensure that his patients are comfortable.

Nelson said he uses several devices that take some of the guesswork out of dentistry and can even make needles relatively painless.

Nelson said he uses tool called the "Diagnodent." It is a laser that can detect decay on surface areas of teeth. X-rays can detect decay on areas of a tooth not visible to the naked eye, but detecting cavities on the tooth's surface is much more difficult, he said.

"In the past, a lot of exams have relied on eyesight and clinical judgment to detect decay on the surface of teeth," Nelson said. "This takes all the guess work out of it, and it's easy enough that my hygienist can use it."

Nelson said the laser can detect decay in its early stages and is useful for confirming initial diagnoses.

"If you tell someone that they have five cavities, this will back up your diagnosis so the patient doesn't think your coming up with fictitious cavities."

Nelson said he also uses a device that makes getting a shot in the mouth almost painless.

The comfort control syringe is used to administer oral anesthetic. It is a digital device that measures tissue resistance when a needle is inserted and the anesthetic injected. The comfort control syringe controls the speed at which the needle and anesthetic enter tissue, slowing both down to a rate that is below the threshold of pain.

"Most pain is caused by pressure of fluid going into tissue at a rate that's too fast," Nelson said. "This makes injections much more comfortable, if not painless."

Nelson said he also uses a special light-emitting diode that helps cavity filling harden faster. The silent, portable light shines light at a wavelength that reacts with a compound in the filling resin.

And he uses a special digital camera that takes pictures of teeth. The pictures can be brought up on a computer screen or television monitor, enlarged and even printed, Nelson said.

"All these tools mean better quality care and better results for my patients," Nelson said. "They also make things easier for me, but the patients' comfort and care is the bottom line."

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Residents find a new home at Fountain View of Guilderland

BY KRISTEN OLBY

Fountain View of Guilderland opened as an assisted living facility just a little more than a year ago off of Route 155 and its residents are already singing its praises.

Ninety-four-year-old Leo Cohen was searching for a new place to call home after living with his youngest daughter, who was moving out of town.

"I looked around at a lot of places and I liked this one the best of all that I saw," said Cohen.

After evaluating nine other assisted care facilities, Cohen felt Fountain View exceeded his expectations.

"Its appearance is very nice and the food that they serve you is

delicious," he said.

Having lived here just seven months, Cohen said he quickly adjusted to life at the facility and has made plenty of new friends.

"Everybody calls you by your first name and it's a very friendly atmosphere," said Cohen.

The 90-bed facility strives to provide more than just daily care for residents but a way of life. Staff encourage residents to be as active and independent as possible, planning shopping trips, theater outings and going for outdoor walks.

Comfortably furnished rooms with telephone and cable access help make residents feel at home. The facility provides residents with 24-hour assistance from trained

personnel and three meals made on the premises each day.

"People who live here are pretty much able to be on their own except they may need a little help with medication management, dressing or bathing," said admissions coordinator Lynn Bearup.

The interaction with fellow guests and staff members comes as a breath of fresh air for many of the elderly residents who have lived alone for some time.

"They find it very rewarding to be able to socialize again. It's very much a community here," said Bearup.

For Leo Cohen, the facility is a safe haven where he can live on his own without feeling he is burdening his family.

When asked if he would recommend the facility to others, he didn't miss a beat, responding with a feisty "Absolutely."

I looked around at a lot of places and I liked this one the best of all I saw.

Leo Cohen

Update 2003

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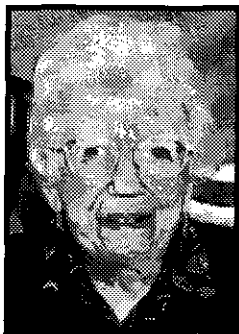
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Latham area chamber catches the high-tech bug

BY RICHARD SLEASMAN

Sematech! Tokyo Electron! IBM! Etc., etc. The Capital Region has caught the technology bug like at no other time in memory.

The conversations, heard in offices, homes, sporting events and around neighborhoods, swirl around feverishly. Each of us voicing an opinion as to the pending impact on our local economy.

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Some are convinced that the next five to 10 years will witness unparalleled growth in the region. There will be thousands of new, high-

paying jobs being created, hundreds of thousands if not millions of square feet of new research and development (R&D), office and manufacturing space coming on line, and the belief that Albany will be ahead of Austin (Texas) and not just in the alphabet.

Others see the excitement about the Sematech and Tokyo Electron announcements as premature wishful thinking — certainly "Smallbany" can't really expect to compete with the big boys. Only time will reveal the answer as to how powerful an economic engine the decision by the world's leading technology firms to call Albany their new research and

development home will be.

"Any sufficiently advanced technology is indistinguishable from magic," said Arthur Clarke in his work *The Lost World of 2001*.

Clarke is, it seems, in awe of the impact of cutting-edge technology on the day. And truly it must often seem like magic.

Imagine the excitement of the first light bulb, the

cotton gin, the telephone, your first e-mail, the first (fill in the blank), etc. I suspect that the greatest display of wizardry for this area will be less the results of the extensive nanotechnology research that will take place at the University at Albany's CESTM complex, but rather the magical transformation of attitude.

I struggle to think of any event in recent decades that has generated the pride and enthusiasm among the locals that the Sematech announcement has created. However, like most magic tricks, there is only success after countless hours of hard work.

It is now incumbent upon all of us to roll up our sleeves. We should each do our part to help convince the companies that could follow the R&D phase

with larger production facilities that Albany has the work force, quality of life, facilities, government support, etc. to be a viable destination.

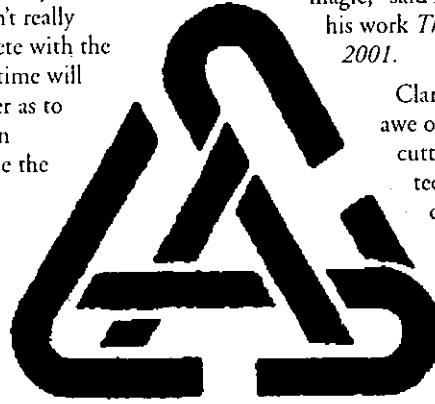
This means providing shovel-ready sites for development, housing and apartment supplies to meet a potential quick demand period, and encouraging a continuing private-public partnership at all levels. There is both excitement and a sense of urgency with this opportunity. We, as a region, need to unify our focus.

It is for these reasons that the Latham Area Chamber of Commerce has joined the Tech Valley coalition of chambers. Tech Valley has member chambers representing businesses from Plattsburgh to Newburgh.

There will be organizational meetings during the next several months that will better define the Latham Area Chamber of Commerce's role in the program.

I would like to encourage anyone who would like to learn more about Tech Valley, or even get directly involved, to call the Latham chamber at 785-6995.

The writer is chairman board of directors of the Latham Area Chamber of Commerce. This story was originally printed in the Latham Chamber February Newsletter.



Some are convinced that the next five to 10 years will witness unparalleled growth in the region.

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Bethlehem chamber champions local businesses

BY DONNA J. BELL

Since 1957, the Bethlehem Chamber of Commerce has been working hard as the voice of the local business community. In 2003, the chamber continues its mission.

"We have good, friendly, helpful community," said chamber Director Marty DeLaney who mentioned the Four-Corners Improvement Group as one example of what the local community has achieved.

"Many, many people have been working together doing fund-raising for the Bethlehem town clock which

will it will be installed at the end of the year," DeLaney said. "The chamber just helped crystallize the vision."

The chamber also reaches out to other parts of the community, not just the Four-Corners areas or

Delaware Avenue — but also into areas of southern Albany and the Hilltowns.

"We are wide-ranging," DeLaney said. "You don't have to be in Bethlehem to be a member of the chamber."

Another example of the chamber at work is a new gift certificate program, which allows people to

purchase one gift certificate that can be used at dozens of different chamber businesses. The certificates can be used for everything from dining to massage therapists to beauty shops, Realtors, music and book stores to name just a few.

"We want to drive business back into our community," DeLaney said.

The certificates will come in different denominations, starting at just \$5,

and are available to purchase at the chamber or online at the chamber Web site.

annual awards ceremony when they choose the businessperson and citizen of the year. These individuals,

nominated by the community, are recognized for their contributions to the community through volunteerism, mentoring and innovative programs to help others.

"We are

excited to be

giving awards at our annual dinner," DeLaney said. "It's so gratifying for the chamber to recognition people who give so much for the community, who go above and beyond. Bethlehem is full of people who are community minded."

On Feb. 27, the chamber will sponsor a breakfast featuring Sheila Fuller, the Bethlehem Town Supervisor who will be giving a "State of the Town" address. The meeting begins at 7:45 a.m. at the Quality Inn, on Route 9W. The cost is \$9 at the door, but you must make a reservation by calling 439-0512 or e-mailing info@bethlehemchamber.com.

For information on becoming a chamber member, or about local services or businesses, call the chamber at 439-0512 or visit their Web site at www.bethlehemchamber.com.

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**Bethlehem
Chamber of Commerce**

In Business for Business

Guilderland chamber moves to new digs

BY DONNA J. BELL

If you've been looking for the Guilderland Chamber of Commerce — it has a new home at 2021 Western Ave. in the Pega Plaza which is right around the corner from the Star Plaza.

"The new office space is exciting because it's spacious, light and welcoming, and it allows us to better serve our membership," said Executive Director Jane Schramm. "We are planning a major grand opening at the end of March when the snow melts."

The new office space is just a topper to a banner year for the chamber, which saw membership grow to more than 600 members. Part of the reason for the growth is the innovative programs that the chamber has been sponsoring.

One of those programs, the Guilderland Women in Business, will be holding a charity fashion show called "March into Spring" on March 11. The event will benefit Hope House Women & Children Services and will be held at the Best Western

Sovereign Hotel from 5:30 to 8 p.m. Tickets are \$49.95 for an individual or \$360 for a table of eight and include dinner and entertainment.

"The premise is that we will utilize member businesses," Schramm said. "Liz's Closet and Louise's Designer Consignment shop will outfit 10 chamber member women who will be modeling for us. Kelly Stevens, of station B95.5 will be the master of ceremonies and the Golden Touch Hair Salon will be doing the models' hair. In addition, Southwest Airline has donated to us two round trip tickets to fly anywhere in the Continental United States."

Another pioneering program is the Space Alliance Technology Outreach Program, made up of NASA engineers, which supports individuals or organizations who are looking for professional technical assistance.

"If you have an idea or need the advice of a technician, the group will take a proposal and throw it out to 200 engineers. If a few engineers said they can do it, they donate their time for free and claim no credit,"

Schramm said.

If you are interested in leaning about it can come to the chamber or visit www.SpaceTechsolutions.com.

A big occasion for the chamber comes up next month in March, when it hosts its 10th annual Regional Family Expo.

"It's a huge event for us," said Schramm. "We encourage people to come and check it out. It's free at Crossgates Mall and there is a tremendous amount of entertainment for the weekend on March 29 and 30."

Schramm said to look for Mad Science, the Poppy Town Puppet

Theatre, the Backyard Circus, Merwin the Mediocre, the Albany Conquest Dance team and much more including clowns, face painting, and music and dance. There will also be vendors from all over the area featuring family friendly services and activities.

Later in the year the chamber will be celebrating Guilderland's Bicentennial with an all-day event.

For information on becoming a chamber member, or about local services or businesses, call the chamber at 456-6611 or visit the Web site at www.guilderlandchamber.com.

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World takes notice of Dr. Konstantin Frank wine cellars

It has taken three generations and nearly 50 years, but the world is beginning to notice the tradition of superior winemaking unfolding at Dr. Konstantin Frank's Vinifera Wine Cellars and sister winery Chateau Frank on a hillside above Keuka Lake.

As 2002 began, Willy and Fred Frank, along with the winery staff, were celebrating their most highly recognized year ever. In 2001, Dr. Frank's wines earned more competition awards than ever before. Also in 2001, the winery was the first ever to be honored as Winery of the Year by the New York Wine & Grape Foundation, and the late Dr. Frank was named in the Wine Spectator Magazine Hall of Fame.

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Now the world is beginning to respond to all the attention. "We're so proud to bring the Finger Lakes Region and the Southern Tier some good business news," said Fred Frank, president of the winery. "We are continuing Dr. Konstantin

Frank's legacy by focusing on quality and excellence, and we are grateful that our hard work has brought us so much success and positive feedback."

Since May, the winery was praised by major media in North America, including:

May/June 2002: *Vines Magazine* (Canada): A panel of experts conducted a blind tasting of 101 Rieslings, and included Dr. Frank's 1999 Johannisberg Riesling Dry on a

list of "highly recommended" wines. "This is a keeper. Extremely tasty now, but has enough baby fat to hibernate in your cellar for two to four years." The 2002 Johannisberg Riesling Dry was included on a list of 10 recommended wines.

June 2, 2002: *The Washington Post*: travel writer Ambrose Clancy visited the Finger Lakes and enjoyed his stop at Dr. Frank's tasting room. "Frank ... persevered to the point where the winery bearing his name produces truly superlative vintages, by any standard. His son



Dr. Konstantin Frank's son Willy and grandson Fred carry on the family legacy of producing outstanding wines.

City's top wine experts made their recommendations. "For an American Riesling, Le Cirque's Ralph Hersom raves about Dr. Konstantin Frank's Dry Riesling from the Finger Lakes, 'a featherlight, fragrant wine. It's dry and ever so sweet,' said Hersom, 'with no oak at all.'" Dr. Frank's Dry Riesling was the only New York produced wine mentioned in the article that included wines from Italy, Spain, France, New Zealand and California.

July 2002: *Wine Enthusiast* magazine: Dr. Konstantin Frank's 1999 Chardonnay was listed as "Best Buy" on a recommended wine list

Willy and grandson Fred continue to improve the tradition. Their quality reds consistently beat French and Napa offerings at blind tastings."

June 11, 2002: *The New York Times*: Eric Asimov reviewed Rieslings and noted, "the best I've had recently came from Dr. Konstantin Frank's Vinifera Wine Cellars. The 1990 Dry Riesling had a thick and unctuous texture. This wine, 12 years old, was still so fresh and young that I'd love to try it again in another decade. These Rieslings ... come as close to any American wine to the German Rieslings from the Mosel and Rhine."

June 19, 2002: *The New York Times*: In his "Wine Talk" column, Frank Prial commented about the increased desire for Rieslings. "Particularly for Americans is the explosion of interest in Riesling in our backyard — the Finger Lakes Region of Central New York. It has been an explosion that had a long fuse. Konstantin Frank proved 50 years ago that Riesling could thrive in the region's extreme temperatures ... New York Rieslings get better with each vintage. They are terrific food wines, and like Rieslings, age as well as red wines. I wish there were more of them here in lower New York," he wrote.

June 28, 2002: *USA Today*: In a major two-page spread illustrating wine producers in all 50 of United States, Dr. Konstantin Frank's Vinifera Wine Cellars was listed as one of the top three producers of the (approximate) 162 wineries in New York state.

June/July 2002: *New York Magazine* and New York Metro Web site: In an article titled, "Best Summer Wines" some of New York

accompanying an article about East Coast winemaking. Writer Jeff Morgan commented, "Toast and butterscotch flavors lead the way in this relatively full-bodied wine, featuring a fine array of crisp apple, peach, pear, melon and citrus notes. Long and full on the finish." (90 rating).

"When we organized all these articles to share with our customers and distributors, we were a little overwhelmed with the amount of attention we've received in just a few months," said Willy Frank, chairman.

The attention is likely to remain as the winery continues winning more outstanding honors and awards. So far in 2002, 11 wines have earned 17 gold medals, a double gold and a best of class in major competitions.

Dr. Konstantin Frank's Vinifera Wine Cellars was founded primarily as a Riesling house in 1960 by Dr. Konstantin Frank, who wanted to prove his theory that European grape varieties could flourish in the Finger Lakes Region, provided the were winter-hardy and grafted on disease resistant rootstocks. Dr. Frank died in 1985, but his son Willy and grandson Fred carry on the family legacy of producing outstanding wines.

Dr. Konstantin Frank's Vinifera Wine Cellars, located at 9749 Middle Road, north of Hammondsport on the western side of Keuka Lake, is open Monday through Saturday from 9 a.m. to 5 p.m. and on Sunday, from noon to 5 p.m.

For information, visit the winery's Web site www.drfrankwines.com or call 1-800-320-0735.

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The picturesque Mirbeau Inn and Spa is located in the charming village of Skaneateles. The resort is one of only three hotels in New York state outside New York City to receive a 4-star Mobile Rating.

Mirbeau resort extends first-class welcome

BY DOROTHY LONG

When Joachim Ohlin, the new general manager of Mirbeau Inn and Spa, first experienced Mirbeau he was in a position to appreciate it.

Ohlin had worked in some of the finest hotels in Europe, New York City and the West Coast. Still, he was impressed by the new spa. The spa, the inn and the restaurant were all top notch.

"Very few places succeed in combining all three," he said.

Often an inn will be great but the spa will be lacking. Or the restaurant will be excellent but the inn not so great.

"I've worked at some great places but I was amazed with what they did up here. I was very impressed," he said.

"The food is as good as anything I've had the pleasure of eating. It is on a par with anywhere in New York or Paris."

Esquire magazine voted Mirbeau as one of the best new restaurants in America. Mirbeau is one of only three hotels in New York state outside New York City to receive a 4-star Mobile Rating.

And *Spa finders* magazine named

Mirbeau as one of the 10 most romantic spas in the world.

Combine all that with the charming village of Skaneateles, toss in the wonders of the rural Finger Lakes, and the setting is perfect," Ohlin said.

He was impressed with the staff when he was a guest and even more so when he began to work with them, he said.

"The whole atmosphere both to work and as a guest is relaxing — elegant but not stuffy. It's a comfortable, understated elegance."

Mirbeau is a 34-room luxury spa resort that successfully combines the amenities of a boutique country inn with world class spa facilities. The grounds boast beautifully landscaped ponds, impressionist gardens and country estate architecture. All this on 12 acres of forested park land in a dense stand of 100-foot high spruce trees.

And, Ohlin said, it is priced reasonably. "People think it is astronomically expensive. We're not the cheapest place in town but it is not as expensive as people think. We want to deliver exceptional value."

I've worked at some great places but I was amazed with what they did up here. I was very impressed.

— Joachim Ohlin

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Dr.
Konstantin
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WINERY OF THE YEAR!

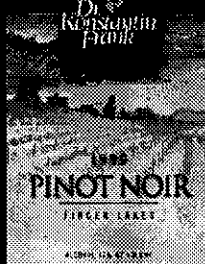
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— Howard G. Goldberg, *NY Times*

Previous vintages have outscored Bollinger Grande Année (\$60),
Veuve Clicquot LaGrand Dame (\$85)
and Perrier-Jouët Fleur de Champ. (\$80)



Wines from Dr. Konstantin Frank's Vinifera Wine Cellars and Chateau Frank are available in fine restaurants and wine shops or visit the tasting room in Hammondsport on beautiful Keuka Lake.

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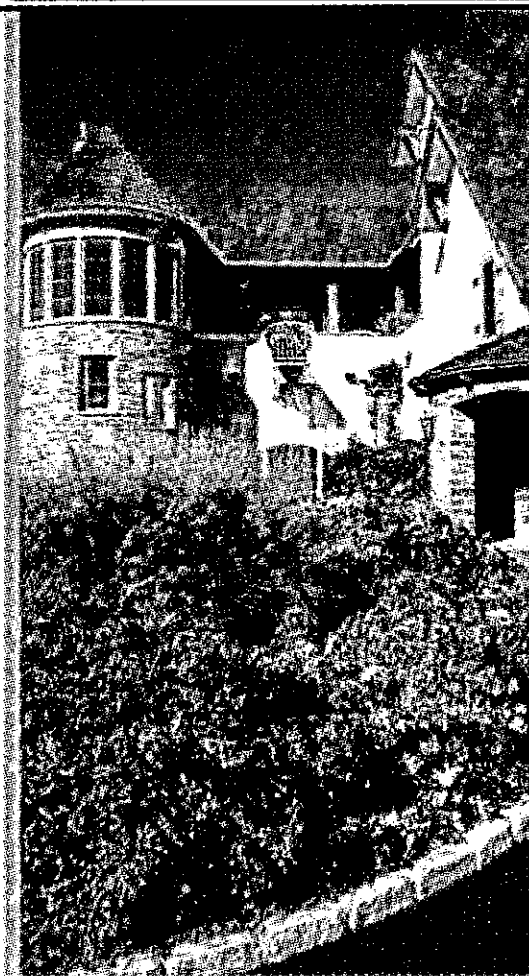
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Who should be buying long-term care insurance?

BY PHILIP C. GALLANT

In an article written by Sandra Timmermann for the *Journal of Financial Services Professionals* entitled "Boomer Wake Up Call: Balancing Work and Care giving and the Costs Involved" some eye-opening facts are cited from a 1997 study conducted about care giving. The National Alliance for Caregiving and AARP conducted the study, which found that one in four families in the United States is providing care for someone over the age of 50.

The article goes on to cite some findings that should cause us to consider our own long-term care planning options. Without going through the entire study, here are a few highlights.

Care giving, providing care for a loved one, often takes an exacting toll on the caregiver. The study found that care giving had a direct impact on the caregiver's job growth opportunities and lifetime wages, caused lost retirement income, and negatively impacted the caregivers' own wealth accumulation.

Almost three quarters of caregivers surveyed said that care giving had a negative impact on their health, with 20 percent reporting serious health problems. A brochure published by Alterra, a chain of nursing homes, assisted living and Alzheimer's facilities, lists

the following as the 10 signs of caregiver stress — denial, anger, social withdrawal, anxiety, depression, exhaustion, sleeplessness, irritability, lack of concentration and health problems.

How does this apply to your decision-making about long-term care insurance? The three most serious issues affecting your decision to buy long-term care insurance are: understanding and accepting the risk of needing care; the cost of these policies; and gaining an understanding of how the policies work and when benefits become

payable.

When evaluating whether or not you need long-term care insurance, one of the first considerations should be to accept the fact that this, like other insurable risks is unknown. Once you accept this fact, the next thing is to evaluate who would provide your care. If your spouse or children are the most likely candidates, you should consider what kind of impact becoming a caregiver will have on them.

The next logical thing to do is to evaluate the cost of care, and whether or not you can afford to self-insure. The average cost of care in the state is more than \$70,000 and climbing. In 10 years, if costs rise at about 5 percent compounded each year, the cost will be \$271,000 to \$325,000.

Usually, once clients are made aware of the fact that self-insuring is the most costly and potentially devastating way to plan, other options are likely to be considered.

For many with limited resources, Medicaid is the logical answer. However, for all intents and purposes, Medicaid means nursing home care. It will not pay for care in assisted living facilities or for most home care.

Long-term care policies generally cost a fraction each year of what even one month, or less, in a nursing home costs today. Generally, one can expect to recover 10 to 20 years of premium payments within a few months of needing care. Some say that's a lot

of premiums for something you may never use, and that's true. But, you have insurance because you never know for sure.

Finally, do long-term care policies work? Even though they seem complicated they are really quite simple. When a person needs assistance later in life with the activities of daily living, they qualify for benefits under most long-term care policies. If Alzheimer's or other cognitive impairment develops, then benefits are payable as well. Most policies pay for care in a nursing home, assisted living facility or at home. And, many diseases and physical disorders could cause the need for assistance with daily living.

If you can protect all of your assets for less than 3 percent of the total amount of assets you have, then long-term care insurance is a good buy. Also, New York state allows you to credit 10 percent of your long-term care insurance premium against your state tax liability.

For information about purchasing long-term care insurance, call 1-800-695-8224, ext. 106 to set up an appointment. For a free guide to senior health care call 1-800-695-8224, ext. 116.

The writer is executive vice president of New York Long-term Care Brokers, Ltd.

Practice offers new solutions for women with pelvic pain

BY DR. EDWARD JACOBS

Women can tolerate an incredible amount of pain for years and never realize how much they were suffering until after the pain is gone.

As physicians, it is our responsibility to relieve pain and suffering, but, as specialists in women's health care, we must also try to determine the cause of our patient's pain. In the 21st century, there is no excuse for any woman to suffer from cyclic menstrual cramps that come with the ebb and flow of monthly hormones, or from other

causes of pelvic pain.

Both over the counter and prescription drugs are effective in treating physiologic or normal menstrual cramps. When these therapies fail, it is time to determine if there is a pathologic or abnormal reason for the pain.

Pelvic pain can be traced to a variety of origins — gynecologic, gastrointestinal, urinary and musculoskeletal as well as fibromyalgia, depression, malignancy, hernia or disc disease. In order to get to the root of the problem, women should be prepared to provide a complete medical history. In addition, the patient needs to pay special attention to her body's signals and to pain which recurs in a predictable fashion.

Keeping a diary for several cycles, documenting when the pain occurs relative to the menstrual cycle, whether it is dull, sharp or cramp-like, its location and how far it radiates can all be very helpful in helping the doctor make a diagnosis.

One of the more common causes of pelvic pain is inflammation or infection of the bladder and/or urethra. If pain radiates to the high back region of the body, the patient could also be suffering from kidney stones or an infection in the kidney and urinary tract.

Gastrointestinal disorders may also cause pelvic pain. Irritable bowel syndrome is the most common disorder and, in fact, is responsible for as much as one half of all cases of chronic pelvic pain. Symptoms may last for months at a time but tend to wax and wane, paralleling physical and emotional stress. There are new drugs which are effective for treating these symptoms.

Pelvic pain can also be caused by musculoskeletal problems. In some patients, bad posture may be the culprit as well as a chronic pelvic tilt brought on by regularly carrying a child on one hip.

If all the non-gynecological causes of the pain have been ruled out, research shows that endometriosis is one of the most likely causes of chronic pelvic pain. Endometriosis is a common gynecologic disease which affects nearly 5.5 million women in the

United States and Canada. The name comes from the word "endometrium" which is the tissue that builds up and sheds each month in a normal menstrual cycle. Endometriosis is the presence of implants of endometrium-like tissue which adhere to other pelvic organs such as the bladder, rectum and bowel causing symptoms specific to those organs as well as pain during intercourse. Fibroid tumors are benign smooth muscle tumors of the uterus and may also cause pelvic pain and heavy menstrual bleeding. They may be treated conservatively with medical and surgical therapy. In some cases, hysterectomy may be necessary.

There's just no reason for most women to live with pelvic pain. Advances in medicine and surgery have given us incredible tools to diagnose and treat. Of course, early diagnosis and treatment can, in most cases, result in the best possible outcome. For information about pelvic pain, check out the following Web sites: pelvicpain.org, acog.org, endometriosis1.com, endzone.org and obgyn.net.

The writer is founding member of the ob/gyn practice of Jacobs, Lee and Burack, M.D.'s, P.C. For the past 24 years, the practice has taken a personalized approach to women's health care. Each patient is seen as an individual with specific medical concerns and needs.

Drs. Jacobs, Lee and Burack specialize in alternatives to hysterectomy, laparoscopy, pelvic pain, hormone therapy, adolescent gynecology and obstetrics. They also provide state-of-the-art in-office ultra-sound services.

The practice has two offices — one at 62 Hackett Blvd. in Albany and the other in the Samaritan Medical Arts Building, 2231 Burdett Ave., Troy.

Jacobs received his medical degree from Albany Medical College and is the former chairman of the of Ob/Gyn Department at Samaritan Hospital. His colleagues are Drs. Sean Y. Lee and Cheryl Burack. Lee received his medical degree from the University of Texas and Burack received hers from Tufts Medical School.

Dr. Mary Colalillo, chief resident in ob/gyn at Albany Medical Center Hospital, will be joining them in practice this July.

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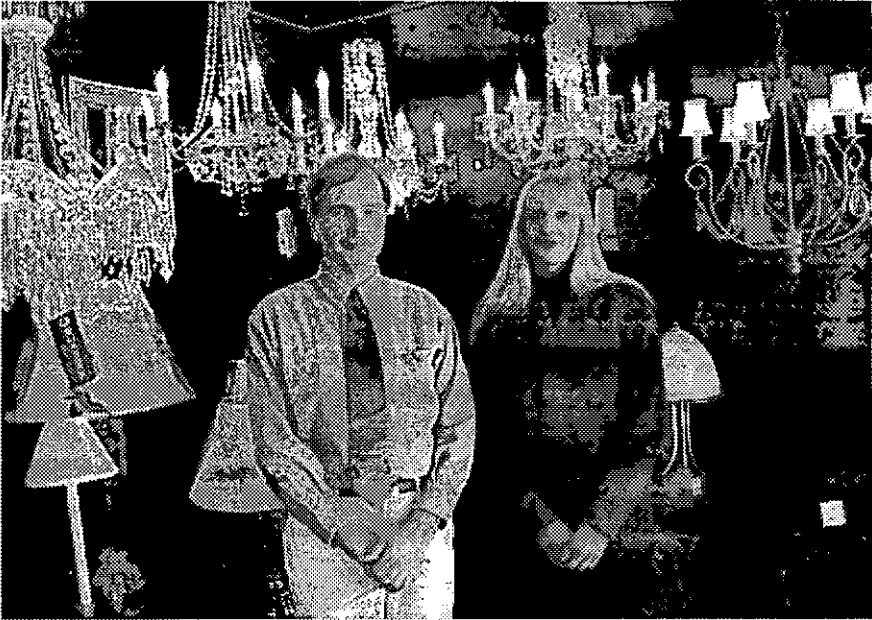
Wolberg Electric: a bright example of family business

BY RONALD E. CAMPBELL

Wolberg Electrical Supply Co. has been serving the Capital District since 1925. Started by Samuel Wolberg the family business is now managed by his son-in-law Milton Bindell, who is chief executive officer, and grandson Jay Bindell, company vice president.

The company moved into its present location at 35 Industrial Park Road in 1968 and has since opened a second location at 118 Erie Blvd. in Schenectady.

"The company employees 80 people and maintains an inventory of over 44,000 items worth over \$3.5 million. The warehouse is 44,000 square feet and the 35 showrooms are staffed with over 25 well trained individuals," said general manager Paul Trawinski.



Bill Ague and Marilyn O'Brien show off some of the lighting options available at Wolberg Electrical Supply at 35 Industrial Park Road in Albany. Wolberg Electrical Supply has served the Capital District for more than 77 years with their professional expertise and a wide variety of lighting fixtures and electrical supplies.

"Competition is fierce with the big discounters like Home Depot and Lowes, who are open extended hours seven days a week. We

compete with our six day schedule by concentrating on customer satisfaction. While we have many large institutional accounts and

supply large electrical contractors, we also work with individual homeowners who are do-it-yourselfers by offering advice and instructions," he added.

The company Web site at: www.wolberg-inc.com states, "We provide technical training and support for your company, energy audits, code compliance, and group training if a company requires it."

"We opened a lamp repair department two years ago and can refurbish and rewire lamps when needed," Trawinski added.

The company also participates in New York State Energy Research and Development Authority (NYSERDA) programs that offer New York State businesses, schools and municipalities rebates and low

cost loans for energy improvement programs.

"We have information and applications for our commercial customers interested in the program," Trawinski said.

For information, clients can also contact NYSERDA at 862-1090, ext. 3267.

The company has its own in-house energy management consultants for commercial customers.

The experts at Wolberg Electric can answer all of your electrical questions. Their showrooms are open six days a week from 8 a.m. to 6 p.m. Monday, Tuesday, Wednesday and Friday; 8 a.m. to 8 p.m. on Thursdays and from 8 a.m. until 2 p.m. on Saturdays.

The business opens each day at 7 a.m. for contractors.

Restaurant serves up unique Capital Region dining

Lakeview Restaurant & Catering is unique in the Capital Region. On the one hand, it is a first-class catering and banquet facility situated in a beautiful country-like setting, conveniently located in the heart of Colonie. There is a spacious banquet room, appropriately named the Lakeview Room, that can accommodate up to 225 guests. The entire southeast wall of the banquet room is floor-to-ceiling windows that overlook an idyllic wooded area surrounding a pond with a fountain. And, there are delicious choices on the extensive catering menu that can be tailored to your taste by executive chef L.J. Ehlers.

The Lakeview Restaurant & Catering is owned and operated by a not-for-profit corporation, Colonie Senior Service Centers, Inc. All net

proceeds from this retail operation are reinvested in essential programs and services for seniors in the town of Colonie and the Capital Region. Although a business enterprise whose sole purpose is to generate revenue for a nonprofit organization is not unheard of in our area, a restaurant and catering business is unique.

The Lakeview Restaurant & Catering is open to the public. It is an attractive venue not only for senior events and parties, but also for luncheons, sales meetings, banquets and weddings. The Lakeview Restaurant & Catering is rapidly gaining a reputation from Capital Region residents and businesses for first-rate cuisine, distinctive ambiance, and personalized service. Because of the dedication of the restaurant and catering staff, bookings for catering and

room rentals have been increasing steadily.

As any restaurateur knows, the restaurant business is a challenging one. There is special motivation behind this enterprise — there is the satisfaction of knowing that the lives of seniors and their families will benefit from the success of the Lakeview Restaurant and Catering.

Many local businesses, organizations, and individuals who are supporters of Colonie Senior Service Centers patronize the facility because they know that it will benefit seniors

and their families. It is motivating and rewarding for them to be able to support the organization by eating lunch or having a business meeting. From the perspective of a struggling business climate, Lakeview Restaurant & Catering offers a unique opportunity for community-minded business. As one news story after another about budget and funding cuts hits the media, it is obvious that the leadership of Colonie Senior Service Centers is not waiting around for the cuts to hit; they have already taken creative action to help offset some of the inevitable cutbacks.

Colonie Senior Service Centers is a not-for-profit corporation that serves seniors and their families through programs and services offered at sites throughout the Capital Region: Bright Horizons Adult Day Services program, senior dining program, health and recreation programs, volunteer program, transportation service, and housing program. The efforts of volunteers working together with a dedicated, hardworking staff enables Colonie Senior Service Centers to continue to meet the needs of the senior community but to and contributes significantly to a strong senior community.

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Appealing changes in store at Stuyvesant Plaza

BY NANCY STOPERA

Stuyvesant Plaza, located on the corner of Fuller Road and Western Avenue in Albany, is a pedestrian-friendly open air shopping center that strives to welcome shoppers with 60 unusual and appealing stores and restaurants.

"We have some national chains but the majority are unique, locally-owned businesses," said Janet Kaplan, vice president of real estate for Stuyvesant Plaza. The reason for this, Kaplan added, is "to distinguish ourselves from the large malls."

In keeping with Kaplan's stated goal of presenting a unique and upscale shopping experience, two totally new stores and one newly-expanded store are set to open in the coming months.

Ann Taylor Loft is scheduled to open Feb. 13 in the space formerly occupied by Honigsbaum's.

Ann Taylor Loft carries women's apparel that is tailored but more casual and sporty than that found at Ann Taylor. The clothing is likely to appeal to the same customers who will shop at its new next-door neighbor, Talbots.

Talbots, which will open in the former Cowan & Lobel storefront next to Peaches Cafe, will be expanding its

misses and petites departments and opening a totally new women's department.

On the exterior, three of Talbots' trademark red doors will each lead to a special

apparel division — misses, petites or women's. On the inside, doorways will connect the three departments.

The clothing featured at Talbots is tailored and classic. The new Talbots store will open in April.

Eastern Mountain Sports (EMS) is set to open April 1 at the other end of the same wing of the plaza. It will occupy the three storefronts between



Stuyvesant Plaza, located on the corner of Fuller Road and Western Avenue in Albany, features a unique and upscale shopping experience.

Tri City Luggage and the corner next to Coconuts. EMS carries sporting goods equipment, casual clothing, camping gear, fleece, Gore-tex, tents, backpacks, canoes, kayaks and mountain climbing gear.

EMS appeals to consumers with an

active lifestyle who like the outdoors — or just outdoorsy-style clothing.

EMS will be closing its store at Crossgates Mall to move to Stuyvesant. The Stuyvesant location will be the only EMS store in the area.

Stuyvesant prides itself on being a

family oriented place to shop. "We're pretty stroller-friendly," Kaplan said, referring to the wide sidewalks which circle the shopping center.

"And we offer several children's stores unique to the area," she added. The plaza stores which cater to kids — and their parents — include Little Book House, the Toy Maker, a children's shoe store and a store that carries children's clothing.

Stuyvesant recently replaced its sidewalks and built several fountains. In the warmer months, shoppers are beckoned to linger outdoors in pleasant seating areas as cascades of flowers hang nearby.

Some of Stuyvesant's other specialty shops, restaurants and services include a CVS Pharmacy, T.G.I. Friday's, Rugged Bear, Starbucks Coffee, Crabtree & Evelyn, Pearl Grant Richmans, Jos. A. Bank Clothiers and Lindt Chocolate.

Most of the stores at Stuyvesant Plaza are open Monday through Friday from 10 a.m. to 9 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 5 p.m.

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Prolonged cold snap keeps Crisafulli busy

BY JOSEPH A. PHILLIPS

Family owned and operated since it was founded by Carmelo Crisafulli in 1939, Crisafulli Plumbing & Heating is now a third-generation family business, operated by brothers Dan and Joe Crisafulli and sister Andrea Russo.

The "family" over the years has grown to a staff of more than 70 professionals, and "We pride ourselves on being reliable, having the most experience mechanics, on our professionalism," said Russo, the company's operations manager.

In their core business of servicing and installing high-efficiency heating systems, central air conditioning and plumbing — everything from repairing leaky faucets to diagnosing drainage problems with new high-tech video cameras and replacing home sewer connections — 2002 has been among the busiest years she can remember, Russo said.

That's on the tail end of several straight years of mild summers — the region went nearly two years without a day over 90 degrees — and quieter-than-usual winters.

"This past year the air conditioning season kicked in in July and continued until after September. And then it went right over to heating season. I don't think there was a fall. We didn't have a break," she said.

As a result, Crisafulli's crews have had one heck of a workout — as have many of their clients' AC and heating systems.

"I think last month was probably our busiest ever," she said. "It was just such a prolonged cold snap."

And that has meant a rash of service calls to tend to burst pipes and overworked home heating systems. Crunch time, she said, is when most homeowners begin to

think maintenance.

"We certainly encourage people to have their AC and heating systems cleaned and serviced regularly because they've been getting an easy time of it for so long — and now this," Russo said.

She knows whereof she speaks. "We've grown up in this business, so we know it inside and out," Russo said. "And customer service is our priority. I know a lot of businesses will say that, but I truly believe that's why our phone never stops ringing."

With the return of Joe Crisafulli to the business four years ago, Crisafulli Brothers has taken on more institutional work — servicing and installing for restaurants, malls and public buildings.

"We work for everyone from the city of Albany to Hoyt's Cinemas to your next door neighbor," said Russo.

It's the latter, the residential market, that remains their core clientele.

"We've had tremendous growth recently in the Clifton Park-Saratoga area, and we've added five new service technicians in the last year to handle the extra business," she said.

Their large staff undergo continuous in-house training on the latest technology used — and sold — by their industry.

"I think our size, and our number of employees, allows us to serve the large customer base we do with so much professionalism," said Russo. "And we don't have a large turnover."

Crisafulli Brothers is on Livingston Avenue in Albany. To contact service manager Don Cootware, call 449-1782 or contact Crisafulli at cbi@crisbro.com.

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Barton & Loguidice creates award-winning solutions

The past 42 years have proven to be monumental for Barton & Loguidice, P.C. (B&L). The firm has grown from a small partnership of four professional engineers to a mid-sized consulting engineering firm of 125 plus professionals serving an extensive list of industrial, municipal, governmental and private clients.

Barton & Loguidice projects have won a number of awards throughout New York. Recently, they were awarded the Associated General Contractors/ New York State Department of Transportation (AGC/NYS DOT) Excellence in Partnering Award, along with Lancaster Development, Inc. and the New York State Thruway Authority, for the reconstruction work on Exit 34A off the Thruway. Excellence was achieved through the interaction and teamwork used to take a problematic project and turn it into a success.

The city of Auburn landfill gas recovery project was also a success earning the Local Government Achievement Award from the New York Conference of Mayors (NYCOM). The efforts of B&L were also recognized at the American Public Works Association's (APWA) winter meeting. The village of Pulaski's waste water treatment plant upgrade project was nominated as one of the "Projects of the Year."

B&L's experience is also evidenced by design of the Military Road

Bridge, spanning Oneida and Herkimer counties. The project was awarded the National Timber Bridge Award.

"Our success generates from our experience and teamwork. There are five principal owners of the firm.

Each project involves one of the principals," said Nick Pinto, principal.

Barton & Loguidice originally focused on civil and sanitary

engineering where they managed projects in water supply and sewage collection and treatment. Today, they offer engineering services in the areas of transportation, solid waste, environment, facilities, water and wastewater.

Barton & Loguidice is involved in many projects across the state. They recently completed mechanical and electrical engineering for the Skaneateles Community Center. They are also the design engineers for Jack's Reef Water Projects, an inter-municipal project between Lysander, Elbridge and Van Buren

in Onondaga County, which will bring a significant amount of water into the area.

The state Thruway Canal Corp. and B&L are working together on a 22-mile portion of a statewide canal way trail system. The system will include bike and pedestrian paths.

"We are expanding into a number of new and exciting fields, one of

these being the 'green buildings' market," Pinto said. "These buildings are built environmentally sound and energy friendly."

Despite the economic downturn, B&L has been able to continue to

prosper. "We are very proud of our success, we owe it to our employees," Pinto said. "They are dedicated, hard working employees who strive very hard to meet the needs of our clients and I believe that is why we succeed."

Barton & Loguidice has offices in Syracuse and Albany. Both offices offer a full range of professional engineering services.

To contact Barton & Loguidice in Albany, call 218-1801.

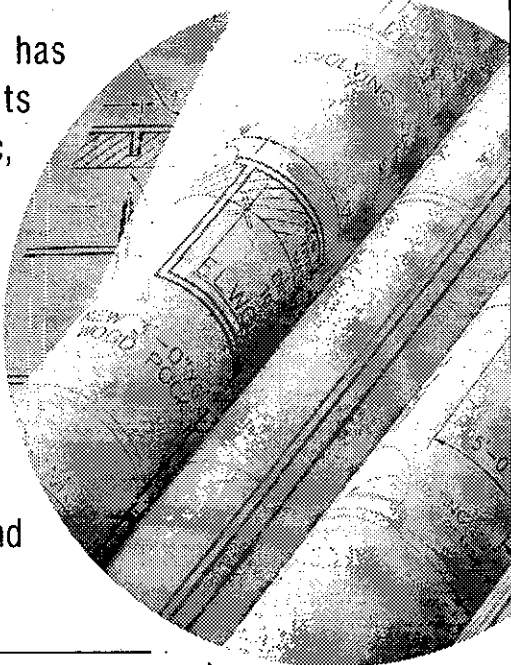
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ARXX presents exciting new 'Healthy House'

The American Lung Association and Country Living Magazine joined forces with Arxx High Performance Walls, formerly known as "Blue Maxx" to create the Country Living 'House of the Year.'

The home is known as the American Lung Association's "Healthy House." When sneezing, wheezing and watery eyes are the symptoms, your house could be part of the problem. According to a John Hopkins Medical letter, the most common allergens in the U.S. are pollen, dust mites, mold and animal dander, many of which are often harbored in the home.

Arxx High Performance Walls, known for its ability to cut your utility costs up to 70 percent, known to be many times stronger and safer than typical wood construction, is now known to be healthier.

Diane Walsh Astry, national director of Healthy House, stated the Arxx High Performance Walls is healthier, more energy and resource-efficient construction.

Jeffrey Martusewicz, president of Seaway Wall Distributing, the

Performance Walls by Arxx Building Products, in Central and Northern New York stated, "Business has been great because we are so energy efficient, stronger, quieter, warmer, easier and cost efficient. Now that we are proven to be healthier just puts another feather in our cap."

Locally, Arxx High Performance Walls presents hundreds of projects in Syracuse, Cazenovia, Utica, Rome, Watertown, Lake Placid, Malone and Albany to name a few. But on the same note businesses are using Arxx not only for health reasons but they're dramatically reducing their operating costs. Nye

Ford, Oneida for one, stated huge savings over their old building.

Martusewicz said, "We've just touched the tip of the iceberg, we're building hotels, condos, showrooms, fire halls, funeral homes, schools from one end of the state to the other."

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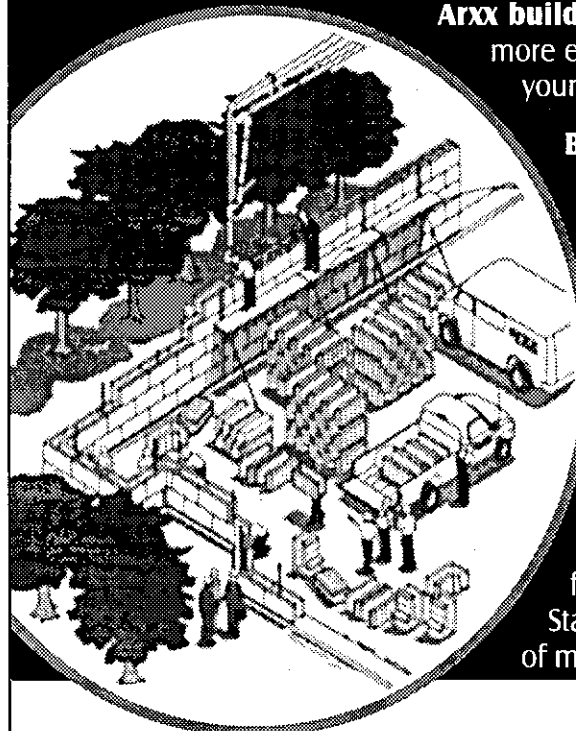


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Community Preservation Corp. aids in revitalization of cities

BY KATHERINE MCCARTHY

Some people look at inner cities and see an impossibility. The Community Preservation Corp. sees only possibilities, something it's been doing since its founding in 1974.

Since then, the not-for-profit corporation with nearly 100 financial members has been revitalizing areas that seem too tough for other institutions to consider good investments. By loaning money to developers, CPC has several success stories to tell.

"We're different than most lenders," said Anders Tomson, vice president in CPC's Albany office. "We look strategically at overcoming difficult circumstances and at promoting affordable housing."

CPC started out in New York City, where some of its greatest success stories have unfolded. In Brooklyn, the Nehemiah program has seen the construction of more than 2,600 single-family homes in

Brownsville and East New York since 1983. CPC came on board with Nehemiah in 1996, providing construction financing of more than \$34 million — which financed 691 affordable home ownership units.

CPC, which is always looking for unique ways to invest in communities, was a partner along with the project's main sponsor, East New York Congregations; the New York City Department of Housing Preservation and Development; and churches that include the Roman Catholic Diocese of Brooklyn and Queens, the Lutheran Church-Missouri Synod, the Episcopal Diocese of Long Island and St. Paul Community Baptist Church.

CPC's investments have spread well beyond their origins in metropolitan New York to cover all of New York state. In 2002, the Albany office doubled its loan volume.

Through its Community Development Financial Institutions grant program, along with some funding CPC set up, the Frederick Douglass Affordable Housing initiative saw the construction of 15 single-family homes in Albany's South End. In addition, CPC helped renovate 100 apartment units in the South End, combining its money with CDFI money and grants and loans from

the City of Albany.

CPC is also assisting the New York State Office of Mental Health and the New York State Office of Mental Retardation and

Developmental Disabilities with their development of new group homes and renovations of existing housing. Those two state agencies have committed \$200 million towards this aim through the "New York Cares" program.

So far, CPC has closed nine transactions totaling \$7 million to date, with 11 more transactions in the pipeline totaling \$16 million.

We look strategically at overcoming difficult circumstances and at promoting affordable housing.

— Anders Tomson

CPC doesn't ignore the need for housing in rural areas. In Washington County — with a population of just 50,000, CPC provided \$1.52 million in permanent financing for Oak Village Townhomes, with Evergreen Bank providing construction financing. The townhouses consist of 35 three-bedroom

units, and they were leased before the project was finished.

For Tomson, CPC's mission is clear, and the gratification comes when families, private businesses and other lenders move into the renovated communities.

"Our loans are an investment," he said. "We get a good result in our communities."



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Surface appeal



Ty Sanderson, owner of New Life Countertops, shows off a beautiful granite countertop. Sanderson keeps about 60 different colors of granite on hand. New Life Countertops is in the Kitchen Buyers Outlet on Route 9 in Clifton Park. The phone number is 383-2654.

Four things every retired person should consider

BY MICHAEL D. TREFFILETTI

More and more retirees are finding that their retirement funds need to last a lot longer than they had anticipated. With current advancements in healthcare technology, if you're 65 now, you could live an additional 20 years or longer. Your pension and Social Security may cover your basic expenses. You may also have the advantage of an investment

portfolio to supplement your income. But, in an era of reduced return on investments and low interest rates, you need to determine how to best use your assets without depleting them too soon. To help you protect your hard-earned assets, at the very least, make sure the following items are included as part of your routine retirement maintenance.

1. Review Your Personal Finances

For many individuals, the retirement years are not for slowing down, but for doing more. So how do you maintain the lifestyle you enjoy? Managing what you owe is as important as managing what you own. To help remain on a sound financial footing, begin by periodically reviewing your financial situation. Think about your living expenses and other fixed debt and variable debt like credit cards, travel, entertainment, etc. Then review your retirement plans and other investment accounts. Your retirement plan and Social Security may provide you with the bulk of your income during the early retirement years. In later years, however, you may need to tap into your principal assets.

Based on your individual circumstances, consider the following: How long do you expect to live? Will your funds be needed to support a younger spouse? Do you

plan to leave an inheritance for your children or grandchildren, a bequest to a favorite charity? If you have an investment portfolio, what kind of returns do you anticipate? When will you need these assets?

As a retired person, you can't afford to absorb big losses. Whether

it's your stock portfolio, 401(k) plan or other investments, how you allocate your assets can strongly impact your portfolio's performance. In fact, one of the

best ways to manage the risk inherent in any investment portfolio is to diversify. The strategy of diversification helps you reduce risk by spreading your funds among several investment types (your asset allocation) — stocks, bonds and cash. In addition, the right asset allocation can help you ride out market volatility and economic downturns. Of course, no matter how carefully you plan, you should be prepared to alter your plans as your circumstances change.

2. Get Long Term Care Insurance

As it always occurs in life, whether you have planned well or not, there may be unforeseen factors that could derail the smooth ride through retirement you envisioned. Most health problems associated with advanced age are largely preventable and can be controlled by adopting a healthy, active lifestyle. Good nutrition, social contacts and physical activity will go a long way toward your physical and mental well being. Your financial well being is another story.

If you think a long illness is devastating physically and emotionally, imagine what it can do to you financially. Studies show that one out of every two people over the age of 65 will need some form of long term care (American Association

of Retired Persons: *Modern Maturity* Sept.-Oct. 2000). A year's stay in a nursing home can cost \$100,000 or more (*The Wall Street Journal*, March 31, 1999) and the average duration of care is three years (National HealthCare Corp. 1998).

So, you could face unplanned expenses of at least \$300,000.

In the event of a long term illness, LTC covers some or all of the expenses you might incur, including assisted living, at-home care, adult day care, therapy services, paid companions and even transportation. With long term care, you may be able to protect your assets, maintain your independence and preserve your standard of living. So, don't leave this key item out of your plan.

3. Plan Your Estate

Careful estate planning can ensure that a good part of the wealth you have accumulated over a lifetime is protected and distributed according to your wishes — what your assets mean, what you would like to have happen to them and who should benefit from them after you're gone. At the very least, create or update your estate planning documents. These documents include a will, a living will, power of attorney authorizing another person to handle your business affairs should you become incapacitated, and a health-care proxy naming someone to make health-care decisions for you should you become unable to do so.

Your will should keep pace with changes in your personal circumstances, objectives and adjustments in tax laws. Marriage, divorce, birth, death, a move to another state or a change in your finances should signal an immediate review and possible updating of your will.

4. Take Advantage of Tax Breaks

If you are lucky enough to have accumulated enough funds to spare, lifetime gifts to family members or others can reduce your assets and

subsequent estate tax liability, and may also shelter appreciation on those assets from estate taxation. You are entitled to transfer up to \$11,000 per person each year without incurring any gift tax or reducing your applicable exclusion amount. Spouses together may gift up to \$22,000 per person. Additional gifts made directly to educational institutions for tuition or to medical providers are also excluded from gift tax.

Gifts to qualified charities may be exempt from gift tax. The value of the charitable donations, including financial assets such as stocks, artwork, real estate and certain business interests, and any future appreciation of those assets, reduces the value of your estate. Plus, these charitable

donations may qualify for current income-tax deductions.

Even in retirement, it's not too late to develop a plan to help you make your retirement funds last as long as you do. Before you take any action, discuss your financial, estate planning objectives, concerns and fears with your family, financial advisors and your attorney.

Salomon Smith Barney does not provide tax or legal advice. Please consult your own legal and/or tax advisor for guidance.

The writer is vice president — investments and resident manager for Salomon Smith Barney in Saratoga Springs. His

office is at 353 Broadway in Saratoga Springs. He can be reached at 581-2001, or faxed at 581-6620.

A & H Training Corp. trains medical transcriptionists

BY RONALD E. CAMPBELL

A & H Training Corp., located at 4 British American Blvd. in Latham, is a New York State Licensed Proprietary School offering training and certification as a medical transcriptionist.

Two women run the training service, Robin Andrews is president and Kathleen Holbrook is director.

Andrews, with an associate's degree in secretarial science and medical secretarial science had started Andrews' Transcribing in 1984. Holbrook has an associate's degree in business management and had started a business

providing office services to the health care industry.

They merged their businesses to form A & H Training Corp., which has grown to a 28-employee organization, which also utilizes more than 130 independent contractors from the United States and beyond.

The training organization offers three courses, the first two are medical terminology and basic anatomy. Each of these courses costs \$450 and lasts six weeks, with four hours class time each week.

Prerequisites for taking the courses are a high school or equivalent diploma and knowledge of computers.

Both courses are required before taking the medical transcription course which costs \$1,000 and requires 50 hours of class time.

The school will tailor class schedules to meet individual needs.

As a New York State Licensed Proprietary School, the instruction is

monitored by the Bureau of Proprietary School Supervision to insure educational quality and that the programs offered will provide students with the necessary skills to find meaningful employment.

The school will be holding an open house on Friday, Feb. 28, from 4 to 7 p.m. for people who want to

find out more about this career path.

Office hours are Tuesdays from 1 to 4 p.m. and Thursdays from 10 to 2 p.m. Other times are available by appointment.

For information, call 783-0649 or fax 783-1637.

The school will tailor class schedules to meet individual needs.

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SuperValu founder's spirit of community lives on

BY JOSEPH A. PHILLIPS

"He liked fireworks," recalled Elaine Nichols of her husband Jim, founder of Voorheesville's SuperValu. "Back when the village was celebrating its Centennial, he sponsored fireworks for the village Memorial Day parade. The community was so excited."

A year later, SuperValu underwrote them again, to make the celebration an annual event. Last year, when Memorial Day rolled around, it was the Jim Nichols Memorial Fund that footed the fireworks bill.

"It just seemed like a good way to

remember him," said Elaine. "Memorial Day has become the day the whole village comes together to celebrate. This is a wonderful community and Jim would have wanted to be a part of it every year."

And so he shall, thanks to the memorial fund. Nichols died in January 2002 in a vacation accident, but his community-supporting spirit lives on in the business he established, SuperValu, one of the region's few independent supermarkets — and in the foundation created to remember him.

When Nichols moved to Voorheesville less than a decade ago

and announced his intention to have a home-grown supermarket, the man his daughter Kjersti describes as "a hippie back in the day" had more than just a successful business on his mind.

"I think it's very special that my dad saw the business as being a part of the community," she said. "He didn't want a business if people didn't have fun there. He wanted it to be almost like a home or a community center."

Like successful businesses in any small town, SuperValu is often approached by community organizations for donations and help, and Jim Nichols was known as a soft touch. The New Scotland Kiwanis Club, to which Jim belonged, could always count on the parking lot for fund-raising barbecues and Christmas tree sales, and he backed Little League teams, school and civic events. Jim

also turned up at public meetings to speak up on issues of community character, always with the ubiquitous tan baseball cap with the SuperValu logo emblazoned across the brim.

"He always understood that you can't expect to have a business and not support the community it's in," said Elaine. "You're asking the community to support you, after all, and you have to find ways to give back."

So it is with the memorial fund, formed initially with the outpouring of donations from citizens mourning the loss of a community-minded citizen.

"We didn't know at the outset what we wanted to ask for donations to," said Kjersti. "But then we decided, wouldn't it be great if we could get our own fund to support the things my dad wanted to be a part of? We wanted the fund to support the community surrounding SuperValu, events and functions and groups in our own community. That was pretty much what we decided we wanted to do from the first week on."

So the fund footed the bill for Memorial Day fireworks last year, to the tune of \$5,000. And donated \$1,000 to help support Dollars for Scholars through the Voorheesville school district; thanks to that and other matching donations, a Voorheesville grad was awarded \$2,500 to attend college and study journalism.

"It would be nice if that scholarship every year could go to something that honors some part of Jim's personality," said Elaine.

The fund also contributed to the fund-raising effort launched by the Albany County Land Conservancy to purchase development rights to keep Indian Ladder Farms forever farmland. Kjersti recalls her father's lifelong interest in environmental causes, and thinks he would have approved.

Last month, the anniversary of Jim's death, a quick spurt of memorial donations replenished the fund.

"It's nice to know the community still remembers him," said Elaine Nichols.

The fund conducts occasional fund-raisers, like a pig roast last year in the SuperValu parking lot. Donations also come periodically to the service desk at SuperValu from well-wishers.

To help encourage more, donors of \$25 or more in the month of March will receive a replica of the SuperValu cap that Nichols always wore, just like the ones his store employees still proudly wear — but with "Jim Nichols Memorial Fund" embroidered across the back.

The fund, formally established as a tax-deductible 501(c)(3) charity, "is set up to help the immediate community," said Elaine. "It seemed to make sense to give to help Indian Ladder stay forever farmland, and by giving to the Memorial Day event, it can continue to be a day when everyone stays together and close. Jim like to have fun and to be a part of the life of the village."

Look up during the fireworks this Memorial Day, and you can just picture Jim smiling.



Nichols

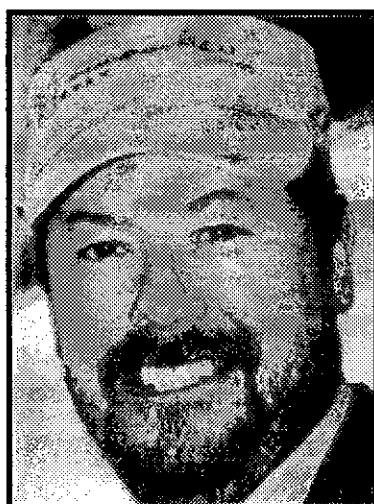
Hats Off to Jim Nichols!

The Jim Nichols Memorial Fund was established in February of 2002 as a tax-exempt, non-profit organization dedicated to supporting the community through charitable giving.

In 2002, the Jim Nichols Memorial Fund donated funds to create a Jim Nichols Scholarship at Voorheesville High School. The Fund also provided financial support for the Village of Voorheesville's Memorial Day celebrations as well as support for the Land Conservancy's campaign to designate Indian Ladder Farms as "forever farmland".

In 2003, we will continue Jim Nichols' legacy of community involvement through donations that benefit our community.

Throughout the month of February, we are holding a fund drive. All those who contribute \$25 or more will receive a limited edition SuperValu baseball cap with the Jim Nichols Memorial Fund motif.



Donations can be sent to P.O. Box 557, Voorheesville, NY 12186 or dropped off at the SuperValu Service Center.

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St. Matthew's focuses on structure and playtime

BY KRISTEN OLBY

For 32 years, St. Matthew School on Whitehall Road in Albany has been providing children with a Christian education that focuses on learning at one's own pace. In 1971, St. Matthew Lutheran Church recognized the need for a Christian school and child care center where working parents could leave their children and rest assured they wouldn't be baby-sat, but taught.

"Our children are always learning. We don't push them but we do challenge them," said Gail Gray MacIntosh, executive director of St. Matthew School.

St. Matthew's offers a wide range of programs from daily child care to preschool, prekindergarten, kindergarten and a before and after program for school age children.

"We offer a structured program with an emphasis on academics," said MacIntosh.

At age 3, children will begin learning how to count, spell their name, and even use a computer through the full-time preschool program. Four-years-olds in the prekindergarten program will work to improve reading and math skills. But the school isn't all work and no play.

"There's always time for play," said MacIntosh.

The kindergarten program for 5-year-olds will expose children to social studies, advancing reading and math

skills and exploring through field trips.

"We find that it's not too much for them and that parents are looking for this," said MacIntosh.

By limiting class sizes and providing plenty of instructors, children receive individual attention.

"There's more time to do different activities with smaller classes and children receive more one on one attention," said MacIntosh.

The school believes the extra attention paid to each and every child's needs allows students to thrive when they reach full-time school.

"Our children are always ahead when they leave here, they love learning," said MacIntosh.

Teachers at St. Matthew's also stress in children an awareness of self and a loving concern for fellow classmates well being. The goal is to help children relate well with their peers and grow mentally, emotionally and socially.

"We stress in all of the programs a love of the lord and it reflects in the entire program," said MacIntosh.

St. Matthew's approach to learning appears to be working. At a time when many private schools are struggling to survive, St. Matthew's has continued to enroll students for three decades.

"We have children of former students attending the school. It's very much word-of-mouth," explained MacIntosh. St. Matthew's looks forward to 30 more years of educating children in the Christian tradition.

The Music Studio tunes up for its 25th birthday

"One of the reasons family concerts are so much fun is because kids are so tickled by all the things that make up music — the sounds, the rhythms, even the look of instruments. The kids are why we celebrate our big birthdays with concerts just for them," said Noel Liberty.

Liberty, the Music Studio, knows of what she speaks, just as she knows about giving birthday... SERVICES... This year will be her organization's 25th birthday, a big birthday by anyone's standards.

As in past birthday concerts, Liberty said, performers will include older students working side by side with younger students and both of those sets of students working with professional musicians.

"Music performed by your own students makes the celebration," said

Liberty. "It celebrates what our 25 years have been about by giving the largest role in the party to our students and their families. Plus, you can't believe how much students learn just by watching the professional musicians, much less working with them, nor can you imagine how motivating it is for younger students to see what even slightly older students can do."

"The younger kids sort of imprint on the older students," added

Liberty. "My telling a younger student to do something is much less meaningful than when that younger student actually sees an older student doing whatever it was I said — practicing, counting out, even paying attention. It's amazing. Fortunately, our older students had the same experiences when they were little, learning from and performing with older students, so now they're incredibly good with the younger children and, of course,

the professional musicians are just unbelievable with them all."

"We've used musicians from the Albany Symphony in the past and we're lucky enough to do so again," she said. "In addition, we're extraordinarily fortunate in that David Alan Miller has agreed to conduct."

According to Liberty, he becomes "the idol of every kid on stage and in the audience."

Choosing music for the concert is one aspect of the process that gives Music Studio faculty pause because there is such a wealth of material.

"We're performing Carnival of the Animals by Saint-Saens, because it offers so much for the audience and the performers. We'll also perform an Orff

instrument ensemble, which you rarely see performed, but which children love and adults find wonderfully ethereal," Liberty said.

"We're thrilled that a former student, who is now a music major, but who previously studied with Joe Fennimore and at The Music Studio, will join symphony musicians in performing a piece that was composed by Mr. Fennimore, who is himself a world famous performer, composer and teacher based in Albany," she added.

Other than that, Liberty will say little else except, "It's a birthday party, so there will be a few more surprises and yes, some of those surprises will involve music."

The whole concert, she emphasizes, is designed "so that a 4-year-old will find as

much to enjoy as an adult."

Liberty allows that she and the other teachers are also looking forward to seeing far-flung former students and their families. "We've taught thousands of students at the old Roesleville School here in Colonie and we see a lot of former students who live locally on a regular basis. Indeed, we teach a number of second-generation students. But we usually see those who live farther away only on special occasions, like this."

The Music Studio's 25th Birthday Concert, to be held May 10th at the Troy Savings Bank Music Hall, is free and open to the public, but Liberty warns that tickets are required.

In the past, she said, "we've just about filled the hall, so please call us at 459-7799 to get tickets."

Empire State College provides flexibility

Though often described as a singular group with common needs, adult learners in higher education reflect the diversity of American society. They may be returning to higher education while raising a family. They may be in the midst of a career and find that they need a degree to advance. They may want to change careers or earn a degree for personal satisfaction. Empire State College, of the State University of New York, serves adults who need flexible learning options for any number of reasons.

Unlike students at traditional campuses, Empire State College students help constitute the backbone of Central and Eastern New York's economic and civic life, since they are usually already employed in a variety of industries from technology to human services.

And since they are local to their communities, and tend to stay in the same community after graduation.

Because students study independently, under the guidance of a faculty mentor at one of the college's more than 30 locations, or through distance learning, education doesn't interfere with work, family or community obligations.

The college is statewide, serving the Central New York region through its Central New York Center in Syracuse, and locations in Auburn, Binghamton, Ithaca, Plattsburgh, Utica and Watertown. For more information call 472-5730.

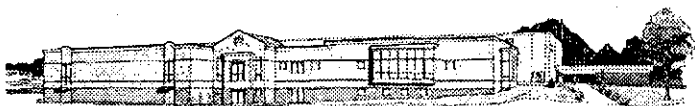
The Northeast Center in Albany serves Eastern New York with locations in Cobleskill, Johnstown, Saratoga Springs and Schenectady. For more information, call 485-5964.

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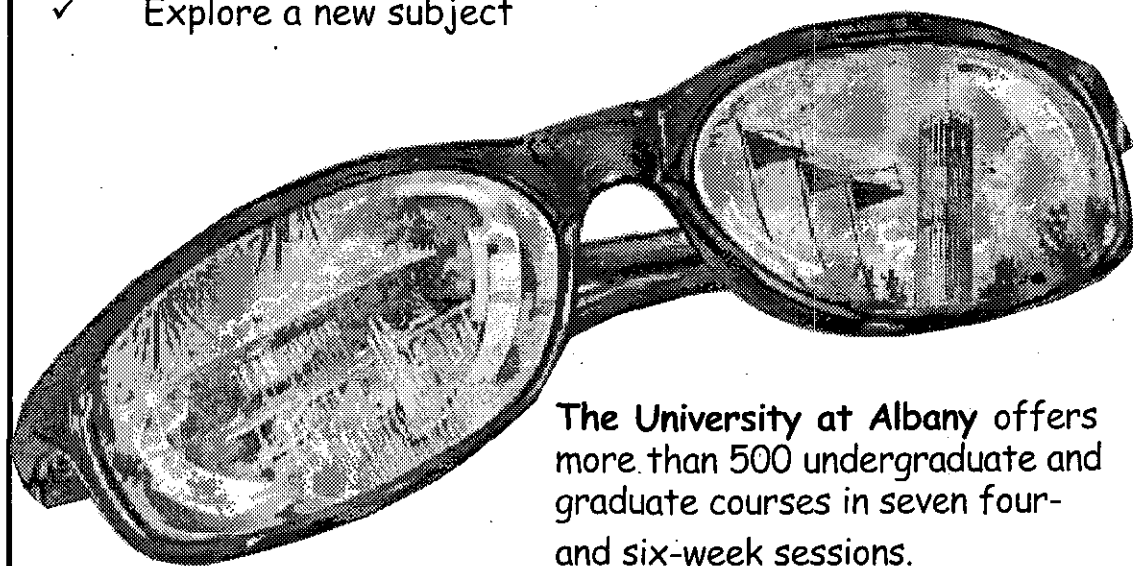
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LaSalle Institute provides caring 'family' environment

Founded in 1850, La Salle Institute is a private, independent Catholic school for boys in grades six to 12, conducted by the de La Salle Christian Brothers.

La Salle offers a student centered approach to education and is committed to its role as a Catholic school, a college preparatory school, an American school and a Lasallian school.

Every student at La Salle is considered a member of the Lasallian "family." La Salle Institute strives to provide a learning environment where caring, concerned adults are dedicated to the development of each student's attitudes, skills, knowledge and

moral sensibilities for the purpose of applying what they have learned to benefit themselves and others.

La Salle Institute is accredited by the Middle States Association of Colleges and Schools and by the New York State Department of Education.

La Salle voluntarily complies with the guidelines and standards of the Regents of the state of New York. The school believes that the standards are

minimum standards, and as such La Salle meets and exceeds these standards in its academic program.

The program is one which, while based on a traditional core curriculum of humanities, math and science, is presented in an environment of respect and service. This dual focus is intended to demonstrate to the students that the point of education is not just academic content, but more importantly personal application.

To this end, the faculty of La Salle Institute understands that, while not all students have the same gifts, all are called to develop what

they have to the full potential. The academic program is, therefore, a vehicle through which the faculty merges the academic, moral and spiritual education of our students.

The skills developed are life skills — responsibility, time management, commitment, focus, and a sense of personal integrity. All of this is contained in the words which are written on the school crest: truth, honor, duty.

Participation in athletics may be a part of a student's experience at La Salle. Challenging themselves physically as well as intellectually, every year, nearly 60 percent of the

students participate in the sports program. La Salle is a member of NYSPHSAA, Section II, Capital District High School Hockey League and the Capital District High School Lacrosse League.

At La Salle, before and after school activities keep the school alive from early to late in the day. Both the middle school and high school have a wide variety of activities, all of which are designed to enrich the total experience of life as a student at La Salle.

Contact La Salle Institute at 283-2500 for enrollment and registration information.

**Update
2003**

• • SERVICES • •

UAlbany offers economical summer sessions

Take advantage of low tuition rates while you can, because it looks like they're heading up.

Summer is traditionally the time for people to travel while for many, it is an ideal time to pursue a degree

or explore different academic areas that may open up new career options.

six weeks.

Summer Sessions are not limited to UAlbany-students. Each year, more than 2,000 undergraduates from the campus are joined by visiting students from across the nation who take part in the wealth of summertime learning opportunities.

Adults, high school students and college bound students, graduate students, and part-time casual enrollees are welcomed to attend as well.

For area educators and teachers, summer is a chance to keep abreast of current technologies and fine-tune teaching skills, or to move into other areas of concentration.

The University at Albany enjoys one of the lowest tuition rates in the Capital Region, for now. The current rate is a reasonable \$137 per credit hour.

The first session begins May 27. Many of the popular classes are offered during the first session, so register now.

For questions or to enroll, contact UAlbany at 442-5140 or 1-800-SUNYSUM. Details are also available at www.albany.edu/summer.

By attending the University at Albany's summer session, you will still have time to relax due to its flexible schedule and ease of enrollment.

If you've never considered summer as a time for study, research UAlbany's seven independent summer terms that can easily fit around your work or vacation schedule.

Sessions range from four to six weeks in length and starting dates are staggered throughout the summer.

UAlbany also boasts the largest and most comprehensive summer program in the area. More than 500 undergraduate and graduate courses are offered over the summer.

Course disciplines include computer science, geography and planning, business, public administration, as well as English, foreign languages and music.

Joanne Razzano, assistant to the director of Summer Sessions, said that summer sessions are a great opportunity for students catch up by taking 3 to 6 credits in only four to

Advancing the game plan

Albany Academy for Girls moves forward with new facility

Albany Academy for Girls (AAG) board of trustees has approved plans for a new athletic facility. The 21,000-square-foot facility will feature a regulation-size basketball court and an upper-level running track overlooking the gym.

In addition, there will be a weight room, aerobics room, two locker rooms, an office for physical education faculty, two classrooms, a Parents' Association office, and a lobby/student center. Construction on the facility, designed by Cotler & Horsch Architects, is scheduled to begin in the spring.

"Albany Academy for Girls has an exemplary history of responding to the needs of girls and young women. From the very beginning, in 1814, the school has supported new opportunities

for women," said Headmistress Caroline Mason. "The revolution in the role of sports cannot be ignored. Providing our students with the training and tools for competitive athletics is mission critical."

More than 85 percent of AAG students play varsity and sub-varsity sports.

"We are continually growing our PE and athletic programs," said Athletic Director Elizabeth Hemstead. "With the new larger and fully outfitted facility, we will be able to provide our students with a top-notch range of physical education and athletic opportunities. These experiences give young women an appreciation for the lifelong

physical benefits of exercise as well as the important lessons learned through competitive sports, such as team work, risk-taking, fair play, and winning and losing (with grace)."

We are continually growing our PE and athletic programs.

Elizabeth Hemstead

and modern new athletic facility. Albany Academy for Girls will complete its final expansion of the physical plant. Inside and out, the school will have the facilities to support its outstanding programs and meet the exciting challenges of the future.

In the past few years, AAG has built a new library/media center, a new classroom wing, and updated and reconfigured the athletic fields.

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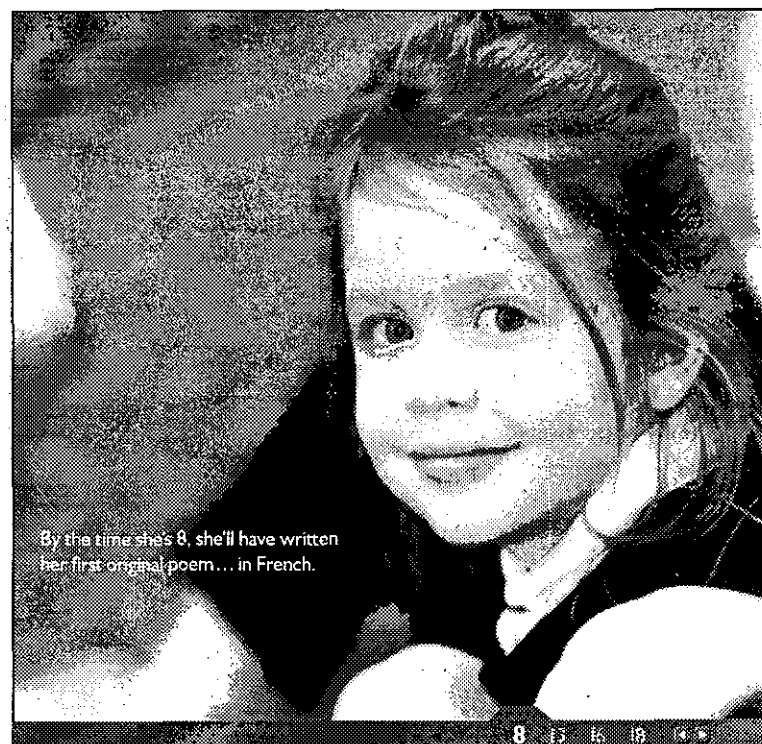
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Christian Brothers Academy is a Private, Catholic and LaSallian, Junior and Senior High School. C.B.A. is accredited by the New York State Board of Regents, Middle States Association of Colleges and Schools and the U.S. Army as a JROTC Program.



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Information Session 1:45 p.m.

St. Gregory's School prepares boys for demanding future

More than 40 years after Saint Gregory's School was founded for young men, the school has cemented its reputation for Christian principles, leadership skill and academic excellence. The school was founded in 1962, by a group of parents who sought to establish a Catholic boy's school with a primary emphasis on academics. During its 40-year history, the school has had 586 graduates.

Since its inception, the school's mission has included a solid commitment on the part of the trustees' faculty, and parents to a rigorous, dynamic education that will prepare boys for demanding secondary school programs. Saint Gregory's is proud of the fact that more than half of the students in grades five to eight obtained recognition in the John's Hopkins Talent Search program. From its beginning, the

school has endeavored to inspire not only academic excellence, but a sense of leadership, through extra-curricular activities.

The Knight's Society was created to form a better relationship between students and teachers as they work together to carry out projects or accomplish a common goal. Some examples of the many projects taken on by the Knight's Society are jump-a-thon, a ski-a-thon and

contributing more than 5,000 pound of food to the community during the food drive.

Athletically, the boys compete interscholastically in soccer, basketball, track and field. The physical education program also includes cross-country skiing, lacrosse, and European handball. A newly completed gymnasium was opened in 1999.

As you walk the hallways, you see many forms of creative expression. The music of the English handbell choir rings. The newly completed computer room is filled with eager boys working at their computer stations. A variety of artwork

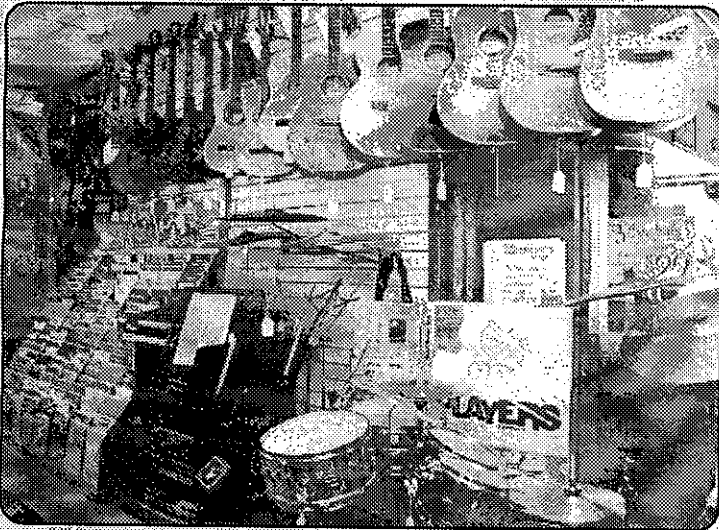
from watercolor painting by the kindergarten to the hard-edged painting of the eighth-graders is on display.

Saint Gregory's also has a coeducational pre-school program that is

designed to nurture the young learner. The school has a very flexible schedule, allowing parents a variety of weekly schedules for the nursery and pre-kindergarten program. The kindergarten program is full day and coeducational.

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Musical mecca



Blue Sky Music Studios on Adams Street in Delmar is one of the Capital Region's premier music facilities, housing a full service recording studio, a music store selling instruments, supplies and printed music, and a lesson program ranging from private instruction for most instruments, voice, songwriting and audio engineering to summer ensemble workshops and "Romper Rhythms," a music program for children and parents. Visit the Web site at www.blueskyrecording.com.

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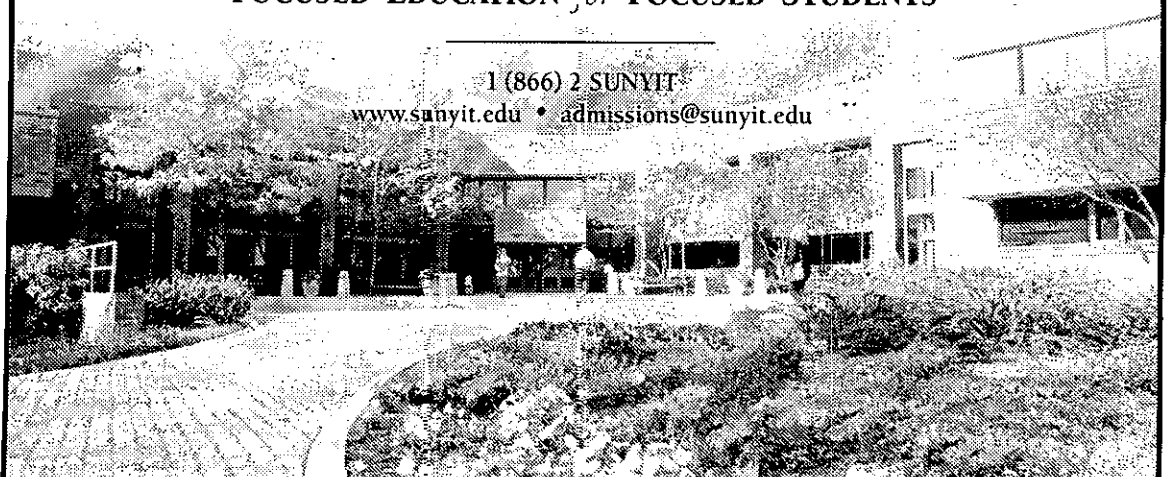
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Mohawk Valley Community College, in Utica and Rome, is New York's first community college. Since 1946, MVCC has produced more than 30,000 graduates.

New programs, expanding choices

Recently, MVCC added programs in professional pilot, digital animation, theater, Web site design and management, sports medicine and semiconductor manufacturing technology. These join well-established programs in respiratory care, fine art, engineering science, illustration, restaurant management, and others in business, health care, technology, liberal arts and sciences, hospitality and other fields - more than 90 programs in all.

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Instructor Iris Baiocchi, left, looks on as a student in MVCC's engineering science program completes a physics experiment. The program provides the first half of a bachelor's degree in a wide range of engineering specialties, including aerospace, chemical, civil, electrical, industrial, mechanical, nuclear and petroleum. Graduates have transferred to such colleges and universities as Clarkson, RPI, SUNY Buffalo and Western New England, among others.

of-the-art performing theater, new computer labs, smart classrooms, a business industry conference and training center, and Internet hook-ups in dorm rooms.

High marks from MVCC grads

In a recent survey, more than 98 percent of respondents said they would recommend MVCC to others. Also, 97.8 percent said they were satisfied with their curriculum; 92.8 percent were pleased with tutorial support; 92.4

percent indicated satisfaction with course availability; 91.6 percent said they were satisfied with laboratory facilities; and 90.5 percent indicated satisfaction with technology resources.

For additional information on MVCC, call the admissions department at 792-5354 or 1-800-SEE-MVCC. Or write to MVCC Admissions, 1101 Sherman Drive, Utica 13501. On the Web, log on to www.mvcc.edu.

CBA forensics team earns recognition

BY TANYA LEET

The secret to success for Christian Brothers Academy's nationally renowned public speaking forensics team is that they treat each other like a family.

Alicia Slavis, foreign language chair and Forensics Team coach, stresses peer mentoring between her articulate students.

"It's an esteem builder. We take a quiet kid and make him part of a family," she said.

The extracurricular club competes in public speaking, debate and student congress in three leagues: the New York State Forensic League; the Catholic Forensic League and the National Forensic League.

So far CBA has quite a prestigious record. In 2001, J.B. Horgan was state champ, national champ in student congress and third in the Catholic Forensic League. And in 2002, Benjamin Seymour was state champ, seventh in nationals and second in the Catholic League.

That same year the team won the Harvard National Cup, a four-day tournament. They also placed second at Princeton, Yale and Holy Cross, among others.

So far this year, Slavis has 22 kids who have qualified for the state championship and five for the Congress Tournament of Champions to be held in Fort Lauderdale, Fla.

Speaking of Florida, the team to beat and CBA's biggest rival, is Nova High School, whose hometown is Fort Lauderdale.

"We are hoping to win the state championship as a team this year," said Slavis, who has set her sights high.

She pointed out that the team promotes continued education outside of the classroom.

One part of the student congress is whoever has the role of Extemp draws three current events and has 30 minutes to make up a speech that references magazine or newspaper articles.

"It broadens their knowledge and makes them aware of world events," said Slavis, "It teaches them to think on their feet, which is necessary in all walks of life."

Students can even earn scholarships for college through the forensic leagues.

Slavis, who is also the regional director for the New York State Forensic League, is proud of her students. She started coaching 11 years ago with a roster of three. Today she has 65 students, which is, she said, "more than J.V. football."

Although the team can be described as "a three season sport" according to Slavis, she

ensures that "students can still do sports. We have many kids on the drill team."

Along with academics, Slavis believes the forensic team is a great forum for building confidence and social skills.

"When you are prepared, you rise to the challenge. It's when you're not that you fail. We teach them how to win and how to lose. But above all we are gentlemen," she said.

Update 2003

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It broadens their knowledge and makes them aware of world events. It teaches them to think on their feet, which is necessary in all walks of life.

Alicia Slavis

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As private law firms, corporations and many other organizations maintain their high demand for skilled paralegals to increase the efficiency and depth of their legal departments, the paralegal profession — for years to come — will remain one of the nation's fastest growing sources of careers.

At Bryant & Stratton, this career college's paralegal associate degree program prepares students to satisfy Albany area employers' substantial need for professionals who can manage many challenging tasks formerly handled solely by lawyers.

Paralegals assist attorneys with office management, research, conducting investigations, drafting documents, interviewing clients and witnesses, and gathering evidence. They also often participate in trial preparation and other dispute resolution processes.

"Bryant & Stratton's paralegal degree program benefits students and employers because we teach the most practical and applicable skills and capabilities employers require most," says Albany Campus Director Michael A. Gutierrez. "As a career-oriented college, our course work stresses outcomes-based knowledge gained through a contemporary curriculum."

"We concentrate on educating students in specialty areas of the law that generate the greatest demand for paralegals. Those areas include criminal, real property, domestic relations and civil litigation law."

Bryant & Stratton's paralegal studies program leadership and teaching staff consists entirely of active, practicing attorneys who have all earned juris doctor degrees.

The college-sponsored legal club provides a highly effective means for students to meet lawyers, judges, lobbyists, legislators and others who can provide realistic views and information concerning the paralegal legal profession. Students benefit from on-campus speakers and

participation in off-campus seminars and events.

The high quality of the paralegal studies program, coupled to Bryant & Stratton's close connection with Albany area law firms, government agencies, corporations and other employers, all contribute to the consistently high job placement rate for paralegal program graduates. These factors resulted in 100 percent of the most recent paralegal graduating classes' placement in high quality career positions.

For information about Bryant & Stratton's paralegal program, and its other courses of study, contact the Albany Campus at 437-1802. Or visit Bryant & Stratton's Web site at www.bryantstratton.edu.

Bryant & Stratton's Albany campus is conveniently located in suburban Colonie and is housed in an attractive completely accessible facility that features modern classrooms, computer laboratories and study areas. A bookstore, resource center/library, spacious student lounge and a terrace serve day and evening students.

The campus offers multiple education and training programs including associate degrees in accounting, administrative assistant, business management, information technology, medical assisting and paralegal. It also offers career training for positions including information technology assistant and office assistant.

The college has structured its programs and courses to assist students throughout their education. Associate degree programs help high school graduates and other new students to select and prepare a career path while earning an accredited degree. Students lacking a formal education can work toward their GED while earning college credits.

Bryant & Stratton's Professional Skills Center offers conveniently scheduled courses that make it possible for working professionals to

hone their special talents and satisfy continuing education requirements. In addition, a Web-based online education program enables students to take courses at any time or

location via the Internet.

Bryant & Stratton is a vital source of educated employees for local business and industry. Annually, with help from the college and through its

close contacts with companies and organizations throughout the region, approximately 96 percent of Bryant & Stratton's graduates find jobs in their fields of study.

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In addition to a strong emphasis on technology and professional studies, SUNYIT's broad curriculum also embraces the humanities, communications, math and science.

Students enjoy close contact with faculty in small classes, most with fewer than 20 students. Through internships and close cooperation with employers, SUNYIT enjoys extraordinarily high placement rates.

Founded as an upper-division/graduate institution, SUNYIT will accept freshmen this fall into 11 bachelor's degree programs: business, accounting, finance, applied mathematics, health services management, health information management, computer and information science, computer information systems, computer engineering technology, mechanical


engineering technology and industrial engineering technology.

SUNYIT offers 20 bachelor's degree programs to transfer students and 11 master's degree programs — including a master of business administration in technology management, available on campus or online.


Located just north of Utica, SUNYIT's natural beauty is complemented by high-tech facilities: a new \$14-million library, state-of-the-art laboratories and the latest instructional technology.

Activities abound on campus, with student government, special interest clubs, academic organizations, and performing arts groups. SUNYIT is a member of the National Collegiate Athletic Association, the Eastern Collegiate Athletic Conference and the SUNY Athletic Conference. Intercollegiate athletic sports teams include men's and women's basketball, soccer and bowling; women's volleyball, softball and cross country; and men's baseball, golf and lacrosse.

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Generations of Excellence

Cazenovia focuses on growth, educational excellence

Strong and growing enrollment, increasing student satisfaction and a new degree offering in environmental studies highlight a year that saw Cazenovia College strengthen

its position in the very competitive field of higher education in 2002.

"Carefully managed growth and continually increasing excellence remain the focus for Cazenovia

College," said Cazenovia College President Dr. Mark John Tierno in reviewing the highlights of the past year. "We are working to improve upon an already strong record of success and build a reputation as one of the most desirable small, independent, four-year, residential colleges in the nation."

Among the most exciting changes during the year was accreditation for a bachelor of science degree in environmental studies. The new offering includes two specializations, one in environmental biology and the second in environmental policy and communication. The new offering is designed for students wishing to pursue careers in environmental science, research, nature interpretation, environmental education or other associated fields.

"Offering new curricula will make our college more appealing to a broader pool of students," said Tierno. "It's the quality of our curriculum that is making us an increasingly attractive place to earn a bachelor's degree."

In a November 2002 report from the independent National Survey of Student Engagement, Cazenovia College scored in the top 2 percent nationally for "Active and Collaborative Learning," probably because its relative class size allows for more direct student-professor interaction; and "Enriching Educational Experiences," reflecting a strong set of extracurricular options within the campus environment.

Adding to the student experience will be several projects continued,

begun or completed in 2002. Among those were the opening of the new Fitness and Wellness Center at the Schneeweiss Athletic Complex Oct. 4, and continuing renovations to the main floor of the college's Witherill Library scheduled for completion this year. The new Art & Design Building plans were approved by the village; and a new, large clock at the center of campus will no doubt become one of the campus' most distinguishing landmarks.

"We are driven to move Cazenovia College to the top of more students' lists of choices in higher education, and our growth indicates we're on the right track," said Tierno.

In October, Cazenovia College opened its new Fitness and Wellness Center at the Schneeweiss Athletic Complex.

This new clock at the center of Cazenovia College's campus will likely become one of the college community's landmarks.

SUNY Morrisville builds on strong foundation

BY BRITTNEY JERRED

SUNY Morrisville, a college known for preparing students for careers in agriculture and technology, is building on its solid reputation. Located on Route 20 in Morrisville, the college has added three new technology management bachelor's degree programs: automotive technology, information technology, and resort and recreation service management technology.

The college recently invested \$28 million in new facilities in five separate areas: a horticulture center with new labs and greenhouses, a new dairy center, an equine breeding and training area with a half-mile track, twin ice rinks, and an automotive technology center.

Computerized cars

Automotive technology graduates will become well acquainted with a new \$6-million high-tech building. The building features new vehicle diagnostic equipment, repair facilities, computer-networked classrooms and a new car showroom. By the time students graduate, they will be prepared to enter the automotive industry at the supervisory level with technical knowledge of construction and operation.

"Cars are so computerized now. Not only do you have to understand the engines, but you have to understand how the computer and the engine work," said Jessica DeCerce, public relations director at SUNY Morrisville. Courses offered include business and automotive management and a semester at a business

where students will receive hands-on experience.

Managing technology

Another new degree program is information technology. This program combines technical and business knowledge with management concepts and theories. With this degree, students can become a computer operations manager, a chief systems analyst, a Web site manager or a systems project manager. A 15-week internship also is available with this degree.

Serving the leisure

A third new degree program focuses on the service industry. The degree builds on the college's associate's degrees in hotel management, restaurant management, gaming and casino, and resort management. The program includes an internship where seniors spend a semester at resort and recreation facilities. Career opportunities include management positions at resorts, attractions, vacation excursion companies, hotels, sports and entertainment complexes, among others.

Morrisville first began to offer bachelor's degrees in 1997 with equine science. Since then, it has built on its associate's degrees to offer 12 bachelor degrees. This year, the college has 3,285 students enrolled in its 70 bachelor's and associate's degrees.

SUNY Morrisville recently invested \$6 million in a new automotive technology center designed with all the stations a dealership features including computer diagnostic and engine repair areas.



Chiropractic College approved to award Upstate's first acupuncture degree

New York Chiropractic College of Seneca Falls, received approval from the state Board of Regents to establish Upstate New York's first master's degree program in acupuncture and Oriental medicine.

Amending the school's charter to reflect its new programs, New York Chiropractic College will now offer coursework leading to a master of science degrees with majors in acupuncture and Oriental medicine, and the bachelor of professional studies degree with a major in life sciences. These are in addition to its long standing, highly regarded doctor of chiropractic degree program.

Graduates from either master's degree program will fulfill a requirement for eligibility to take state licensure examinations for the practice of acupuncture.

Acupuncture is an ancient healing art that has enjoyed a resurgence of interest as scientific research continues to confirm its health benefits. The therapeutic procedure involves the insertion of fine gold or silver needles into the body's acupoints and rotating them. Electrical signals (electro-acupuncture) may be used instead of manual stimulation, particularly for relief of pain and neurological disorders.

Research funded by grants from the National Institutes of Health have confirmed the existence of acupuncture points and have identified specific parts of the brain that activate when particular acupoints are stimulated. For example, scientists at

the University of California, Irvine, demonstrated excitation of the brain's occipital lobe when sight-related acupuncture points located on test subjects' feet were stimulated, just as though the person's eye was being stimulated by light.

New York Chiropractic College immediately will start processing applications for enrollment in its new master of science acupuncture and acupuncture and Oriental medicine master of science programs, and bachelor of professional studies program, scheduled to begin in September.

Further details of the college's new programs are available at 1-800-234-6922, ext. 3040.

New York Chiropractic College, located in picturesque Seneca Falls, now offers degrees in acupuncture and Oriental medicine.



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Lowe's signs on to center

By KRISTEN OLBY

The home improvement retail chain Lowe's has signed on to become the latest addition to the Bethlehem Town Center shopping plaza on Route 9W in Glenmont. The plaza received the final vote of approval needed from the Bethlehem town board at its Feb. 19 meeting.

Developer John Nigro sought approval from the board to modify the building proposal, now that the final anchor store has been named. Bethlehem Town Center will also house a Wal-Mart Supercenter with a grocery, Charter One Bank branch, Applebee's and Wendy's with parking for 1,800 cars. The plaza project has been roughly three years in the making, with a lengthy review by the town board.

"I think the best thing I can do right now is to get down there and build this project," Nigro said.

The developer sought approval from the board to slightly amend the building proposal, which will now include incorporating the Lowe's sign, modifying the building size — Lowe's will be 12,000 square feet smaller than expected — and parking lot lighting.

"These changes are really of insignificant nature," said town Supervisor Sheila Fuller.

Town board member Daniel Plummer had initially voted against the project but had a change of heart this time around. Plummer had previously asked Nigro Development to extend sidewalks in front of its Route 9W

☐ *LOWE'S/page 28*

Railroad tax drop means less for town

By KRISTEN OLBY

In a move that could potentially save CSX Railroad millions in New York, Gov. George Pataki signed legislation that will reform how property taxes are calculated for railroad companies. The Rail Infrastructure Investment Act of 2002 will reduce local property taxes for railroad companies by about 45 percent over the next seven years.

While railroads will pay out less, local governments, including the town of Bethlehem, stand to lose

☐ RAILROAD/page 28

Anyone for tennis?

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Golden retrievers Tigger and Holly wait for Cindy Prieto to throw a tennis ball at the Bethlehem Dog Park last Saturday.

Jim Franco

BC board hunkers down on budget

By RON CAMPBELL

Faced with a possible \$875,000 drop in state aid as reflected in Gov. George Pataki's recent budget proposal, the Bethlehem school board began budget workshops at its Feb. 12 meeting.

"The resulting budget will balance the needs of the academic programs for district students against those of the community in determining the size of a proposed tax increase," said Superintendent Les Loomis.

"Districts can go to taxpayers twice for a budget vote. If it is defeated twice, then a contingency budget is mandated by the state capping the budget increase at 1.9 percent, the current Consumer Price Index," he added.

The current decrease in state aid is more than 7 percent. So, a defeated budget would require deep cuts in staff. The current decline in aid to the district translates into 17 teaching positions, according to the district forecast.

"Unfortunately, it is likely final state figures will not be known by the time we hold our budget vote in May or set tax rates in August," Loomis said.

Both dates are mandated by state law. "If some of the aid were restored, it would then be used to reduce the impact on the district taxpayer," he added.

In addition to the revenue shortfall, the board is also faced with increased expenses over which it has no control, such as the more than \$680,000 increase in contributions to the New York State Teachers Retirement System and \$400,000 to \$500,000 increase in health insurance costs for district employees.

A budget forecast issued by the district early this month predicted that such deep cuts in state aid and accelerating expenses would mean no increase in teaching staff beyond one new elementary teacher. It would also mean increasing class sizes at all levels beyond grade five.

The budget document predicts increases in class sizes would be most evident at the high school, where state mandates are taking effect. One mandate often mentioned is the requirement that all students take three years of science.

Loomis then praised Greg Nolte, director of facilities and operations, for the "professionalism and leadership he has brought to the department and district."

Nolte presented a bare bones maintenance project budget, which was approved. Critical maintenance items totaling \$46,400 were included in the approval, while deferring less critical projects estimated to cost \$274,700.

This, according to Nolte, compares with \$92,550 in projects completed last year. Where possible, projects are completed

by in-house staff and not contracted out, which is more economical. Replacement of one 1986 pickup truck with snowplow was also deferred until next year.

☐ BUDGET/page 18

Unfortunately, it is likely final state figures will not be known by the time we hold our budget vote in May or set tax rates in August.

Les Loomis



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In the face of war, we wait, we hope, we wonder

By KATHERINE MCCARTHY

Ten years ago, a 50-something work colleague recounted a memory from her childhood in Hamburg, Germany.

"I was outside playing," she recalled, remembering that she was about 5, "and a soldier came up to me and asked me if I would take him to my mother. It was my father. I was wearing a dress that my older sister had outgrown, and he recognized that."

She didn't say much more about how he had found her — whether this German soldier had

COMMENTARY:

*Mom's
the
Word*



walked home from the Russian front or from a POW camp somewhere else in Europe. What had he thought he would find? Had hope and despair battled within him as he'd trudged through his devastated country? Had he just put one foot in front of the other, not daring or able to

think about what he would or wouldn't find at home?

Little wonder that somebody else's World War II memory came to mind last week, when two of our staunchest European allies chose to berate us publicly. In two private, unrelated conversations in my small world, two people mentioned Neville Chamberlain, which sent me scurrying to the Internet. In the medium that can keep us all too current with events, I was reminded of the Munich Accord the former English prime minister signed with Adolf Hitler (and France, Great Britain, and Italy) in 1938, ceding the Sudetenland in what they thought would sufficiently meet Hitler's needs for Lebensraum. Is the United Nations the modern-day equivalent of The Munich Accord, its call for further weapons inspections providing Saddam Hussein with the time to hide what arsenal he already has?

The United States is being painted as the aggressor, but why are the memories of Sept. 11 and World War II dishonored as people choose to believe Hussein, a maniacal dictator, and Joschka Fisher, the German defense minister who once beat up a policeman, instead of the world's most stand-up man, Colin Powell?

Contemplating bottled water, duct tape, plastic sheeting and emergency plans during last week's heightened alerts, my mind wandered to what the world will be like when this difficult phase ends. Even those of us not

marching for peace are praying for it. Will our prayers and actions be able to avert war and still rid the world of the Iraqi regime that benefits only its leader?

Will this be a time as seminal as the post-World War II years, as European nations with much grimmer post-war memories than Marshall-plan aided France and Germany choose the United States as an ally, and not their large neighbors?

In 10 years time, will Americans choose Polish and Turkish destinations for their treat-of-a-lifetime trip abroad, instead of Provence or Bavaria? As the world debates, we think at home of how to prepare for a war we cannot fathom.

Chris and I talk about how to get to each other if our normal routes are cut off. Would the bridges over the Normanskill really be taken out in strategic maneuvering? Could we meet at my grandmother's in southern Vermont? That means more bridges, over the Hudson, a mightier waterway than the Normanskill. We are left stymied, and in our special marital code that means we're done with the subject, promise to talk about it later. I quizzed the kids about our home phone number and my cell phone number. They looked at me like I might ask them to sing

the little kids' song "I know my name and address, my telephone number too."

Laughing, I said it was a test of the emergency broadcast system, an anachronism they've heard of but never actually heard. They dismissed my quiz as just another overprotective mommy moment, but if we tried to formulate an emergency plan, would it freak them out? If I made them a little card with Dad's office number, Grandma's phone number in

Vermont and Aunt Caitlin's phone number in Albany, would it comfort them, confuse them or be just another piece of paper to lose? All the

emergency plans advise us to set up a family meeting place outside the neighborhood — a huge impracticality in this day and age when children only get places because mom or dad drives them there in the minivan.

And what qualifies as outside of the neighborhood? Across the big avenue? The next town? How can we know that it will be safe if this still-vague event happens? The boys recently bought two-way radios with "their own money." It was funny at the time, to think that these updated walkie-talkies would best both the telephone and instant messaging.

As they talked to friends half a mile away, though, I wondered if Chris and I should have a set, so the four of us could have another way to stay in touch. The greatest fear I haven't shared with the boys is that all the emergency plans say to make some sort of arrangement for pets, since they won't be allowed in the shelters that might be established. That's it, then, we perish together, for our children love their dog more than they love their parents, each other and the room full of toys they've collected in their lives. Either the dog goes too or nobody does.

When we talk to our children, they don't express fear. Christopher, ever ferocious and absolute, advocates war, even as we point out the sorrow associated with it. Cormac sighs, saying he sees the need for it, but hopes it won't come. I know they monitor the conversations Chris and I have, and I wonder what their worries and deepest fears are. I wonder if they have the same sort of nightmares I did when I was around 5, which probably came from eavesdropping on adults talking about the Cuban Missile Crisis.

In it, I am separated from my family, as hundreds of us embark on some sort of evacuation caravan. In the dream, I always cried and woke up shaken. As an adult, the world feels too serious for tears. As an American people, friends and family are divided as to what they think should happen next. We remind our children that this diversity of opinion is our nation's strength.

We talk, we debate, we hope and we pray for peace. Like parents everywhere, I tuck my children into bed each night, hoping that this sense of security, peace and completion always remains the way that we finish each day.

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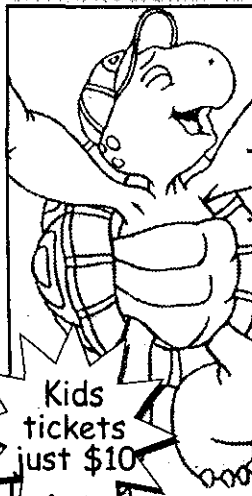
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Good skate



Colleen Ayer pulls her daughter Sohpie through the snow at Elm Avenue Park recently.

Jim Franco

Bethlehem Preschool earns 5 stars

By KRISTEN OLBY

Virtually any working parent can tell you finding quality child care is a tough task — one that takes a lot of time and research.

"It's extremely difficult. I've literally been searching for about three months," said Linda Greenman of Voorheesville, who has a 15-month-old daughter in need of day care.

Her search has brought her to Bethlehem Preschool in Glenmont — one child care center recently ranked as an outstanding provider on the Child Care Programs of Excellence list. The ranking is part of a pilot program being tested in Albany County by Cornell University and the Child Care Coordinating Council.

It's designed to make finding reputable child care easier for parents. Centers on the list have been evaluated and exceed minimum state licensing guidelines, ranking from good to outstanding. Child care centers and family providers that participated in the study had their programs observed by trained researchers from Cornell University for a day.

When calculating a rating, researchers looked at three primary factors: program standards, teacher qualifications and safety compliance.

"The look at the physical

environment, they look for safety, they also look for interest — things on the wall that help develop different kinds of visual skills," said Elizabeth Peters, a professor at Cornell University who helped develop the study.

The rating system is designed to encourage schools that perform low to evaluate and improve their programs.

"Some schools went through the process and were deferred, meaning they didn't meet the



Bethlehem Preschool co-director Cathy Halayko, left, joins students Laura Agnew, Nicki Kern, Jared Barends and co-director Mary Morrill in showing off the school's Child Care Programs of Excellence award.

Kristen Olby

The credentials of all teaching staff is also including in the calculation of a rating. "Training, education and experience — research shows that to be a really critical indicator of an excellent child care program," added Peters.

Finally, providers' past record of safe and healthy care is reviewed. Schools received a ranking from two to five stars, with two being a "good" review and five an "outstanding" review. Bethlehem Preschool earned a five-star review.

"I think it will continue to keep us known as a high-quality program providing good care for the Bethlehem area," said Cathy Halayko, co-director of Bethlehem Preschool.

minimum two stars but I think they're eager to undertake the steps that will get them there," said Peters.

Linda Greenman said the child care rating list will save her time. "At least I know beforehand that they have clean toys, a good environment, good stimulation of the child, all of those different criteria that they've met."

Schools that have made the list will be evaluated again in two years. The downside may be that schools that have ranked well will grow in popularity. "Probably most of the places are going to have long waiting lists," Greenman said.

But for many parents, securing reputable child care is well worth the wait.

Button to discuss book about Whalen

By KATHERINE MCCARTHY

The drop-leaf table in Daniel E. Button's Delmar home looks out at a snow-covered patio where birds peck for food and bare-branched trees wait for warmer weather.

"This is where Tom Whalen and I had many early-morning breakfasts," said Button.

Whalen, who died in a car crash last autumn, was mayor of Albany from 1983 to 1993, and Button has written a book about him called *Take City Hall!* Sunday, Button will be reading from and discussing the book at Bethlehem Public Library.

Take City Hall! is 530 carefully-annotated pages and starts, as so much about Albany does, with the administration of Erastus Corning and the political machine that accompanied it. Tom Whalen was the hand-chosen successor to Corning, and somebody who changed the city for the better, in Button's opinion.

Button — a former Republican Congressman and newspaper editor who was always "greatly interested in Albany politics" — worked on the book for more than eight years.

"Whalen did what the city needed," said Button, who was once Whalen's neighbor on South Pine Street in Albany. "He paid attention to government issues and restored a sense of pride in people about their city."

"Whalen's greatest accomplishments came on two levels," Button said. "The first was that he instituted a system of competitive bidding for services and goods. The fact that he did that made possible his credibility as an honest individual. Without that, the other things he did wouldn't have been possible."

It was the physical accomplishments in the city that Whalen was most interested in, Button said. The second level of Whalen's success, in Button's eyes, was that he had both the insight and the nerve to institute the competitive bidding and stick with it against the interest of the party that put him in office.

"In the book, I write about Whalen's proposition that the big fault in the Corning administration was that the welfare of the political body came before the welfare of the government and the people," Button said.

"Albany's a better city now because Tom Whalen delivered to the people an honest, effective government and the realization that as individual citizens they had rights that were not subordinate to the dictates of a political organization," he added.

For his book about Whalen, Button drew mainly from three sources — Whalen himself, microfilm research and some conversations with other people. He also brought his unique perspectives as both an elected government official and a newspaper editor to the book.

Button was at the *Times Union* from 1960 to 1966, where he was executive editor. He and publisher Gene Robb often butted heads with the political organizations of the day, but stuck to

their decision that the *Times Union* would report politics in an honest, aggressive way.

The relationship between politicians and newspaper people can be a tenuous one, and Button said Whalen "had a feeling he hadn't been well-treated by the press."

Button's personal political experience came when he served as a Republican Congressman from 1967 to 1971.

"The decision to quit my job and run for office in 1966 was a crazy one," Button said. "It meant I had no job, five children, a mortgage and very dim prospects for winning the election. When I decided to run, I didn't know I'd have a primary."

Button built on the name recognition he'd established with his Sunday column, "Across the Editor's Desk," and the TV talk show he and his wife Rena had in the mid-1960s titled, "Speak for Yourself," where the two presented differing viewpoints.

To demonstrate his interest in the entire district, Button took "The Walk," getting into every town in his district.

As a freshman representative, Button was invited, along with others, to the White House. Top brass talked to the newly-elected Republicans about winning the war, but Button's question about peace proved unpopular when he repeated the tale at a Lincoln Day dinner in his district, where he and then-Gov. Nelson Rockefeller spoke.

"The governor rebutted the question publicly," Button said. "In hindsight, I might have been more politic."

After one term, Button found himself back in New York City, soon employed as the president of the Arthritis Foundation. Button was also president of the Magazine Publishers' Association and, later, editor of the *Science Digest*.

With a stop in Berkshire County, the Buttons eventually made their way back to Albany, and in 1987, moved to Bethlehem. Button worked for a while at *The Spotlight*, expanding its editorial pages.

Button did all his newspaper work on a typewriter, as he did *Take City Hall!*

"Tom and I had an understanding that the book would be objectively written by a friendly person," Button said.

Whalen, he said, wanted the book published for posterity and was sometimes impatient for it to be completed.

"I was intent on accuracy," Button said. "When Tom read parts of it, it was without comment."

Button, now 85, was as shocked as the rest of the community by Whalen's untimely death, but was glad that Whalen knew the book was completed.

"The manuscript was in the car," Button said, looking for a minute out the patio doors. "Now, young Tom comes to breakfast regularly."

Dan Button will read and discuss *Take City Hall!* Sunday, Feb. 23, at Bethlehem Public Library at 2 p.m.

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Grange to serve ham dinner

The Bethlehem Grange will begin another series of "First Saturday of the Month" dinners on Saturday, March 1.

A baked ham dinner served family style will be from 4 to 7 p.m.

at the grange on Route 396 (Bridge Street) in Selkirk.

The cost is \$8 for adults and \$4 for children.

Take outs will be available. For information, call 767-3342



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Holy Names slates two open houses

Academy of the Holy Names will hold an open house for prospective students in prekindergarten through grade eight on Tuesday, Feb. 25, at 7 p.m. in the lower and middle school. Open house for grades nine through 12 will be on Wednesday, Feb. 26, at 7 p.m. in the upper school.

The entrance exam will be on Saturday March 1, at 8:30 a.m. Students in grades two through 12 must take the exam. The exam fee is \$10.

The school is at 1073 New Scotland Road in Albany. For information and to register for the exam, call the school at 438-7895.

Town police arrest 3 on DWI charges

Bethlehem police arrested three individuals for driving while intoxicated last week.

Stacy Bruce, 23, of Citation Drive, Latham, was stopped for speeding and failure to keep right on Delaware Avenue on Jan. 9 at 4:46 a.m. Police said Bruce failed a chemical test and arrested her for DWI.

Elaine Chase, 44, of Old School Road, Selkirk, was stopped for speeding on Creble Road in Selkirk on Feb. 9 at 8:17 p.m. Police said Chase failed field

sobriety tests and arrested her for DWI.

Phillip Rohloff Jr., 42, of 77 Lasher Road, Selkirk, was stopped after allegedly hitting a vehicle in the city of Albany and leaving the scene on Feb. 10 at 10:48 p.m.

The driver of the hit vehicle called police and followed Rohloff to Glenmont. Police found Rohloff at his home where they administered field sobriety tests and he failed. Rohloff was arrested for felony DWI because of a prior DWI arrest within the last 10 years.

RCS library schedules story times

Toddler Time is Wednesdays at 10:30 a.m. at RCS Community Library in Ravena.

It is planned for children 18 months through age 2, with an emphasis on activity.

It's the first experience of group time for most of the children.

Preschool story time is Thursdays at 11 a.m. The group's age range is 3 to 5.

Most are able to sit and listen through an entire story as part of a group.

For information or help deciding where your child would be happiest, call the library at 756-2053.

Computer classes offered

The library had scheduled intermediate Internet classes that are subject-oriented. They meet at 11 a.m. The class on Tuesday, Feb. 25, is about health.

Call the library at 756-2053 to enroll.

New books and new clubs

ChapterADay has added a Horror Science Fiction Club.

It is about to add a Mystery Club and a Pre-Pub Club.

Subscriptions are free.

Start from www.uhls.org/rcscl. Open the club Web page and type in your e-mail address.

All week, you will receive chapters of the selection of the week.

You can join as many clubs as you wish.

Homework resources

We have added more books on American history, world history, literature and literary criticism, Shakespeare's world, opposing viewpoints, immigration and mythology to the library collection.

Some can be borrowed: some are reference materials.

The library also has online subscriptions to the *Times Union*, the EBSCO magazine databases, Grolier Online, NoveList, health and business databases, and LearnATest.

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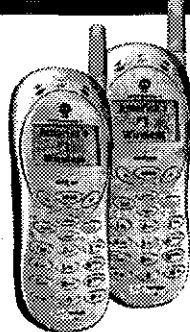
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PTA to sponsor book fair at school

The PTA will sponsor a Scholastic book fair in the elementary school cafeteria on Thursday and Friday, Feb. 27 and 28, from 5 to 8:30 p.m. and Saturday, March 3, from 10 a.m. to 2 p.m.

Youth ministry to host dinner dance

The Youth Ministry at St. Matthew's Church will sponsor an evening out for adults on Saturday, March 1, from 6:30 to 10:30 p.m. Dinner, with a choice of chicken or salmon, will be prepared by a professional chef, and there will also be music.

Tickets can be purchased at the church for \$25 per person.

Tables of eight can be reserved by contacting the church at 765-2805.

Village board to meet

The next regular meeting of the Voorheesville board of trustees is on Tuesday, Feb. 25, at 7 p.m. at village hall, 29 Voorheesville Ave.

Friends of Thacher Park schedule program

The public is invited to a presentation and meeting at Voorheesville Public Library on Monday, Feb. 24, at 7 p.m. called "Wading in Tropical Seas."

Take a tour of the Indian Ladder Trail 420 million years ago with Chuck Ver Straeten, a geologist at the State Museum.

This is in place of the program previously scheduled for Feb. 4. For information, call 872-0800.

Parenting class set at elementary school

Voorheesville Elementary School is offering a series of three programs on Systematic Training for Effective Parenting in the school library.

Classes are set for Wednesdays, Feb. 28 and March 12, and Thursday, March 27, from 6:30 to 8:30 p.m.

Child care will be provided. For information, call Suzanne Paulson at 765-2382, ext. 518.

NEWS NOTES

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St. Matthew's schedules lector workshop

St. Matthew's Church will be offering a refresher workshop in lectoring on Monday, March 3, at 7 p.m. It is open to anyone who wants to be a lector.

Extension to offer tractor safety course

Albany County's 4-H Tractor Safety Certification program will begin Monday, Feb. 24, at 7 p.m. and continue every Monday through April, except for the week of school spring vacation.

The class will be held at Cornell Cooperative Extension and is mainly for teens, ages 14 and 15 who operate a tractor as part of paid employment.

For information, call 765-3500.

Glenmont PTA plans craft fair

Glenmont Elementary School PTA will host its 21st annual craft fair on Saturday, March 8, from 10 a.m. to 4 p.m.

More than 50 crafters from the Northeast will display and sell a wide variety of wares including wood, pottery, jewelry, glass and edible goods.

Admission is free, and lunch and snacks will be sold.

The school is on Route 9W in Glenmont.

Picket Pottery closes at 4 Corners

By KRISTEN OLBY

One of the latest additions to Delmar's Four Corners business district closed on Feb. 16, but it isn't due to a lack of customers.

Picket Pottery, owned and operated by Lisa David, opened two years ago and was a welcome addition that quickly gained a following.

The store offered a wide range of handmade pottery pieces, as well as candles, soaps and gifts.

"I loved being here, and the people have been great," said David, but the stress level of operating her own business and raising a family has reached its limit.

"It's the pressures of being a mom. I'm a mom first," said David, who is raising two children, ages 14 and 10, with the help of her husband.

All of the pottery for sale is hand thrown by David using 500 pounds of clay a week. On average, it takes David just a minute to produce a piece of pottery but with nearly 300 pieces needed each week, the production time adds up. Add to it, operating the store six days a week.

"The amount of time it takes to run a retail shop was more than I had anticipated," said David. "It has been an enormous amount of production time for me."

Prior to opening her shop, David produced pottery for wholesalers, a practice she will return to at her New Baltimore home.

Her home serves as her pottery studio where she will still sell to the public during four seasonal sales each year.

Pottery can also be ordered online at www.picketpottery.com.

In Slingerlands, The Spotlight is sold at Falvo's Price Chopper and Tollgate.

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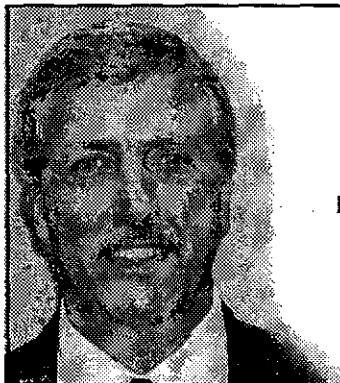
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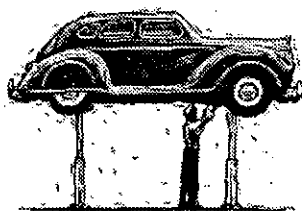
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Matters of Opinion

Safety first

Kids throughout the Capital District are off from school this week for Presidents Week, and with the new snowfall, many of them will move outdoors for fun and frolic.

And who can blame them, since young and old alike are winter weary, suffering from cabin fever and just plain grumpiness from this relentless season. Keep in mind that many kids won't make it to the slopes, but will rather look for winter fun closer to home.

But along with this opportunity to get outside and have some fun, it means already beleaguered drivers must be extra careful on roads where visibility is hampered by piles of plowed and drifting snow. This is especially true on streets where there are no sidewalks.

Given the fact that there are many first-time winter drivers — teenagers — it's important to talk to them about the special challenges of driving under difficult and sometimes dangerous weather conditions.

We've heard from some suburban residents that it's still a chore to get out of their driveways because of the height of the snowbanks, and that's clearly still a problem on many suburban roads.

To avoid a mishap in all of this, it's critical to keep vehicles free of snow and grime and to keep them in good working order.

Make sure all snow and ice are removed from car windows for optimum visibility and that all the lights work. Allow time for your vehicle to warm up before venturing out on the road. Avoid making unnecessary trips, which has an added bonus for drivers these days, since gas prices are escalating on what seems to be a daily basis.

Pedestrians also have a responsibility to be more careful, especially in the early morning and late afternoon hours. Dark clothing makes it even more difficult for drivers, who are often battling slick roads, to see them.

Pedestrians should also try to use routes that have sidewalks or perhaps get their workouts at the gym, at least until spring.

Another thing pedestrians should avoid is walking in pairs along roadways that are made even more narrow by the plowed snow.

Remember, a little common sense goes a long way. Stay warm and safe and keep in mind that spring, theoretically, is only a little more than a month away according to the calendar.

Editorials

Reenactment enriches history

By MICHAEL TROUT

The writer is a Selkirk resident.

"The mother of all Revolutionary War reenactments" was what my commander had been calling it since August. And here we finally were in Fort Edward, commemorating the 225th anniversary of the Battle of Saratoga. He was right.

It's Sunday afternoon, Oct. 13, 2002, and the 33 of us in Butler's Rangers are forming up for battle with the rest of the British forces. On our left and right are other green-coated Loyalists. To the far left are natives from the Mohawk, Seneca and other nations; to the far right are blue-coated Germans. And to their right are hundreds of redcoats from more than a dozen proud regiments.

Although we're standing at attention, officers quietly suggest we discreetly step out of line and take a quick look at our formation. "You may never see a sight like this again," one says. "Our line is an eighth of a mile long," says another, beaming with pride. (Later estimates put it at almost a quarter-mile.)

More than 3,000 soldiers and civilians have turned these farm fields into a small 18th century city. We're trying hard to give the 21,100 spectators a great time. As we march by the crowd, a woman yells, "God bless the Loyalists!"

Why, you may ask, do we portray the British, the enemy in our nation's most important war? First, somebody's got to do it. Second, we like being the underdogs who gave their all in a lost cause. Third, although the British lost the war, they won more battles — so we win a lot. Fourth, with our dazzling uniforms we're dressed to impress.

Fifth, as students of the war, we want the British side of the story told for a change. Unlearning the silly schoolbook myths of the war — and there are a lot of them — is enlightening. Finally, this was really our first Civil War. Anti-

Point of View

British and pro-British Americans battled each other enthusiastically, especially in New York, where the population was about 50-50. My ancestors were loyal to the king and took up arms — but only after being violently persecuted by rebel committees and sheriffs. Those Loyalists — as brave and dedicated as any other American soldiers — lost the war, moved north and formed their own new nation: Canada.

We won yesterday's battle. Today we're portraying the final Saratoga battle of Bemis Heights, where the rebels clobbered Burgoyne's British army. Accordingly, today we must lose. Several weeks ago, the British commander gave Butler's Rangers our battlefield assignments. His closing words were, "Nice knowing you."

We're in position. To our left are hundreds of redcoats; to our right are dozens of Germans.

Rebel soldiers, including Continental regulars, appear from behind hills. They congeal into huge formations and gather speed, heading toward every part of the British line. Gunfire breaks out and quickly spreads across the battlefield.

The sound of firing overcomes the squealing fifes and pounding drums. I get nervous as the number of rebels continues to increase. They appear from behind hills, from out of tall weeds, from out of everywhere and nowhere.

We get orders to load and fire, and our muskets spout smoke and flame again and again. The rebels match us volley for volley. Usually they can't fire as fast as we can. This is scary. They want payback for yesterday.

The Butler's Rangers commander orders us to fall back before the rebel onslaught. They're advancing with awesome numbers and frightening speed. I've never seen such a determined rebel attack. And we're not the only victims — the British are getting hit everywhere.

Cannons add their ear-busting blasts to the deafening noise of muskets, drums and fifes. Officers and sergeants scream to make themselves heard. Still, we sometimes miss their orders and the inevitable confusion begins on both sides.

Smelly gray clouds of burned powder engulf the battlefield and it's increasingly difficult to see. At real 18th century battles, the smoke was so thick it was hard for officers to identify and control their men. But at modern reenactments we never have enough men to create proper smoke — until today. Sometimes I can't see the guys standing shoulder to shoulder with me. This is the most realistic battle

I've ever been in.

We retreat again, firing at the rebels as they advance relentlessly. They fire back and most of our front rank goes down. I step forward to take the spot of the "dead" man in front of me.

We retreat again and give the rebels another volley. A couple fall but they still outnumber us by better than five to one, and they're not slowing down. Another rebel volley and our lieutenant falls. Now we're in deep trouble.

To my left a Loyalist colonel screams: "Butler's Rangers! Over here — now!" He orders the two of us that are left to join another green-coated Loyalist unit. Then another Continental formation appears out of the smoke and blasts us to pieces.

I scramble away from the tumbling bodies. Everywhere is smoke, noise and chaos. To my right is a regiment of brass-

helmeted Germans, firing at the advancing Continentals. I figure this will be a safe spot for a while.

I've fired maybe 20

rounds and my musket barrel is getting hot. I reach into my cartridge box for another round, but at that moment a howling mass of Continentals charges through the smoke. In seconds they swarm the redoubt. Brass helmets fall as the rebels "kill" or capture all the Germans.

A gap in the smoke reveals more Continentals behind me. The rebels have smashed through our lines and are heading directly for whatever's left of the British army. "Dead" redcoats are everywhere.

Far to the rear is a desperate group of redcoats battling against impossible odds. It's the last stand of the British army. But I can't get there without passing through hordes of rebel soldiers.

A Continental unit fires, and down I go. They march over me as their commander warns, "Don't step on the body!" They don't. As they pass, I ask who they are. "Second Massachusetts! they reply.

They march away to help finish off the survivors of what was once a proud British army, most of which is lying on the ground like me. In a few minutes the announcement comes: the battle is over. The "dead" rise and return to their units.

We pass in review before the spectators, British first, rebels following. As our quarter-mile-long line passes, the crowd gives us an ovation that must have left their hands sore from clapping. And I'm sure the rebel army got an even more enthusiastic thanks. So the real heroes are the spectators who came out to support us.

It's been the best reenactment I've ever been in — even though it's been one of our most crushing defeats. I can't wait for the next reenactment.

The Spotlight

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Matters of Opinion

Casale's 'no' vote will hurt survivors of rape

Editor, The Spotlight:

I was dismayed to learn that on Feb. 10, Pat Casale, now the Assembly member for Bethlehem, was one of only 13 members of the state Assembly who voted against an important piece of legislation that will improve medical care for rape survivors. The bill opposed by Assembly member Casale would make sure that rape survivors being treated at hospital emergency rooms are offered emergency contraception (the "morning after" pill) to prevent pregnancy from the rape.

Emergency contraception is an extremely effective method of preventing pregnancy if taken within 72 hours of unprotected intercourse. It is more effective the sooner it is administered.

Yet, according to a recent statewide survey conducted by Family Planning Advocates of New York State and the New York State Coalition Against Sexual Assault, as many as 1,000 rape

survivors a year may be sent away from New York hospital emergency departments without receiving emergency contraception.

That is because some hospitals are failing to provide full and appropriate medical treatment to rape victims. Why would Assembly member Casale want to force a rape survivor to bear an unwanted pregnancy? Isn't a rape survivor exposed to enough physical and psychological trauma without having to bear an unwanted child? The other 131 Assembly members who voted in favor of the bill were expressing compassion and respect for women who have been victimized by sexual assault.

I am insulted that Mr. Casale does not believe that a rape survivor should have the option to prevent a pregnancy that may have resulted from such a horrific experience.

Katherine P. Henrikson
Delmar

BOU wants your input

Editor, The Spotlight:

Do you have even a glimmer of an idea to help Bethlehem youth and parents make smart choices?

If so, BOU would like to hear from you. Bethlehem Opportunities Unlimited began in 1985. Its purpose was to reduce teenage use of drugs and alcohol and make the community aware that a problem did indeed exist in our community.

BOU has evolved into a funding source for programs, activities and workshops to educate all residents in Bethlehem about drug and alcohol prevention. Many of the ideas that BOU has helped to support have come from Bethlehem Central's teachers, administrators and students, but the grant application process is open to any group.

Forms are available from any BOU board member. You can also download the application by going to the Bethlehem Central School District Web site at www.bcsd.k12.ny.us, clicking on "District Information" and then clicking on "Parent and Community Groups."

Ellen Kelly-Lind
BOU grant committee
Delmar

Dog park critic's remarks aren't supported by facts

Editor, The Spotlight:

I have finally calmed down after reading Mr. Grinch, er Mr. Scrooge, I mean Mr. Scheuermann's list of half truths regarding the town dog park.

I am one of the people who pay a \$20 per year fee to use what was basically an open fenced-in area next to the town water tank — pristine park land, indeed.

This area was generating no income for the town before the dog park was established. This park makes money for the town, instead of just sitting there with no purpose.

We who use the park also advised the parks Department that, if needed, we would be willing to pay even more to use the park.

Now, onto the so-called 'stadium lighting.' There is going to be one 20-foot pole with a light attached to it. Furthermore, this 'stadium lighting' will be on a timer that will go off at 7 p.m. sharp. After that, all persons using the park will be required to leave.

I am not sure who Mr. Scheuermann is referring to when he says that the board is pandering to its friends, but the town collected fees from more

than 300 dog owners last year. Do the math. We use what we pay for, we do not traffic.

Also Mr. Scheuermann complains about the huge blue portapotty. In case he hasn't noticed, there is a gigantic, ugly green water tank next to the park that is about three stories high.

One thing Mr. Scheuermann neglected to mention in his letter was the half-truth he presented at the town board meeting. At that meeting, he stated that even residents of Adam's Station complained about the park.

If you ever have a chance to walk through Adam's Station apartment complex next to Mr. Scheuermann's residence, you will be greeted by the barking of a few of the many dogs that live there with their owners.

In closing, I would like to say that like any other public facility, there will always be a small percentage of people who do not follow the rules. Those of us who do would like to thank the town board members who did not cower under Mr. Scheuermann's political threats made at the town board meeting.

Kevin M. Quinn
Glenmont

Elsmere firefighters express thanks for fund support

Editor, The Spotlight:

The members of the Elsmere Fire Co. would like to thank the residents and commercial businesses for their generous donations to our annual fund drive.

The money received from your donations make it possible for us to recruit and retain volunteer firefighters for the protection of our community. The Elsmere

firefighters spend many hours of their own time in ongoing training activity and responding to the many alarms that we are called upon to answer each year.

We appreciate your continued support and are proud to serve the Elsmere community.

Dale Hasseti
Elsmere Fire Co. "A"
president



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Notice is hereby given that a license, number pending, has been applied for by the undersigned, Four Corners Luncheonette LLC, to sell beer, and wine at retail in a restaurant, under the Alcohol Beverage Control Law at 2 Grove Street, Delmar New York 12054, in the Town of Bethlehem, Albany county for on premises consumption. Four Corners Luncheonette LLC. LD30002815 (February 19, 2003)

NOTICE OF FORMATION OF LLC

Notice of Formation of 42 HOWARD STREET, LLC a domestic Limited Liability Company. Articles of Organization filed with the Secretary of State of the State of New York on 1/28/03. NY office location is Albany County. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon him to c/o Alfred and Regina McCormick, 600 Broadway, Albany, New York 12207. The Purpose of LLC is real property management. LCD30002824 (February 19, 2003)

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

The name of the LLC is 49 RAILROAD AVENUE ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 5, 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 9 Washington Avenue Square, Albany, New York 12205. LCD30002822 (February 19, 2003)

LEGAL NOTICE

Notice of Formation of Abriele Melano, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 12/12/02. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Ab Korine, c/o ADK Fashions, 499 7th Ave., 12 North, NY, NY 10018. Purpose: any lawful act or activity. LD30002770 (February 19, 2003)

LEGAL NOTICE

Notice of Formation of All Pro Cleaning Service, LLC. Art. of Org. filed Secy. of State (SSNY) 12/18/02. Office location: Albany County. SSNY designated as agent of LLC upon process may be served. SSNY shall mail copy of process: 595 New Loudon Rd., PMB #214, Latham, NY 12110. Purpose: any lawful purpose. LCD30002802 (February 19, 2003)

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

The name of the LLC is AT-VENTURES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 13, 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 21 Grey Ledge Drive, Loudonville, New York 12211. LCD30002829 (February 19, 2003)

LEGAL NOTICE

Notice of Formation of Atlantis Strategic Total Return Fund, LLC. Art. of Org. filed Secy. of State (SSNY) 1/24/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process 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 19901. Purpose: school bus transportation services. LD30002704. (February 19, 2003)

LEGAL NOTICE

cess may be served. SSNY shall mail copy of process: 99 Pine St., 5th Fl., Albany, NY 12207. The Reg. Agt. at such address upon whom proc. may be served is: McGinn Smith & Co. Purpose: any lawful purpose. LCD30002793(B) (February 19, 2003)

LEGAL NOTICE

Notice of Formation of Atlantis Capital Management, LLC, Art. of Org. filed Secy. of State (SSNY) 1/24/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 99 Pine St., 5th Fl., Albany, NY 12207. The Reg. Agt. at such address upon whom proc. may be served is: McGinn Smith & Co. Purpose: any lawful purpose. LCD30002793(A) (February 19, 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. (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of Broadwing Logistics LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/3/03. Office location: Albany County. LLC formed in Delaware (DE) on 12/18/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 1122 Capital of Texas Highway South, Austin, TX 78746. Art. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD30002816 (February 19, 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 is: Ralph R. Penton, 10823 206th St. SE, Snohomish, WA 98296. Purpose: Any lawful purpose. LD30002739 (February 19, 2003)

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

The name of the LLC is COLUMBIA 90 ASSOCIATES, II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 11, 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. LCD30002821 (February 19, 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

LEGAL NOTICE

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 (February 19, 2003)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

NAME: CONCORD RENTALS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/27/02. 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, 156 Sparrowbush Road, Latham, New York, 12110. Purpose: For any lawful purpose. LD30002765 (A) (February 19, 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. LCD300027 (February 19, 2003)

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

The name of the LLC is COURT ROYALE APARTMENTS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 22, 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 2 Tower Place, Albany, New York 12203. LCD30002786 (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is DAMWOOD, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 24, 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 Schenectady 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 4017B State Street, Schenectady, New York 12304. LCD30002785 (February 19, 2003)

LEGAL NOTICE

DELAWARE PLAZA WINE AND LIQUOR COMPANY, LLC. NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Organization for Delaware Plaza Wine & Liquor Company, LLC were filed with the Secretary of State of New York (SSNY) on January 3, 2003. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, Delaware Plaza Wine & Liquor Company, LLC, 180 Delaware Avenue, Delmar, NY 12054. Purpose: for any lawful purpose. LD 30002833 (February 19, 2003)

LEGAL NOTICE

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 process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: school bus transportation services. LD30002704. (February 19, 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 19901. Purpose: school bus transportation services. LD30002703 (February 19, 2003)

LEGAL NOTICE

FINEWILL PRO CONSTRUCTION, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 11/13/2002. Office location, Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: the LLC, 10 Airline Drive, Albany, New York 12205. Purpose: any lawful business purpose. LCD30002750 (A) (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of Fixed Income Analytics, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/9/03. Office location: Albany County. LLC formed in Delaware (DE) on 11/6/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: 320 Central Park West, 10 H, NY, NY 10025, principal office of the LLC. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD30002756 (February 19, 2003)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

Name: FLOORING WAREHOUSE, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on November 27, 2002. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to c/o The LLC, 8 Railroad Avenue, Albany, New York 12205. Purpose: Any lawful business purpose. LD30002755 (February 19, 2003)

NOTICE OF FORMATION OF G3 PROPERTIES, LLC

(PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Articles of Organization of G3 PROPERTIES, LLC (the "Company") were filed with the Secretary of State of New York on February 4, 2003. The Company is being formed to engage in the ownership, management, leasing, purchasing, selling, development and mortgaging of property and any necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

LEGAL NOTICE

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany, New York 12207. LD30002820 (February 19, 2003)

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

The name of the LLC is GREENBUSH HOTELS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 22, 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. LCD30002767 (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF T. HOFFMAN CAR WASH GLENS FALLS, LLC Under Section 206 of the New York Limited Liability Company Law, notice is hereby given of the formation of the above-named Limited Liability Company.

1. The name of the Limited Liability Company shall be T. Hoffman Carwash Glens Falls, LLC (the "Company").
2. The Company's Articles of Organization were filed with the Secretary of State on January 24, 2003.
3. The principal office of the Company shall be located in Albany County, New York.
4. 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 to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 1757 Central Avenue, Albany, New York 12205.
5. The purpose of the Company shall be to engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law. LD30002790 (A) (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF T. HOFFMAN DEVELOPMENT, LLC Under Section 206 of the New York Limited Liability Company Law, notice is hereby given of the formation of the above named Limited Liability Company.

1. The name of the Limited Liability Company shall be T. Hoffman Development LLC (the "Company").
2. The Company's Articles of Organization were filed with the Secretary of State on January 27, 2003.
3. The principal office of the Company shall be located in Albany County, New York.
4. 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 to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 1757 Central Avenue, Albany, New York 12205.
5. The purpose of the Company shall be to engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law. LD30002790 (C) (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF T. HOFFMAN JIFFY LUBE GLENS FALLS, LLC Under Section 206 of the New York Limited Liability Company Law, notice is hereby given of the formation of the above named Limited Liability company.
1. The name of the Limited Liability Company shall be T. Hoffman Jiffy Lube Glens Falls, LLC (the

LEGAL NOTICE

"Company")
2. The Company's Articles of Organization were filed with the Secretary of State on January 24, 2003.
3. The principal office of the Company shall be located in Albany County, New York.
4. 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 to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 1757 Central Avenue, Albany, New York 12205.
5. The purpose of the Company shall be to engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law. LD30002790(B) (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF T. HOFFMAN REALTY, LLC Under Section 206 of the New York Limited Liability Company Law, notice is hereby given of the formation of the above-named Limited Liability Company.

1. The name of the Limited Liability Company shall be T. Hoffman Realty, LLC (the "Company").
2. The Company's Articles of Organization were filed with the Secretary of State on January 27, 2003.
3. The principal office of the Company shall be located in Albany County, New York.
4. 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 to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 1757 Central Avenue, Albany, New York 12205.
5. The purpose of the Company shall be to engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law. LD30002790(D) (February 19, 2003)

LEGAL NOTICE

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

The name of the LLC is HYMAN HAYES ASSOCIATES, ARCHITECTS LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 6, 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 6 Wembley Court, Albany, New York 12205. LCD30002746 (February 19, 2003)

NOTICE OF FILING OF THE ARTICLES OF ORGANIZATION OF JOHNSON CONTACTING, 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 (February 19, 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 (February 19, 2003)

LEGAL NOTICE

LL3, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of N.Y. ("SSNY") on 11/13/2002. Office location: Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: the LLC, 10 Airline Drive, Albany, New York 12205. Purpose: any lawful business purpose. LCD30002750(B) (February 19, 2003)

LEGAL NOTICE

LP CONSTRUCTION, LLC Notice of Formation of Limited Liability Company Articles of Organization of LP construction, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on January 9, 2003. 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 Lori Coons, 34 Mt. View Avenue, Albany, NY 12208. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer Address: Lavelle & Finn 450 New Karner Rd. Albany, New York 12205 LD30002828 (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of Menlo Worldwide Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/9/03. Office location: Albany County. LLC formed in Delaware (DE) 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. (CSC) 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD30002811 (February 19, 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 19808. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD30002740 (February 19, 2003)

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")

The name of the LP is MJB, F.P.L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on January 31, 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

LEGAL NOTICE

mail a copy of any process against the LP is 26 Century Hill Drive, Latham, New York 12110-2128. LCD30002709 (February 19, 2003)

LEGAL NOTICE

MY OWN, LLC: Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 1/13/2002. Office location, Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: the LLC, 10 Airline Drive, Albany, New York 12205. Purpose: any lawful business purpose. LCD30002750(C) (February 19, 2003)

NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is NXIUM PROPERTIES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 23, 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 455 New Karner Road, Albany, New York 12205. LCD300027777 (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of OUTBACK STEAKHOUSE-NYC, LTD. Authority filed with Secy. of State of N.Y. (SSNY) on 1/21/03. Office location: Albany County. LP formed in Florida (FL) on 1/8/03. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. FL address of LP: 2202 North West Shore Blvd., 5th Fl, Tampa, FL 33607. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with FL Secy. of State, Div. of Corps., P.O. Box 6327, Tallahassee, FL 32314. Purpose: any lawful activity. LD 30002763 (February 19, 2003)

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 (February 19, 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 (February 19, 2003)

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")

The name of the LP is PJB FP, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on January 31, 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

LEGAL NOTICE

may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 26 Century Hill Drive, Latham, New York 12110-2128. LCD30002710 (February 19, 2003)

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP (LLC)

The name of the LLC is PJB, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 31, 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 26 Century Hill Drive, Latham, New York 12110-2128. LCD30002811 (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of Sara Lee/DE International B.V. Authority filed with Secy. of State of N.Y. (SSNY) on 1/30/03. Office location: Albany County. LLC formed in The Netherlands on 1/23/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. The Netherlands address of LLC: Vleutensvaart 100, 3532 AD Utrecht, The Netherlands. Arts. of Org. filed with Chamber of Commerce and Industries for Utrecht and Region, Kroonstraat 50, 3511 RC Utrecht, the Netherlands. Purpose: any lawful activity. LD30002804 (February 19, 2003)

NOTICE OF FORMATION

OF SCHEUEURMAN & SCHEUEURMAN, LLP On January 22, 2003, a Certificate of Registration of Scheueurman & Scheueurman, LLP was filed with the Secretary of State of the State of New York. The office of the NY registered limited liability partnership is located in Albany County. The Secretary of State of the State of New York is designated as the agent of the registered limited liability partnership upon whom process against it may be served and the post office address within New York State to which the Secretary of State shall mail; a copy of any process against it served upon him or her is 3 Park Edge Lane, Delmar, New York 12054. The purpose of the registered limited liability partnership is for Law, and any other business or activity as to which a partnership without limited partners may be formed, provided that such business or activity is not prohibited by any other law of the New York State or any other rule adopted by the appropriate appellate division of the supreme court or the court of appeals of the State of New York. LD30002764 (February 19, 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 (February 19, 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

LEGAL NOTICE

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. (February 19, 2003)

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for One(1) SOKKIA Electronic Total Work Station for use by the Bethlehem Police Department. Bids will be received up to 3:00 p.m. on the 26th 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 12054. 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 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. New Kirk, CMC RMC Town Clerk Dated: February 12, 2003 LD30002827 (February 19, 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. (February 19, 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 (February 19, 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 (February 19, 2003)

BETHLEHEM CENTRAL SCHOOL DISTRICT

NOTICE TO BIDDERS The Board of Education of the Bethlehem Central School District hereby invites the submission of

LEGAL NOTICE

sealed bids for the following: SURPLUS VEHICLE FOR SALE. Bids will be received until 2 PM on February 27, 2003, at Bethlehem Central School District, Transportation Center, 82 Van Dyke Road, Delmar, New York at which time and place all bids will be publicly opened. Details of items to be sold on an "as is" basis are available at the same office or by calling 439-3830. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding, for 90 days subsequent to the date of bid opening. Board of Education STEVEN O'SHEA District Clerk Dated: 02/12/03 LD30002825 (February 19, 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. (February 19, 2003)

LEGAL NOTICE

Notice of Qualification of Teleglobe USA 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 (February 19, 2003)

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. LD30002696 (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF THWB, LLC Under Section 206 of the New York Limited Liability Company Law, notice is hereby given of the formation of the above-named Limited Liability Company. 1. The name of the Limited Liability Company shall be THWB, LLC (the "Company"). 2. The Company's Articles of Organization were filed with the Secretary of State on February 3, 2003. 3. The principal office of the Company shall be located in Albany County, New York. 4. 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 to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 1757 Central Avenue, Albany, New York 12205. 5. The purpose of the Company shall be to engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liabil-

LEGAL NOTICE

ity Company Law. LD30002800 (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TPJG ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/17/03. The latest date of dissolution is 12/31/2050. 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, 22 Wilson Avenue, Cohoes, New York 12047. Purpose: For any lawful purpose. LD30002819 (February 19, 2003)

LEGAL NOTICE

TRI CITY RENTALS, L.L.C., Notice of formation of a domestic Limited Liability Company. (LLC) Articles of Organization filed with the New York Secretary of State on January 13, 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 2 Tower Place, Albany, New York 12203. LCD30002743 (February 19, 2003)

NOTICE OF FORMATION OF LLC

Articles of Organization for TRI-CITY CANCER CARE, LLC were filed with the Secretary of State of New York on January 2, 2003. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 1 Danker Avenue, Albany, New York 12206. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD30002788 (February 19, 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 (February 19, 2003)

NOTICE OF FORMATION OF LLC

Articles of Organization for TWO GUYZ REALTY, LLC were filed with the Secretary of State of New York on November 25, 2002. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 111 Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD30002806 (February 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VARGA DEVELOPMENT CO., LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/03. 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, 1414 Western Avenue, Albany, New York 12203. Purpose: For any lawful purpose. LD30002830 (February 19, 2003)

Matters of Opinion

There goes the neighborhood

Editor, The Spotlight:

The clearcutting for Bethlehem Town Center has begun. I cannot fault the workers who are vacating wildlife from their homes. They need employment in these tough economic times. The author of the signs that I've seen going up and being torn down along 9W stating "Earth to Nigro: OUCH" points out the man responsible for this deforestation.

The destruction of habitat is not necessarily evil. For years, I've swallowed the line that the town of Bethlehem is someplace special. We devote tax dollars to

revitalize Delmar's Four Corners and certain businesses in our town rival those found in vacation destinations. Our town board should appropriately receive approbation for their efforts to strengthen our tax base. They deserve vilification for bringing this destruction to our neighborhood. What is wrong is that we who live in Glenmont will now live in a ghetto.

As you watch the building of our "Town Center," you will see that this monstrosity does not fit. It's not the first time and it won't be the last time that a sleepy hamlet is considered to receive

such development.

Let's consider this a lesson to be learned. As the problems this project will bring manifest themselves, we should make a mental note that as gas prices rise ever higher, it is time to curtail sprawl. Economic development works best when it fosters community. Bringing a Wal-Mart to a town changes it from someplace special to anyplace at all.

David Bulnes
Glenmont

Town needs to adopt LUMAC to solve problem

Editor, The Spotlight:

Bethlehem schools are becoming too overcrowded to be able to continue delivering the quality of education we enjoy.

The answer is not to build bigger and bigger schools like Shenendehowa in Clifton Park, which is massive. Experts say more than 500 students in an elementary school or more than 1,000 in middle schools is detrimental to a good education because it becomes too impersonal.

The solution is to stop or at least slow considerably new single-family developments or worse yet, apartment complexes.

The town needs to pass the LUMAC master plan. This would prevent every piece of farmland and every woodlot from becoming another development.

Almost everyone moving to Bethlehem is a young family looking for a good school system.

Most of the people moving out of Bethlehem are older folks unwilling to pay the ever escalating bill for school taxes. Since each new child moving into the district has a cost to Bethlehem (not the state or the federal government) of \$6,500, unless these families buy a \$350,000 home and add only one child, the rest of the taxpayers must foot the tab.

The governor's budget is going to hurt us with the

proposed \$1 billion cut to education. Our taxes may jump big, since this district typically does not do without programs it's grown used to. LUMAC can help to keep lots larger and thereby less single-family homes or apartments.

Bethlehem desperately needs business development without generous PILOTs halving their school tax bill. Empty Nester development like the proposed Walden Farms on Elsmere Avenue and the North Bethlehem development of \$430,000 homes are a start, although North Bethlehem school tax dollars and kids go to Guilfordland.

Developments can be slowed down by the town and planning board's request of SEQR environmental impact statements, but for some reason this only seems to occur to slow what we need most: business development such as the Waste Management and the Shanahan fun park on Wemple Road.

Those environmental reviews can do what's needed, but it's up to these board members to do what's right for the majority in this town and stop allowing a small minority to stop projects like the Slingerland's Price Chopper all those years.

That turned out to be fantastic, and so would have been the fun park for our kids.

James Murray
Selkirk

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Letters policy

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

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

Unsigned letters receive no consideration.

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

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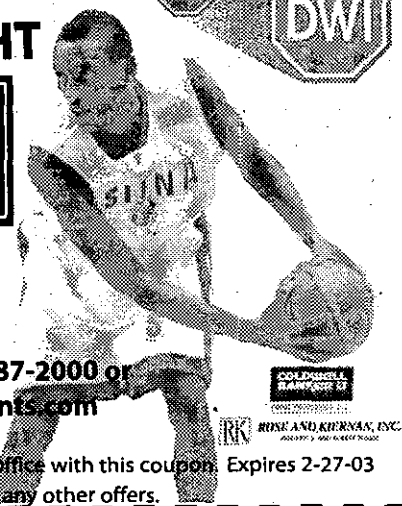
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Siena vs. Manhattan

Thursday, February 27 @ 7pm

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LEGAL NOTICE

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Notice of Qualification of Vector SCM, LLC. Authority filed with Secy. of State (SSNY) on 2/4/03. Office location: Albany County, LLC formed in Delaware (DE) on 9/5/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co. (CSC) 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC 2711 Centerville

LEGAL NOTICE

Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Corp. Dept., Lookerman & Federal St., Dover, DE 19901. Purpose: any lawful activity LD30002826 (February 19, 2003)

LEGAL NOTICE

NOTICE OF QUALIFICATION OF WESCO Real Estate I, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/27/03. Office location: Albany County, LLC

LEGAL NOTICE

formed in Delaware (DE) on 11/6/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 103 Foulk Rd., Suite 200, Wilmington, DE 19803. Arts. of Org. filed with DE Secy. of State, Corps. Div., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity, LD30002782 (February 19, 2003)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of WESCO Real Estate III, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/21/02. Office location: Albany County, LLC formed in Delaware (DE) on 11/6/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation System, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 103 Foulk Rd.,

LEGAL NOTICE

Suite 200 Wilmington, DE 19803. Arts. of Org. filed with DE Secy. of State, Corps. Div., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD30002791(A) (February 19, 2003)

NOTICE OF QUALIFICATION

of WESCO Real Estate IV, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/5/02. Office location: Albany County, LLC formed in Delaware (DE) on 10/

LEGAL NOTICE

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 System, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 103 Foulk Rd., Suite 200, Wilmington, DE 19803. Arts. of Org. filed with DE Secy. of State, Corps. Div., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD30002791(B) (February 19, 2003)

Matters of Opinion

Let's explore Hamagrael options

Editor, The Spotlight:

At the Feb. 3 meeting of the Enrollment and Facilities Planning Committee, the architect representing Collins & Scoville suggested a preliminary plan for a parents' drop-off area for Hamagrael Elementary School.

Kudos to all involved for recognizing this serious need and assigning it highest level status. This proposed parking lot/drop-off would resemble the middle school entry: one ingress for buses and cars on the right with buses pulling close to the curb and cars turning off to the left for parking or discharging children before merging into a common egress. Elementary students exiting cars would then use a crosswalk to cross through potential car/bus traffic to arrive at the sidewalk.

While this plan fills some of the present voids and may be the cheapest solution, it also raises some concerns. Most importantly, does this plan provide the safest, most efficient and visually attractive environment for our children?

We need a drop-off area where parents can say good-bye to our children and know they will be able to walk safely to the building, without having to maneuver through any bus or automobile traffic. Is it prudent for the school district to assume that hurried drivers will follow rules of safety at this pedestrian intersection? Will we ultimately need to pay for a crossing guard to ensure safety at this intersection.

How many parking spaces will be gained with this plan if we are already losing five or six creating driveways and crosswalks? And what about the soldier?

Must we lose forever our bucolic, park-like appearance? While most of us don't think of Hamagrael as "paradise," let's not "pave it and put up a parking lot" until we explored all our options.

More brainstorming is needed to solve this important problem without creating new ones. Using some of the land at the end of the playing field while reserving the treed area as a buffer would provide a safer drop-off plan and leave our beautiful front lawn undisturbed. The aesthetic impact of the neighborhood would be minimized, and its appearance would likely be improved as the stretch of woods has been neglected too long.

Or, we could add a drive around the whole school to a bus drop-off in back and reserve the front for cars. Police would then have easier access for surveillance of this secluded area, and fire truck approach would be improved. I'm sure there are other possibilities. I'm just not sure that the first idea presented to us is the best.

I'd like to publicly thank the committee and the board of education for their time and effort to improve our schools.

Marie Marhan Dropkin
Delmar

Thanks for stepping up in shoe program

Editor, The Spotlight:

2002 was a difficult year in many ways. But difficulty in the world often inspires hope and generosity. Perhaps that's why Capital District residents "stepped up" to give their full support to this year's Shoes for the Shoeless campaign.

Their generosity can be measured by the donation of more than 8,000 pairs of shoes. The Delmar Bootery in

Stuyvesant Plaza in Guilderland.

When Shoes for the Shoeless started eight years ago, I never envisioned it would be such a huge success.

It took many people days to sort and box 8,000 pair of shoes.

This is an enormous amount of work at the busiest time of the year, but it is worth it.

These shoes will be used to help families in need in Appalachia.

We have collected and distributed more than 45,000 pair of shoes.

However, we could not do it without the generosity of the public and the media who have so kindly supported this yearly event.

The idea began in 1995 with the Shoe Services Institute of America.

Each year, shoe repair shops across the nation accumulate not-

picked-up shoes. They've been fully repaired and reconditioned but abandoned by their owners.

The Delmar Bootery in cooperation with the Glasgow Lions of Delaware will put this forgotten footwear and donated shoes to good use helping families in need.

Gail Leonardo Sundling
Guilderland

More Taxes or More Jobs?

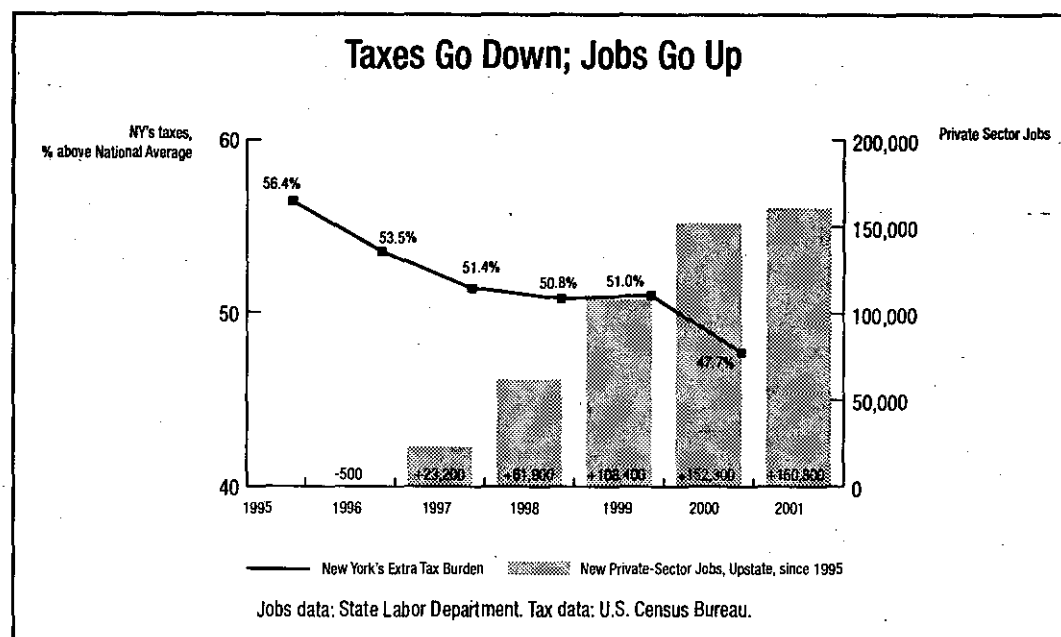
That's the choice facing New York.

New York State's budget crisis will force us to choose: Do we want more taxes? Or more jobs?

Some groups are already campaigning in Albany to raise your taxes. A decade ago, they succeeded. But job-killing taxes in the early 1990s cost us half a million jobs, and forced thousands of young people to move away to find work. Then New York cut taxes – and our economy began to grow. In upstate alone, New York added 160,800 new private-sector, taxpaying jobs before the recession. Raising taxes now will cost jobs – again.

Governor Pataki is right: More than anything, New York needs growth. And that means we must cut state spending... and reject job-killing taxes.

Your legislators need to make the same choice: More jobs. Not more taxes.



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Author to read from Take City Hall

Author, journalist and former Congressman Dan Button reads from his new book, *Take City Hall!*, this Sunday, Feb. 23, at 2 p.m.

Under Whalen's leadership, Albany captured honors as an All-America City.

Button, who served two terms in the U.S. Congress, is a former executive editor of the *Times Union* and editor of *Science Digest* magazine.

In the eight years he worked on this book, he held several interviews with Whalen and numerous political and governmental figures.

He has also written a book about New York City Mayor John Lindsay. Button is the husband of library trustee Rena Button. He

will answer questions following the reading and talk.

The program is free and open to the public. Call 439-9314 to register.

New catalog launched

Our new Horizon catalog system is up and running. Its appearance will continue to evolve as new features are added.

In the meantime, online request and renewal capacity has been restored, and library personnel are rapidly becoming proficient operators of the new and improved circulation system.

Feedback from staff and patrons has been positive. Our librarians encourage you to ask questions about the new system. Stop by a service desk, or if you are using our resources at home, call us during library hours at 439-9314.

Louise Grieco

Parker school to host open house March 2

The Robert C. Parker School will host an open house on Sunday, March 2, from noon to 3 p.m.

An independent school serving the Capital District, it has students and alumni from communities including Delmar, Glenmont, Slingerlands, Guilderland and Loudonville.

For information and directions, call the school at 286-3449.

Adult book discussion scheduled March 5

Balzac and the Little Chinese Seamstress by Dai Sijie is topic for the adult book discussion which meets on March 5 at 7 p.m.

Sally M. Ten Eyck, C.E.P., will present a working session at the library on March 11 for high school juniors and their parent on



the two-year and four-year college search.

Sign-up is necessary. Call the reference desk at 765-2791.

Mark your calendars now for an absorbing evening on March 20 when local poet/actor/activist Joe Quandt describes his recent trip to Iraq.

A special exhibit of images by

Slingerlands photographer Philip Riback is now hanging in the community room. Stop in and see them when you visit paintings by artist Diane Wozniak and veterans memorabilia from the New Scotland Historical Association in the hall gallery and display case.

Food for Fines is going on now through Feb. 28. Return your overdue items with a canned good or non-perishable food item for a fine reduction. Food donations will benefit the New Scotland Food Pantry.

Regular story hours have resumed now through April 16: Monday, Tuesday, Wednesday and Friday at 10:15 a.m. No sign-up is necessary.

Visit the Web site at www.voorheesvillelibrary.org.

Barbara Vink

BOU seeks items for auction

Bethlehem Opportunities Unlimited, a local community organization that supports youth activities and substance abuse prevention programs, is preparing for its 16th annual fund-raising auction, on Friday, March 21.

BOU is looking for donations for the auction from area businesses and individuals.

Donations can be goods or

services, gift certificates or a unique offering of a gift of volunteer services.

Donors can also consider underwriting an entertainment item, such as tickets or a restaurant gift certificate.

In the past, BOU has raised as much as \$14,000 that has been spent directly for youth programs within the town.

Many of the community's established youth programs had start-up funding from BOU.

If you would like to donate an item, call Kathy Betzhold at 439-4733.

Library to review survey results

Aspects of Bethlehem Public Library services and facilities were the subject of a recent telephone survey of randomly selected Bethlehem Central School District residents.

The survey was developed by a five-member independent committee comprised of four Bethlehem residents — David Strogatz, Donna Stieglmeier, Sylvia Ponemon and David Moore — and Louise Grieco, a liaison for the library.

Preparation, calling and data compilation were done by Coldwell & Salmon Communications, a market research firm located in Albany.

In constructing the questionnaire, the group sought fair and comprehensive coverage in the areas of the library's technology, programs, collections, services and space.

The data are currently being analyzed, and findings will be reported in the near future.

Survey questions, data tables and analysis, as well as minutes of the survey committee, will also be made available to the public.

Findings will be used to draft a plan that addresses needs in the areas of deferred maintenance, Americans with Disabilities Act mandates, safety and technology.

Residents are invited to express their views at a public hearing in the library community room on Thursday, March 6, at 7 p.m.



The book focuses on the late Thomas M. Whalen's historic decade as Albany's mayor from 1983 to 1993, a crucial period of reform against the famed O'Connell-Corning machine.

Joseph P. Turo

CERTIFIED PUBLIC ACCOUNTANT

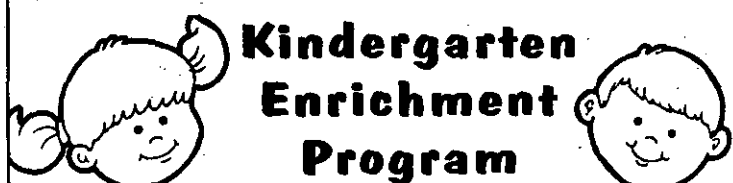
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The month of February is the time for parents and teachers to take the opportunity to inform children of the importance of dental health. During this month the dental community bands together behind the sole purpose of educating children about their teeth and gums.

This time of year should be spent working with children on their brushing skills. Parents and teachers should review

nutrition and the impact that food has on their teeth. Create a habit of brushing and flossing for your children and it will be much easier for them to sustain a healthy mouth through their lifetime.

Ask your dentist for helpful tips and educational aids.

Dr. Plaisted is located at 74 Delaware Avenue, Delmar and can be contacted at (518) 439-3299.

Virginia Plaisted, D.D.S.

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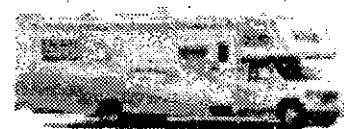
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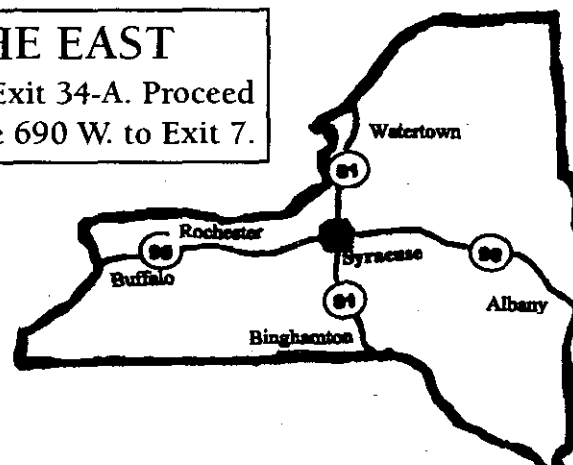
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Sports

Shen edges Bethlehem for swimming title

By ROB JONAS

For the second year in a row, the Bethlehem Eagles have to settle for being the second-best boys swim team in Section II. But, they didn't go down without a fight.

Bethlehem rallied from a large deficit to take a slim lead over Shenendehowa, but the Plainsmen's 400-yard freestyle relay

team edged the Eagles for first place to help Shen earn the overall title at last Saturday's Section II swimming championships in Amsterdam.

"The guys did a very good job," Bethlehem coach **Anthony Ferro** said. "I'm very proud of what these fine gentlemen did."

The Eagles trailed Shen by more than 40 points with two events left in the finals — the 100

breaststroke and the 400 freestyle relay.

Bethlehem, though, had a big advantage in the 100 breaststroke, as four of its swimmers qualified for the finals, while Shen sent only one swimmer into finals. Led by **Ryan Weaver's** first-place finish in a time of 1:02.15, the Eagles' quartet all placed in the top 10 to give their team 51 points. Shen's lone swimmer in finals placed 11th for six team points — not enough to keep Bethlehem from taking the lead.

"That really helped us a lot," Ferro said. "We had the top seed win it, and then the other three guys placed in the top 16."

Bethlehem's lead over Shen was 2.5 points, which meant the Plainsmen could still knock the Eagles off their perch by winning the 400 freestyle relay. **Josh Alfred** and **Ricky Grant** helped Bethlehem grab an early advantage over Shen by swimming strong first and second legs, respectively. But on the third 100-yard leg, Shen's **Dan Singer** passed **Aaron Brauner** for first place. **Matt Neuber** then fended off **James Traylor** over the last

100 yards to give the Plainsmen a first-place time of 3:18.81.

The victory in the final relay gave Shen 40 points for a total score of 393 — fewer than four points ahead of Bethlehem, which finished with 389.5 points.

"It's always nice to come out on top, but you have to remember that we're dealing with very little points," Ferro said. "It came down to the end, and you can't ask for any more than that."

Individually, Bethlehem will be well represented at the state swim meet in two weeks in Buffalo. The Eagles will send all three of their relay teams (200 medley, 200 freestyle and 400 freestyle), as well as three swimmers and one diver.

Traylor will be the busiest Eagle at the state meet. Besides swimming on the 200 and 400 freestyle relay teams, he met the qualifying times in the 100 and

200 freestyle races with top-four finishes in both events.

Grant had a second-place finish in the 100 backstroke to go along with swimming on the 200 medley and 400 freestyle relays, and **David Richardson** placed second in diving to grab a spot on the Section II team along with Weaver.

One Guilderland-Voorheesville swimmer, **Dan Kollar**, will also be going to states. The senior won the 100 freestyle in a time of 48.97 seconds and finished second in the 200 freestyle to qualify for the first time in his six-year varsity career.

"It feels good," Kollar said. "I came close (to going to states) a couple of times. It feels good to go."

RCS trio win Section II titles

Three Ravena-Coeymans-Selkirk wrestlers won their weight classes at last Saturday's Section II, Class B tournament at Hudson Falls High School.

Curtis Graham defeated Queensbury's **C.J. Sullivan** 11-5 to win the 125-pound title, **Herb Tompkins** edged Averill Park's **Shawn Terry** 6-5 in the 140-pound finals and **Joe Blondell** pinned Queensbury's **Jesse Howard** in the 215-pound championship bout to lead the Indians, who finished third in the team standings with 172 points.

Other RCS wrestlers that have qualified for the Section II championships Saturday in Glens Falls are **Eoin Carroll** (103), **George LaMountain** (119) and **John Dibble** (160). Carroll and LaMountain placed third in their divisions, while Dibble finished fourth.

In the Class C tournament last Saturday at Hoosick Falls, Voorheesville had two wrestlers reach the championship round and two others reach the consolation finals.

Michael Ashline earned the 130-pound title by pinning Schoharie's **Josh Hoover** in the finals, while **Dan Denn** was edged by Granville's **Jacob Clippinger** 6-4 in the 135-pound championship bout to lead the Blackbirds, who finished eighth in the team standings with 98 points.

Matt Robinson placed third in the 171-pound division, and **Zak Fluster** took fourth place in the 119-pound division for Voorheesville.

Bethlehem will be represented by two wrestlers at the state qualifier in Glens Falls after they placed in the top four at last Saturday's Class A tournament at Colonie Central High School.

Matt Curtin reached the finals in the 130-pound division before losing in a technical fall to LaSalle's **Steve Sutton**. **Bill Courtney** took third place in the 171-pound division after pinning Niskayuna's **Pat Keller** in the consolation finals.

Robert Brass, MD

Ophthalmology

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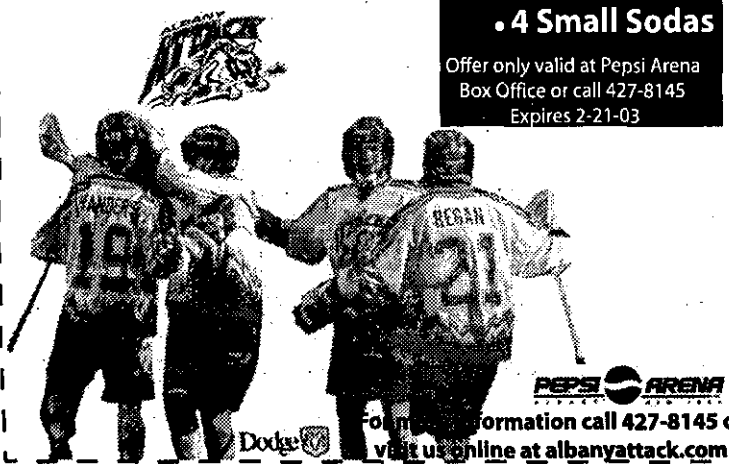
Good Samaritan
Senior Living

by Lee Bormann
President/C.E.O.

GOTTA RUN?

Running seems to help elderly stave off disability and live longer. In addition, a recent study found that those who exercised regularly lived longer and had lower rates of fatal cancers, heart disease and other conditions. When researchers monitored the activity levels and health of members of a running club, they found that running club members were significantly less likely to develop a disability than non-members. And when they did develop a disability, it happened later. On average, disabilities developed nearly nine years later in running club members than in non-runners. Similarly, study participants who had ever run for exercise, even if they were not in a club, were less likely to develop a disability than non-runners.

It's hard to exercise if you are not in the habit, but the good news is that it's never too late to begin healthy attention to oneself through physical activity. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar our staff is highly trained and stays current with the research on aging. To set up an appointment, give us a call at 439-8116 for more information.



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HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF FEB. 10-16

Tuesday, Feb. 11

BOYS BASKETBALL

BETHLEHEM 60, COLUMBIA 52

Leading scorer: Bethlehem — Matt Robbins 21 points.

VOORHEESVILLE 61, SCHALMONT 58

Leading scorer: Voorheesville — Brian Carey 23 points.

COHOES 58, RCS 44

Leading scorer: Ravena — Rick Rider 19 points.

BOYS BOWLING

SUBURBAN COUNCIL TOURNAMENT

Team scores (total pins): Colonie 4,053; Bethlehem 4,006; Shaker 3,946; Guiderland 3,905; Saratoga 3,775; Shenendehowa 3,744; Niskayuna 3,701; Burnt Hills 3,658; Mohonasen 3,503; Averill Park 3,469; Columbia 3,256

GIRLS BASKETBALL

BETHLEHEM 68, COLUMBIA 40

Leading scorer: Bethlehem — Kaitlin Foley 23 points.

COHOES 38, RCS 28

Leading scorer: Ravena — Laura Persico 10 points.

VOORHEESVILLE 64, SCHALMONT 48

Leading scorer: Voorheesville — Brittany Baron 22 points.

GIRLS BOWLING

SUBURBAN COUNCIL TOURNAMENT

Team scores (total pins): Mohonasen 3,447; Colonie 3,356; Shenendehowa 3,086; Averill Park 3,079; Columbia 3,018; Saratoga 2,969; Bethlehem 2,788; Niskayuna 2,211

Wed., Feb. 12

BOYS BOWLING

SECTION II TOURNAMENT

CLASS B

Team scores (total pins): Schalmont 6,357; Hudson Falls 6,230; Johnstown 6,178; Ravena 6,137; Hudson 6,028; Catskill 6,020; Bishop Maginn 5,964; South Glens Falls 5,952; Scotia-Glenville 5,815; Broadalbin-Perth 5,780; LaSalle 5,779; Taconic Hills 5,772; Gloversville 5,766; Lansingburgh 5,719; Catholic Central 5,692; Cohoes 5,621; Bishop Gibbons 5,498; Cobleskill 5,353; Ichabod Crane 5,121

GIRLS BOWLING

SECTION II TOURNAMENT

CLASS A

Team scores (total pins): Columbia 5,547; Mohonasen 5,539; Colonie 5,460; Saratoga 5,429; Schenectady 5,131; Averill Park 5,076; Shenendehowa 5,050; Bethlehem 4,720; Albany 4,329; Niskayuna 3,644

CLASS B

Team scores: Ravena 5,513; Lansingburgh 5,433; Schalmont 5,141; Hudson 5,097; Cohoes 4,972; Cobleskill 4,034

Top Ravena bowler: Tanya Sayward, 684 series.

HOCKEY

CBA 5, BETHLEHEM 4

Scoring: CBA — Tim Dougherty 1-1, Blaine Drescher 1-1, Kareem Niazi 1-0, Ryan Raike 1-0, Jay Gallego 1-0, Dan Maloy 0-3, Adam Nelson 0-1, Kyle Faulkner

0-1, Adam Vandervoort 0-1. Bethlehem — Joe Hughes 2-1, Andrew Kelleher 1-2, David Farber 1-0, Jim Moehringer 0-1.

Thursday, Feb. 13

BOYS BASKETBALL

BURNT HILLS 57, BETHLEHEM 54

Leading scorer: Bethlehem — Matt Robbins 29 points.

BOYS BOWLING

SECTION II TOURNAMENT

CLASS A

Team scores (total pins): Saratoga 6,484; Bethlehem 6,272; Colonie 6,256; Guiderland 6,228; Albany 6,080; Shaker 6,077; Columbia 6,073; Schenectady 6,025; Niskayuna 5,998; Amsterdam 5,982; Averill Park 5,894; Burnt Hills 5,843; Mohonasen 5,660; Queensbury 5,566; Troy 5,491; Shenendehowa 5,474; Ballston Spa 5,370; CBA 5,154

CLASS C-D

Team scores: Voorheesville 5,710; Stillwater 5,668; Waterford 5,688; Watervliet 5,649; Schuylerville 5,646; Hoosick Falls 5,643; Granville 5,606; Schoharie 5,448; Middleburgh 5,386; Fort Edward 5,370; Berne-Knox 5,343; Hadley-Luzerne 5,320; Canajoharie 5,280; Mechanicville 5,216; Chatham 5,204; Fort Plain 5,160; Mayfield 5,156; Hoosick Valley 5,125; Rensselaer 4,960; Corinth 4,678; Coxsackie 4,677; Lake George 4,506; Whitehall inc.

GIRLS BASKETBALL

BETHLEHEM 60, AVERILL PARK 24

Leading scorer: Bethlehem — Kaitlin Foley 14 points.

GYMNASTICS

SECTION II CHAMPIONSHIPS

Team scores: Saratoga 168.95, Shaker 167.775, Shenendehowa 166.125, Bethlehem 153.95, Guiderland 153.35

Bethlehem's state qualifiers: Uneven bars — Brittany Rogers (fifth place, 8.5). Balance beam — Christine Hackman (second, 8.85).

Friday, Feb. 14

HOCKEY

GUIDERLAND 7, BETHLEHEM 2

Scoring: Guiderland — Bob Sandberg 2-2, Brian Helm 1-0, Tim Montgomery 1-0, Brian Dechants 1-0, Marcus Montgomery 1-0, Greg Clothier 1-0, Nick Napoli 0-2, Drew Luther 0-2, Mike Napoli 0-1, Taylor Bourque 0-1, Drew Rosenberry 0-1. Bethlehem — Jim Moehringer 1-0, Nathaniel Drake 1-0, Ben Hager 0-1, Dan Canophy 0-1.

Saturday, Feb. 15

BOYS BASKETBALL

SECTION II PLAYOFFS

CLASS B

LANSINGBURGH 59, RCS 30

Leading scorer: Ravena — Rick Rider 11 points.

BOYS INDOOR TRACK

SUBURBAN COUNCIL CHAMPIONSHIPS

Team scores: Shenendehowa 150.5, Shaker 88.25, Saratoga 46, Colonie 42.25, Bethlehem 39, Averill Park 33, Niskayuna 33, Burnt Hills 25, Guiderland 6, Mohonasen 2

Individual champions: Bethlehem — Darnell Douglas (45-meter dash, 300-meter dash), Rafiq Umar (long jump).

BOYS SWIMMING

SECTION II CHAMPIONSHIPS

Class A team scores: Shenendehowa 393, Bethlehem 389.5, Saratoga 221, Gloversville-Mayfield 205, Shaker 187.5, Burnt Hills 183, Albany 133, Niskayuna-Mohonasen 131, Ballston Spa 122, Amsterdam 91, Guiderland-Voorheesville 78, Queensbury 76, Schenectady 31, LaSalle 31, Fonda/Johnstown 27, Troy 18

Individual state qualifiers:

Bethlehem — James Traylor (100- and 200-yard freestyle), David Richardson (diving), Ricky Grant (100 backstroke), Ryan Weaver (100 breaststroke).

GIRLS INDOOR TRACK

SUBURBAN COUNCIL CHAMPIONSHIPS

Team scores: Shenendehowa 111, Saratoga 95, Burnt Hills 65, Colonie 48, Shaker 47, Bethlehem 25, Mohonasen 18, Columbia 17, Niskayuna 16, Averill Park 12, Guiderland 11

WRESTLING

SECTION II CHAMPIONSHIPS

CLASS A

Team scores: Shenendehowa 190.5, Colonie 189.5, Saratoga 184.5, Niskayuna 166, Guiderland 164.5, Ballston Spa 130.5, LaSalle 128, Columbia 123.5, Albany 90.5, Bethlehem 87, Burnt Hills 47, Shaker 46.5, CBA 32.5, Schenectady 14.5

Top four finishers: Bethlehem — Matt Curtin (second place, 130 pounds), Bill Courtney (third, 171).

CLASS B

Team scores: Hudson Falls 249, Queensbury 220.5, RCS 172, Mohonasen 163, Averill Park 142, Schalmont 110, Scotia-Glenville 106.5, South Glens Falls 92, Amsterdam 84.5, Glens Falls 73, Johnstown 66.5, Albany Academy 16

Top four finishers: Ravena — Eoin Carroll (third place, 103 pounds), George LaMountain (third, 119), Curtis Graham (first, 125), Herb Tompkins (first, 140), John Dibble (fourth, 160), Joe Blondell (first, 215).

CLASS C

Team scores: Cobleskill 203.5, Corinth 197, Granville 161.5, Hoosick Falls 137.5, Schuylerville 130, Schoharie 108.5, Broadalbin-Perth 101.5, Voorheesville 98, Canajoharie/Fort Plain 89.5, Lansingburgh 89, Fonda-Fultonville 75, Tamarac 48, Cohoes 47.5, Watervliet 36.5, Catskill 26

Top four finishers: Voorheesville — Zak Fluster (fourth place, 119 pounds), Michael Ashline (first, 130), Dan Denn (second, 135), Matt Robinson (third, 171).

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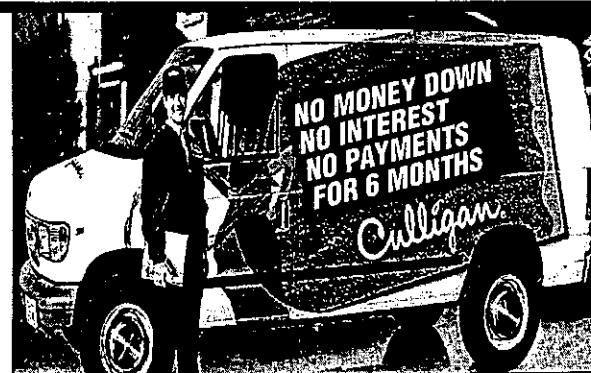
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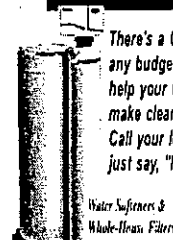
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BCMS announces honor, merit roll students

Bethlehem Central Middle School has named students on its first quarter honor and merit rolls. They are:

Honor roll grade six

Ian Aadland, Sree Addepalli, Shauna Agneta, Nicholas Amirault, Alexander Anneling, Alison Appleby, Sarah Aronson, Julia Baldwin, Zachary Barach, Devon Barrett, Max Bassinson, William Baynes, Thomas Bell, Melissa Berger, Anita Bernardi, Andrew Bettinger, Alexandra Black, Leanna Blanch, Ben Bloodstein, Jack Bossung, Matt Branigan, Lorraine Breen, Megan Brodzik, Jesse Bryant, Esther Buff, Brian Burkins, Haley Caldwell, Jessica Carroll, MaryBeth Carswell, Kevin Cassidy, Margaret Chu, Kathleen Clyne, Lindsay Coe, Kevin Coffey, Ellie Cohen, Fiona Connors, Ellen Davidson, Isabelle Defino, Marcela Desemone, Caitlin Dole, Megan Dority, Bari Jean Dorman, Mary Dugan, Sidney Dunn, Michael Dymond, Frankie

Escobar, Anne Fast, Zachary Ferrara, Evan Finkle and Jessica Finkle.

Also, Jessica Fiore, Lindsay Fitzpatrick, Jeff Fossett, Paula Gadomski, Samuel Gallup, Grace Gerry, Phillip Giarrusso, Benjamin Gollop, Jenny Gorman, Ben Greenman, Noah Greenstein, Kyle Gross, Spencer Gyory, Amy Halvorsen, Julianna Harder, Daniel Hart, Joseph Hartunian, Molly Hassett, Erik Hill, Kristin Hoeg, Jesse Hoffman, Sarah Hooper, Molly Howland, Megan Hutchins, Daniel Ibanez-Granados, Carrie Jackson, Lindsay Jackson, Chastity Joynt, Olivia Junco, Marie Kalet, Sasha Kassooff, Devon Keir, Kevin Kennedy, Mariah Kennedy, Michelle Kennedy, Cody Kessler, Alexander Klein, Thomas Klim, Emily Knapp, Adam Kohl, Sayoko Kubotera, Brendan Kung, Nicole Labate, Michael Ladue, Kyle Lamb, Harrison Lane, Madison Lang, Melissa Lawler, Kathleen Leamy, Samantha Liebman, Max Lyons and Madeline Magin.

Also, Sara Malott, Michael Mancuso, Julia Martens, Tom Matthews, Leland Mayron, Alaina McCreary, Kelsey McNary, Ashley Moak, James Moody, Brittany Mooney, Bradley Morris, Michael Mosher, Kyle Niehaus, Dana Niu, Casey O'Connor, Devin O'Hanlon, Amy Olinzock, Megan Olsen, Jack Paeglow, Sean Pauquette, Amanda Perez, Jonathan Piedmont, Juliette Piegare, Matt Plummer, Samara Pollak, Rachel Porter, Ryan Prinzo, Molly Quirk, Dan Redwood, Evan Reilly, Jillian Ricciardi, Michael Rice, Gregory Richards, Neil Robertson, Ari Rodriguez, Claire Rosen, Liz Rosenthal, Cynthia Royle, Emily Rudolph, Austin Santoro, Kathryn Schimanski, Andrea Schindler and Carolyn Schrade.

Also, Allison Schreffler, Lauren Sheffer, Becca Simeone, Morgan Skrabalak, John Slattery, Caroline Sloat, Lacey Smaka, Bridget Smith, Emily Smith, Katie Smith, Stephen Smith, Yvonne Smith, Jillian Smitka, Alexander Sobiecki, Kit Sombke, Joshua Steiner, Gilbert Strizich, Kiersten Swete, Tom Swift, Alexander Sypek, J.T. Tanenbaum, Taylor Teal, Seth Tobolsky, Jillian Vell, Paul Viglucci, Alex Walsh, Rebecca Weissman, Greg Welter, Samantha Welter, Kevin Wendth, Becky White, Layla Wolfgang, Allison Yates, Kristen Yates, Ali Zaidi and Rachael Zima.

Eckert, Jillian Egan, Donal Erickson, Lauren Fealey, Ross Feinberg, Aubrey Fishman, Mason Forando, Jennifer Frangella, Rachel Garbo, Maria Garguilo, Chloe Gatta, Shari Ginsburg, Kristen Gloeckler, Molly Gordon, Sarah Gosselin, Allison Greenberg, Cara Hannigan, Zachary Herman, Tresne Hernandez, Brendan Herrmann, Kyle Hickey, Jenna Hooper, Brittany Howland, Caroline Jennings and Donna Jin.

Also, Joshua Johnson, Jordan Jones-Reese, Christine Jordan, Gleason Judd, Nicholas Kaplan, Hannah Keehan, Trisha Kellogg, Kristin Kenney, Rebecca Lee, Corinne LeVine, Michael Lois, Emma Loy-Santelli, Brittany Lutz, Lauren Manning, Anna Martin, Kelly McCall, Hannah McCarthy, Rachael McCormick, Matthew McGann, Patrick McGrath, Stacey McLeer, Stacey McWhinnie, Hannah Meckler, Cameron Meyers, Erin Miller, Eric Mortensen, Sarah Moylan, Connor Muncil, Lucas Nitsche, Rosemarie O'Brien, Paula O'Donnell, Danielle Osterhout, Lillia Panych, Daniel Paoletti, Kristin Peck, Allie Poll and Samuel Reichler.

Also, Nicole Rice, Daniel Roberts, Douglas Rooney, Molly Ruslander, Lindsey Ryan, Claire Sacco, Naomi Sargent, Daniel Savage, Emma Schneider, Elizabeth Scivolino, Hana Segerstrom, Patrick Sharlow, Debra Sheppard, Samantha Shrager, Marisa Shuman, Kaitlyn Shumelda, Kristin Skelley, Claire Skotnes, Celeste Smith, David Sokoler, Andrew Sullivan, Kaitlin Taub, Rachel Tobin, Kathleen Tucker, Nicholas Varcasia, Boris Virnik, Kaitlin Wax, Craig Wilcox, Sarah Wong, Laura Wray and Olga Yankulina.

Honor roll grade eight

Kaitlin Altone, Therese Avitabile, Amanda Ball, Bill Barrowman, Noah Bartfield,

Brittni Bartholomew, Thea Baynes, Juliet Becker, Daniel Bell, Lela Berger, Hanna Birkhead, Tom Blassman, Corey Bloodstein, Peter Bonventre, Sam Boochever, Valerie Bosse, Megan Braaten, Molly Bradley, Clare Browne, Brittany Bugbee, Kirstie Caesar, Paul Cafiero, Vanessa Calaban, Olivia Cammisa-Frost, Pat Campbell, Maureen Carey, Michael Carroll, Lu Chen, Bridget Chisholm, Michelle Clair, Casey Cleary, Katherine Collins, Krissy Conroy, Alexander Conti, Kathryn Conway, Kendall Day, Noah Deblasi, Diana Denio, Tyler Dudas, Sara Eckert, Megan Erickson, Michael Ernst, Paul Fang, Sean Ference, Justin Finkle, Amy Forando, Will Foss, Julia Frisch, Sarah Gadomski, Katelyn Gannon, Kerry Gebhardt and Leah Gillham.

Also, Lawrence Gloeckler, Emma Goldsmith-Rooney, Eric Goldstein, Melissa Gould, Scott Greenberg, Rebecca Hager, Kyle Harder, Colleen Hart, Katherine Hart, Samantha Hasselbach, Laurel Heighton, Jennifer Henrikson, Caitlin Hill, Erica Hill, Benjamin Himmelfarb, Katherine Homer, David Iselin, Rachel Jacobs, Maggie Jaffe, Chris Joyce, Peter Kansas, Danielle Kaplan, Bethany Karpowitz, Sarah Kidd, Gopu Kiron, Leslie Klein, Zachary Koch, Kevin Kolbay, Ethan Kolodny, Hadar Koren-Roth, Charles Krueger, Katherine Kurtessis, Elizabeth Landau, Sydney Lane, Tom Larsen, Melissa Lee, Emma Levine, Dylan Lewis, Rebecca Lewis, Jennifer Liebschutz, Kate Loughlin, Robert Lyons, Isaac Mall, Deirdre Manzi, Mike Marcal, Elizabeth Martin, Michael Mashuta, Erin McCartan, Heather McHugh, Lauren McKeough and Alison Melcher.

Also, David Morse, Becky Moss, Seanna Murray, Nicholas Nardacci, Kevin Niehaus, Thomas Norman, Adam Nye, Sarah O'Brien, Sean O'Connor, Rebecca O'Keefe, Andy Orayfig, Kira Pannucci, Alex Parker, Analise Peleggi, Nicholas Piplani, Barbara Pohl, Justine Prior, Damian Privitera, Kimberly Raffaele, Renee Rahal, Ellen Regal, Molly Reider, Adele Ricciardi, Chris Riccio, Ryan Rockmore, Tara Rook, Brittany Rosano, Mark Rosenthal, Daniel Royle, Kristianna Russo, Juliana Sagor, Jeremy Sanders, Anna Scaife, Marianne Schwab, Katherine Seeber, Pöpi Sen, Madison Serras, Kirk Shimkin, Ryan Skrabalak and Leah Slingerland.

Also, Kathryn Sloat, Erica Smitka, Heather Soleau, Kate Sperber, Rebecca Standig, Rebecca Stern, Jeremy Stevens, Jacqueline Stuart, Elizabeth Stupp, Chelsea Swete, Jack Teevan, Michael Tracy, Emily Traylor, Sara Turner, Michael Turo, Daniel VanDeusen, Jessica Venezia, Patrick Venter, Andrew Vincent, Ryan Wall, Elise Walsh, Emma Walsh, Jason Wasserzug, Erica Wegrzyn, Stefan Weijola, Lauren Wendth, Eli Wexler, Jaclyn Wheeler, Gregory Winter, Derek Wordelmann, Becca Young, Tara Zink and Lindsey Zwiebach.

Merit list grade six

Fiyin Abraham, James Angermeier, Europa Baker-Brathwaite, Amye Barends, Robert Barker, Ezekiel Barnett,

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February 20, 2003 3:00 p.m.

Capital District Transportation Committee
5 Computer Drive West, Albany, New York

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Also, Daniel Gally, Rebecca Gardiner, Elisha Garhartt, David Goodemote, Ethan Greenberg, Timothy Stears-Heffner, Kelly Haggerty, Tasha Hamm, Richard Hancock, Connor Hautau, Jeffrey Henrikson, Kaitlin Henry, Rebecca Himmelfarb, James Hollywood, Paul Hospodar, Kayla Jacques, Zohair Jakhra, Isma Jamshaid, Kayla Johansson, Neela Karikehalli, Alexander Keefer, Ryan Kennedy, Sean Kennelly, Lauren Kilpatrick, Raeann Kitchen, Jimmy Kivlen, Peter Kleinke and Alec Kreidel.

Also, Emily LaFountain, John Languth, Kateri LeBlanc, Parker Leckerling, Gary Lenz, Brittany Low, Aislinne Lutz, Rebecca Maltzman, Alexandru Mangeri, Amanda Martinez, Matthew Mazzella, Erin McCarthy, Alex McCullough, Michael McCurdy, Patrick McGrath, Jackie McHugh, Christina McKay, Zachary McKee, Cody McNally, Cody Miller, Geoffrey Minnear, Evan Mitchell, Elizabeth Murray, Kayla Nasca, James Naughton, Jacob Nolte, Ethan Nozik, Alex Nye, Nicholas O'Brien, Jordan Orayfig, Sean Osborne, David, Ostroff, Jacob Ostroff, T.J. Ouellette and Rachel Owens.

Also, Kyle Palmer, Khadijah Peek, Kyle Pelersi, Jake Pelton, Madeleine Petraglia, Kevin Phelps, Christopher Piplani, Kay Pisciotta, Lisette Pylant, Sarah Rabinow, Victoria Ramos, Daniel Randall, Edward Reilly, Kyle Retzlaff, Ariel Ricard, Christopher Riedel, Andrew Rinaldi, Gregory Roeth, Elena Rooney, Derek Ruetz, David Ruf, Kirstie Russell, Jayna Schenk, Alison Schmitt, Heather Schwartz, Alex Scialdone, Thomas Shepardson, Kylie Sherlach, Jeffrey Shove, Lia Smaka, Sam Smith, Briana St. Jacques, Ryan State, Samuel Stewart, Brian Supple and Allison Swiatowicz.

Also, Jeremy Teitler, Kayla Tracey, Dan Trimarchi, Noelle Tumminello, James Turner, Ryan Twomey, Margaret VanHeusen, Tony Vargas, Carrie Viviano,

Kristin Wagner, Justin Walker, Matthew Weiss, Heather Williams, Anne Woehrmann, Nicholas Youngblood and Samantha Zabel.

Merit list grade seven

Bryant Abbuhl, Andrew Affonso, Michael Agneta, Colleen Ahern, Christine Aleo, Krista Averill, Mike Barba, Cailie Barrett, Gregory Bartow, Jasmine Bellamy, Mike Bellizzi, Peter Berquist, William Blake, Timothy Blumkin, Jesse Brauner, Ryanne Brockley, Samantha Burkart, Faith Burkins-Gimzek and Claire Burns.

Also, Alexander Canovas, Brigham Carman, Megan Carpenter, Katie Carroll, Joey Cassidy, Lauren Clark, Sam Clinton, Benedict Conboy, Jessy Cooper, Tamir Danon, Cassandra Davis, Leigh Denning, William DeRuve, Matthew DiFrancesco, Robert DiMola, Thomas Dolfi, Matthew Dombrowski, Patrick Donohue, Christine Donovan, John Drazan, Kevin Drinkwine, Maximilian Domicich, James Dunlap, Paul Durlacher, Dylan Edmer, Robert Elze and Trenton Emmons.

Also, Christa Farrell, Cameron Felitte, Brenna Filippello, Christopher Fink, Kate Foley, Micaela Foley, Sarah Fuhrman, Lucas Giaccone, Kyle Gibson, Colin Gillman, Laurie Giordano, Alexander Guntner, Kathryn Halvorsen, Alex Hammer, Drew Hammer, Brittany Hammond, Erin Hedderman, Brian Henchy, John Hobb, Patrick Hoff, Chrissy Hoffman, Joshua Holden, Austin Hughes and Kayleigh Hynes.

Also, Cody Jacques, Leah Jeffers, Catherine Johansson, Erik Johnsen, Alastair Johnston, Jason Jones, Marvina Jones, Joseph Kane, Scott Kattrein, Kevin Kelley, Jacob Kindlon, Lina Kleinhans, Alexander Knox, Lauren Kopp, Elana Krischer, Alexander Lacey, Laura Lambert, Daniel Lanchantin, Coleman Larlee, Alex Laurens, Aliza Leavitt, Jessica Lengfellner, Anthony Locascio, Karly Lukatschat and Matthew Lyons.

Also, Brittney Mancinelli, Sam McCaffrey, Molly McCann, Chris McCarthy, Zachary McCarthy, Gregory McCarty, Katie McNally, Robert McNary, Beau Melita, Meredith Michl, Jeffrey Monaco, Ryan Mulhall, Robert Norrie, Joshua Nuss, Robert O'Connor, Katherine O'Donnell and Megan O'Donnell.

Also, Brittany Palmer, Michael Pankow, Noah Pannucci, Joseph Paratore, Kaila Pascarella, Melissa Paty, Catherine Pesnel, Amanda Pettit, William Phelan,

Jessica Piccinini, Billie Potenza, Colin Pratt, Grace Python, Colin Rebord, Benton Reis, John Rimmel, Lindsey Riggins, Mitchell Rosander, Evan Rothfuss, Daniel Saltiel, William Schrade, Lindsey Smatka, Stefanie Smith, Madelyn Sovern, Jonathan Stander, Samuel Stouffer, Molly Stulmaker, Alyssa Sullivan and Alex Sutherland.

Also, Nathan Taber, Cherubina Tafilowski, Dan Tick, Heather Troy, Justine Trusso, Garrett VanAlstyne, Anand Visweswaraiyah, Nicholas Vita, Kyla Walsh, Maureen Watson, Andrea Way, Yang Wei, Gregory Weiss, Dylan Welch, Bruce Wemple, Emily Wilmott, Christopher Wise and Nina Wolinsky.

Merit list grade eight

Dominic Adams, Bradley Alfred, Alexander Amirault, David Amiri, Robyn Anderson, Francesca Anzola, Rafael Arenos, Anthony Badolato, Tricia Bailey, Brittany Barrett, Jarrett Bastow, Gary Bedrosian, Brian Bentley, Pierce Berolzheimer, Robin Bogen, Laura Boucher, Liam Bowen, Jane Bridgeford, Kimberly Brosnan, Emily Buenau, John Cagino, Pat Callaway, Patrick Campion, Bethany-Ann Carcuro, Michael Cassaro, Ryan Cassidy, Emir Cecunjanin, Ethan Christian, Charlie Clas, Lisa Cliff, Ryan Conley, Daniele Coplin, Kyle Cox, Jennifer Crandall, Tanner Crosier, Anna Crucetti, Caitlin Dalton, Jason Daniels, Jeremy Darling, Scott Davis, Matthew Davison, Louis DeLuke, Kathleen DeMichele, Kyle Dente, Kayleah

Deragon and John Dieterle.

Also, Emily DiMuria, Siddharth Dubey, Kat Duceaman, Nicholas Dugan, Sarah Dwyer, Paige Farrara, Ben Feinberg, Joseph Frasca, David Frazier, Justin Fuino, Charles Furman, Nicholas Galazzo, Andrea Gallacchi, Matthew Garhartt, Monica Gerbini, Eli Gill, Joshua Gillham, Allison Hargrave, Melissa Harrington, Mark Hayward, Tegan Hazelton, Corolyn Hennessy and Maxwell Hilliard.

Also Gwen Janssen, Veronica Janssen, Alyssa Johnson, Ryan Johnston, Stephanie Karian, Christina Kasparian, Mahjabeen Khan, Molly King, Ezekiel Kubisch, Sammy Kuhn, Theresa Ladouceur, Corley Lamb, Casey Languish, Jessica Leung, Lesia Livarchuk, Thomas Lyman, Rachel Lynch, Bryan Mahan, Rae Mahon, Rachel Manning, Andrew Marler, Felix Martinez and Joseph McCormick.

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Murphy, Lauren Murray, Shane Myers, Tara Myers, Dylan Naughton, Ahmad Nazem, Jocelyn Newborn, Katelyn Ouellette, Gregory Palmer, Bryan Pauquette, Chelsey Pittz, Jeffrey Plotzker, David Plummer, John Poletto, Ambre Pomykala, Brian Potter, Timothy Reilly, Elana Riback, Kenneth Rios, Austin Roden, Chelsea Rondinaro, Arielle Rosen, Brian Rychcik, David Saintcross, Nathaniel Sandler, Rachel Schachter, Matthew Seeber, Katie Shumway, Laura Sisson, Michael Smith, Robert Smith, Jason Sokaris, James Spinosa, Simone Staley and Alec Stanners.

Also, Jessica Starr, Kevin Stempsey, Brittany Strain, Adam Striar, Maxwell Strizich, Caroline Strom, Joey Thiele, Gabe Tomasulo, Micheal Trevett, Amirah Tucker, Daniel Unright, Jason Urschel, Lauren Vadney, Melina Vamvas, Abigail VanDerzee, James VanNatten, Dustin Verga, Kimberly Watkinson, Haydon Wearing, Casey Weyant, Bryan White, Falon Williams, Kaylei Williams, Evan Williamson, Joseph Windle, Josh Wing, Julian Yalaju, James Zeccolo and Adam Zimnicki.

Preschool to host open house

Bethlehem Preschool, Inc. will hold an open house on Thursday, March 6, from 4 to 6 p.m.

Bethlehem Preschool offers full- and half-day kindergarten classes and a kindergarten enrichment program for children who attend half-day public schools.

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Bethlehem Preschool is located at 397 Route 9W in Glenmont. For information, call 463-8091.

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A joint project of Senior Services of Albany & The University at Albany, Institute of Gerontology with funding from the US Dept. of Health & Human Services, Administration on Aging

Richard Martone

Richard Albert Martone, 54, of Selkirk died Sunday, Feb. 16.

Born in Troy, he was a lifelong resident of the Capital District.

He was an Army veteran.

Mr. Martone worked as a logistic control supervisor at the Glenmont Job Corps for more than 15 years.

He was a member and past exalted ruler of the Albany Lodge of Elks No. 49, a member of the Mt. Vernon Masonic Lodge No. 3 and the Capital City Order of the Amaranth No. 15. He was also a member of the Albany Pistol Club.

Survivors include his wife, Esther Hansen Martone.

Survivors also include two sons, Christopher R. Martone of Albany and Matthew A. Martone of Ballston Spa; a brother, David Martone of Selkirk; and a granddaughter.

Services were from the Lasak & Gigliotti Funeral Home in Albany.

Burial will be in St. Agnes Cemetery in Menands.

Joseph Gage Jr.

Joseph M. Gage Jr., 78, of South Road in New Scotland died Wednesday, Feb. 12, at his home.

He was an Army veteran of World War II, serving in Germany. He also served as a tank commander in the Korean War.

Mr. Gage worked for Page Avjet at Albany Airport before he retired.

He was a lifelong member of New Scotland Presbyterian Church and served as a beadle for the past 15 years.

He was husband of the late Beverly H. Gage.

Survivors include two sons, Joseph M. Gage of Hillburn and James D. Gage of Waterloo, Mich.; a daughter, Susan Morse of Voorheesville; a sister, Margaret McLaughlin of Saranac Lake; and six grandchildren.

Services were from New Scotland Presbyterian Church.

Arrangements were by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to New Scotland Presbyterian Church to help send children to Camp Hebron.

Frank Conlon

Frank J. Conlon, 78, of Selkirk died Tuesday, Feb. 11, at Green Manor Nursing Home.

Born in New York City, he lived

in Selkirk for 16 years.

Mr. Conlon was a Navy veteran of World War II. He was a member of the Electrical Workers Union.

Survivors include his wife, Dorothy Conlon, and a brother, Jack Conlon of Long Island.

Services were from St. Patrick's Church in Ravena.

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

Arrangements were by the Babcock Funeral Home in Ravena.

Contributions may be made to St. Patrick's Church, 21 Main St., Ravena 12143.

Margaret Walsh

Margaret E. Walsh, 90, of Glenmont died Monday, Feb. 10, at her home.

She was a graduate of The College of Saint Rose.

Mrs. Walsh was a former president of St. Peter's Hospital auxiliary. She was also formerly active in the women's auxiliary of the Albany County Medical Society. She was a founding member of the women's auxiliary of Sloan-Kettering Memorial Hospital. In her later years, she belonged to the Embroiderers Guild of America.

She was the widow of Dr. Thomas S. Walsh Jr.

Survivors include three sons, Thomas S. Walsh of Houston, Texas, John A. Walsh of Pittsburgh, Pa., and Robert S. Walsh of Pikeville, Ky.; a daughter, Sheila M. Walsh of Glenmont; two brothers, Neil Fogarty of Florida and Robert J. Fogarty of Schenectady; and five grandchildren.

Services were from the McVeigh Funeral Home in Albany and St. Patrick's Church in Watervliet.

Burial will be in St. Agnes Cemetery in Menands.

Contributions may be made to the Farano Center for Children, 25 N. Main Ave., Albany 12206.

Robert Moore Sr.

Robert E. Moore Sr., 74, of Selkirk died Tuesday, Feb. 11, at his home.

Born in Albany, he was a graduate of Christian Brothers Academy.

He was a veteran of the Marine Corps.

Mr. Moore retired from BASF and had previously worked as a dock foreman for the former Armour Meat Packing Co. in Albany for 32 years.

He was a communicant of St. Patrick's Church in Ravena.

Survivors include his wife, Patricia Ebner Moore; five sons, John E. Moore, Patrick S. Moore and Thomas A. Moore, all of Selkirk, and Robert E. Moore of Alcove and Willard J. Moore of Coeymans Hollow; a brother, Ransom E. Moore Sr. of Albany; 15 grandchildren; and six great-grandchildren.

Services were from St. Patrick's Church.

Burial will be in St. Patrick's Cemetery in Ravena.

Arrangements were by the Daniel Keenan Funeral Home in Albany.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208 or the Bethlehem Volunteer Ambulance, Route 9W, Selkirk 12158.

Mildred Crounse

Mildred Crounse, 94, of Saratoga Springs, and formerly of Bethlehem, died Sunday, Feb. 9, at Saratoga Hospital.

Mrs. Crounse was a longtime member of Clarksville Community Church.

She enjoyed gardening, crafts, music and reading. She also loved knitting afghans for children with cancer.

She was the widow of Milton E. Crounse.

Survivors include a son, Milton E. Crounse Jr. of Micco, Fla.; three daughters, Marilyn R. Butler of Schroon Lake, Eleanor A. Crounse of Largo, Fla., and Linda C. Bathrick of Feura Bush; 19 grandchildren; 27 great-grandchildren; and nine great-great-grandchildren.

Services were from Clarksville Community Church.

Spring burial will be in Onesequethaw Cemetery in Clarksville.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to Clarksville Community Church, Clarksville 12041.

Elizabeth VanHoesen

Elizabeth Anne Van Hoesen, 62, of Ticonderoga, and formerly of Bethlehem, died Saturday, Feb. 15, at her home.

Born in Albany, she was a graduate of Bethlehem Central High School and Mildred Elley Business School in Albany.

Mrs. Van Hoesen was a medical secretary for the Adirondack Family Practice and later for the Hudson Headwaters Health Network for more than 20 years. For the past 10 years, she was office manager for the practice.

She was a member of Episcopal Church of the Cross in Ticonderoga.

Survivors include her husband, Carl Van Hoesen; two daughters, Anne Charboneau and Cindy Grinnell, both of Ticonderoga; a son, Kurt Van Hoesen of Livonia; and a grandson. Services were from the Episcopal Church of the Cross.

Burial will take place in the spring.

RCS test scores show marked improvement

By KRISTEN OLBY

It appears the Ravena-Coeymans-Selkirk School District has earned bragging rights when it comes to performing well on state English and math tests.

The middle school was recently removed from the state's list of Schools In Need of Improvement — it was placed on the list because of low scores on English tests taken in recent years. At the same time, the middle school has been placed on the state Education Department's list of Most Improved Schools for its students' achievement in math.

An analysis of eighth-grade math scores on state tests between 1999 and 2002 shows that the number of students scoring in the top two levels of the test went up nearly 22 percent, from 33.5 percent of students to 55.45 percent of students scoring in those levels.

Superintendent Robert Drake attributes the improvement in math and English scores to a host of efforts by teachers, administrators and students. As a result of English scores below the state standard, the school qualified for an 18-month School Improvement Grant from the state between 2000 and 2002.

"We spent a lot of time analyzing data from past tests to identify gaps in instruction and to implement new strategies for filling those gaps," Drake said.

The district instituted after-school study programs for middle school students concentrating on math and English. Classes were held two nights a week until 5 p.m.

Budget

(From Page 1)

Loomis then introduced Al Karam, transportation supervisor and praised him for the increased efficiency of his operation and the high morale of his staff.

Karam pointed out to the board that his drivers cover a little over a million miles a year. His buses travel at 97 percent capacity and must transport students to more than 70 end points outside of the district, as well as to district school buildings.

The replacement of 15 66-passenger buses, two 30-passenger buses, plus one 30- and one 15-passenger wheelchair bus, were approved. Also, two new 66-passenger buses were proposed to accommodate growth.

Steve O'Shea, assistant superintendent for business, said the district is examining lease-purchase agreements as a more economical way to acquire the vehicles. The district would then have the flexibility to make a decision at purchase time to keep the vehicle or not.

The cost of the 14 new vehicles

"It was a smaller class size taught by our own teachers," said Drake.

In addition, teachers worked to make sure the curriculum remained in alignment with state guidelines for what a student should be learning at what level.

"The idea is to coordinate what we teach across the grade levels," said Drake.

Consultants also held workshops with teachers sharing the latest research on how students learn best. As a result, R-C-S Middle School teachers have taken on a new approach to lesson

planning called curriculum mapping.

"Mapping is best described as planning students' learning around themes so their whole school experience is cohesive," said Assistant Superintendent Diane Albano.

For example, if students are studying the Civil War, teachers may integrate the music and art of the period, along with lessons in math and science.

"Through mapping, lessons in one class carry over to other classes," Albano said.

Parents weren't left out of the learning equation. Meetings were held with parents of students who earned low test scores to develop a team approach to helping the child learn.

"Strong academic support at school was bolstered by strong academic support at home. Our parents and teachers deserve a lot of credit for their students' success," Drake said.

But in the end, it's the students who receive the kudos for showing they are capable of higher test scores.

will be \$999,519. The board approved the acquisitions.

Loomis also discussed the Facilities Planning Committee. The group has finished its review of all buildings, projects and preliminary costs. Construction managers and architects were asked to incorporate refinements to the plans developed at the meetings and prepare more detailed drawings and costs for the next meeting Monday, March 3, at the district offices at 7 p.m.

The board held a special meeting on Feb. 14 to appoint Elizabeth Ahearn principal of Glenmont Elementary School, effective April 1.

"The district received 25 applications for the position, interviewed five and Ahearn was one of two finalists," Loomis said.

Ahearn is currently assistant principal of Guilderland Elementary School. She will replace Teresa Snyder, who has left to become superintendent of the Brittonkill School District.

The next meeting of the school board is scheduled for Wednesday, Feb. 26, at 8 p.m.

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.



Torre Hallenbeck and Gregory Rivers

Hallenbeck, Rivers to wed

Torre Hallenbeck, daughter of Harding and Barbara Hallenbeck of Rensselaer, and Gregory Rivers, son of Roland and Patricia Rivers of Voorheesville, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and the University at Albany.

She is a graduate student at

Sage Graduate School.

The future groom is a graduate of Clayton A. Bouton Jr./Sr. High School in Voorheesville and the University at Albany.

He is an assistant manager for Enterprise Rent-A-Car in Schenectady.

The couple plans a Nov. 15 wedding.

Births

St. Clare's Hospital

Girl, Julianna Marie Hagen, to Christina and Christopher Hagen of Glenmont, Jan. 24.

Out of town

Boy, Dean Thomas Waters, to Gennie and Edward Waters of

Manila, Philippines, Feb. 3. Paternal grandparents are Tom and Lois Waters of Delmar.

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

Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

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

Dean's List

Bay Path College

Laura Ann Salhoff of Delmar.

Clarkson University

Peter Bird of Delmar.

Colgate University

Catherine Hartman of Delmar.

College of the Holy Cross

Nicole Comi of Glenmont and Megan Tucker of Delmar.

Hartwick College

Jessica Fuld of Voorheesville.

Nazareth College

Emily Maher of Glenmont and Krista Matuszek of Delmar.

Quinnipiac University

Alissa Python of Glenmont.

Rensselaer

Polytechnic Institute

Brian Waite and Nancy Menrath, both of Glenmont.

Also, Melissa Andritz, Mathieu Digeser, Andrew Eckel, Lauren Frank, Adele Godfrey-Certner, Patrick Hughes, Jennifer Keyes, Scheherazade Lacy, Rebecca Patchen, James Perkins, Daniel Royo, Kelly Weaver and Krista Wilkie, all of Delmar.

Also, Erin Gulczynski and Anna McKenney, both of Selkirk; and Anna Batorsky, Depti Bhoiwala and Wing Yee Kwong, all of Slingerlands.

Also, Matthew Dunbar, Kimberly Jones, Brendan Shields and Cheyne Suker, all of Voorheesville.

Springfield College

Theresa Kansas of Delmar, Tara Gerber of Glenmont and Kristyn Gordon of Selkirk.

St. Bonaventure

Alissa Leavitt of Glenmont.

St. Lawrence University

Shawn Mayo-Pike of Delmar.

SUNY New Paltz

Daniel Smith of Delmar and Adrienne Davis of Glenmont.

SUNY Oneonta

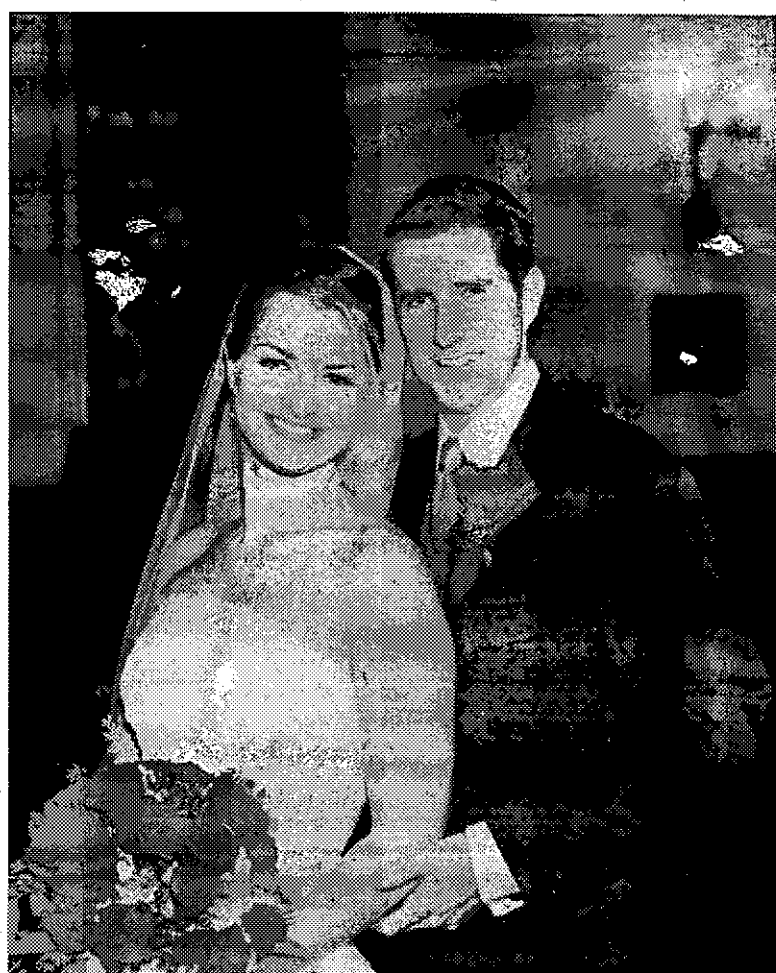
Alicia Gary of Delmar, provost's list. Jason Munley of Slingerlands; and Frederick Fuhrman, Ashley Levine and Khaleen Sands, all of Delmar, dean's list.

Syracuse University

Stella Albanese and Gregory Bauer, both of Slingerlands; and Patrick McDonald and Elyse McDonough, both of Delmar.

The College of Saint Rose

Jennifer Moore of Delmar; Lisa Ricciardelli of Glenmont; Charlotte Legg of South Bethlehem; Jared Marsh and Tera Weddell, both of Selkirk; Carli Bareis, Noreen Cavanaugh and Amy Lenseth, all of Voorheesville; and Maria Googas, Amy Gregory,



Cara and Dave DeCecco

Leggett, DeCecco marry

Cara Leggett, daughter of Harold Leggett of Louisville, Ky., and Elaine Simpson of Lexington, Ky., and Dave DeCecco, son of Dominick and Patricia DeCecco of Slingerlands, were married Oct. 19.

The Rev. Lee Bowman performed the ceremony at First Presbyterian Church in Lexington.

A reception followed at Spring Valley Country Club, also in Lexington.

The matron of honor was Kirsten Adair.

Bridesmaids were Andrea DeCecco, sister of the groom, Deirdre Latour and Maria Nakis.

The best man was Michael

DeCecco, brother of the groom.

Ushers were Craig Isenberg, Peter Lewis and Peter Winkler.

The bride is a graduate of Northwestern University.

She is a vice president at Edelman in New York City.

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

He also has a master's degree from the University of Massachusetts, Amherst.

He is a senior manager for Pepsi Cola North American in Purchase.

After a wedding trip to Maui and Kauai, Hawaii, the couple lives in New York City.

Dean's List

Christine Hayes, Samantha Seim, Andrea Westphal and Kimberly Wickert, all of Slingerlands.

Trinity College

Adam Guzik of Delmar.

University of Vermont

Jeremy Arenos of Delmar.

Wells College

Jill Parsons of Feura Bush.

Community



Corner

Supervisor to address historical group

Bethlehem Town Supervisor Sheila Fuller will deliver her State of the Town of Bethlehem address at the Bethlehem Historical Association's monthly meeting on Thursday, Feb. 20, at 2 p.m. at Cedar Hill School House, 1003 River Road (Route 144) in Selkirk.

The public is invited to attend. For information, call 478-7247.

Here's to a Wonderful Wedding!



INVITATIONS

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

JEWELRY

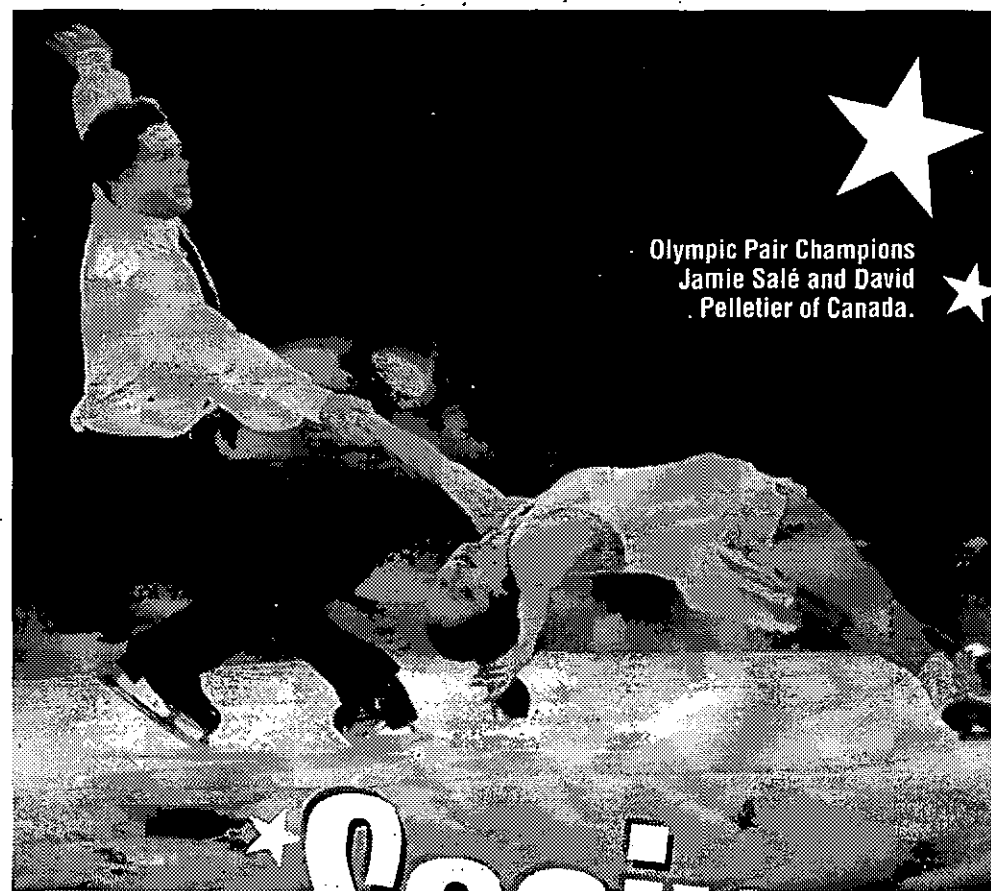
Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

PHOTOGRAPHY

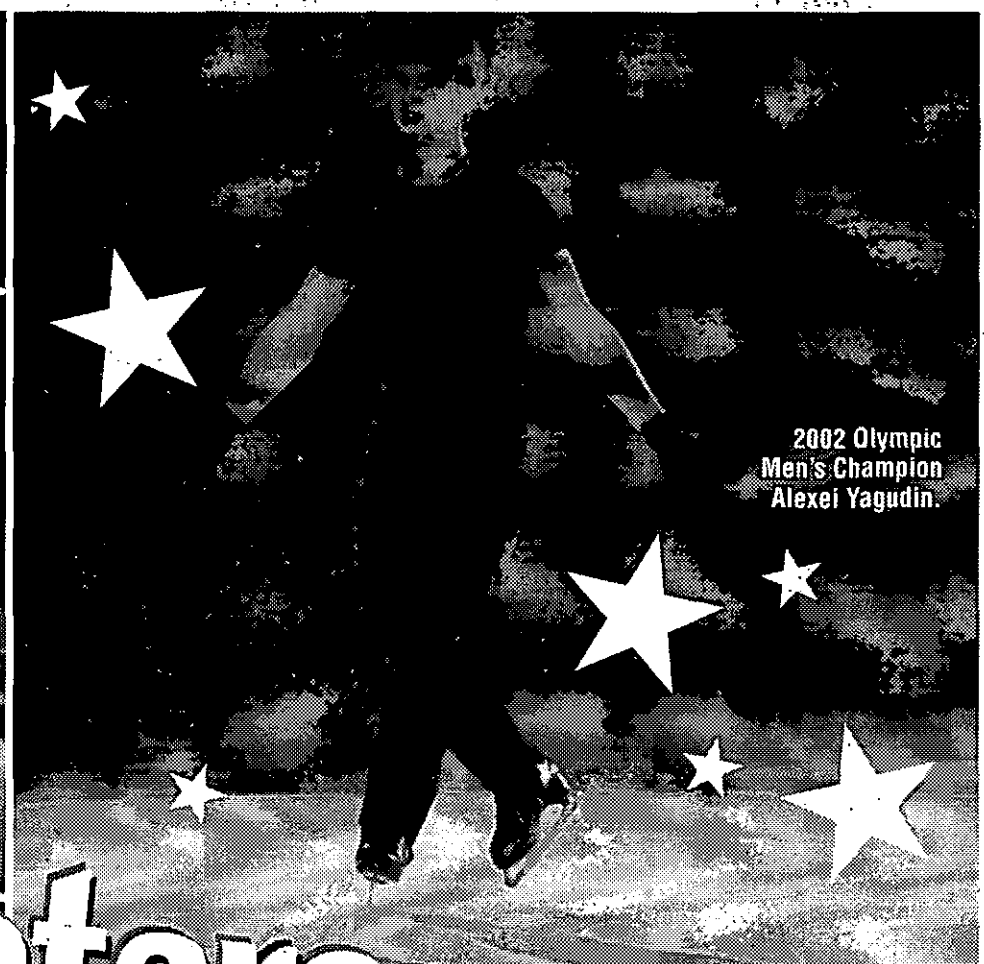
Personal, Professional Photographic Services. - 469-6551.

Family ENTERTAINMENT

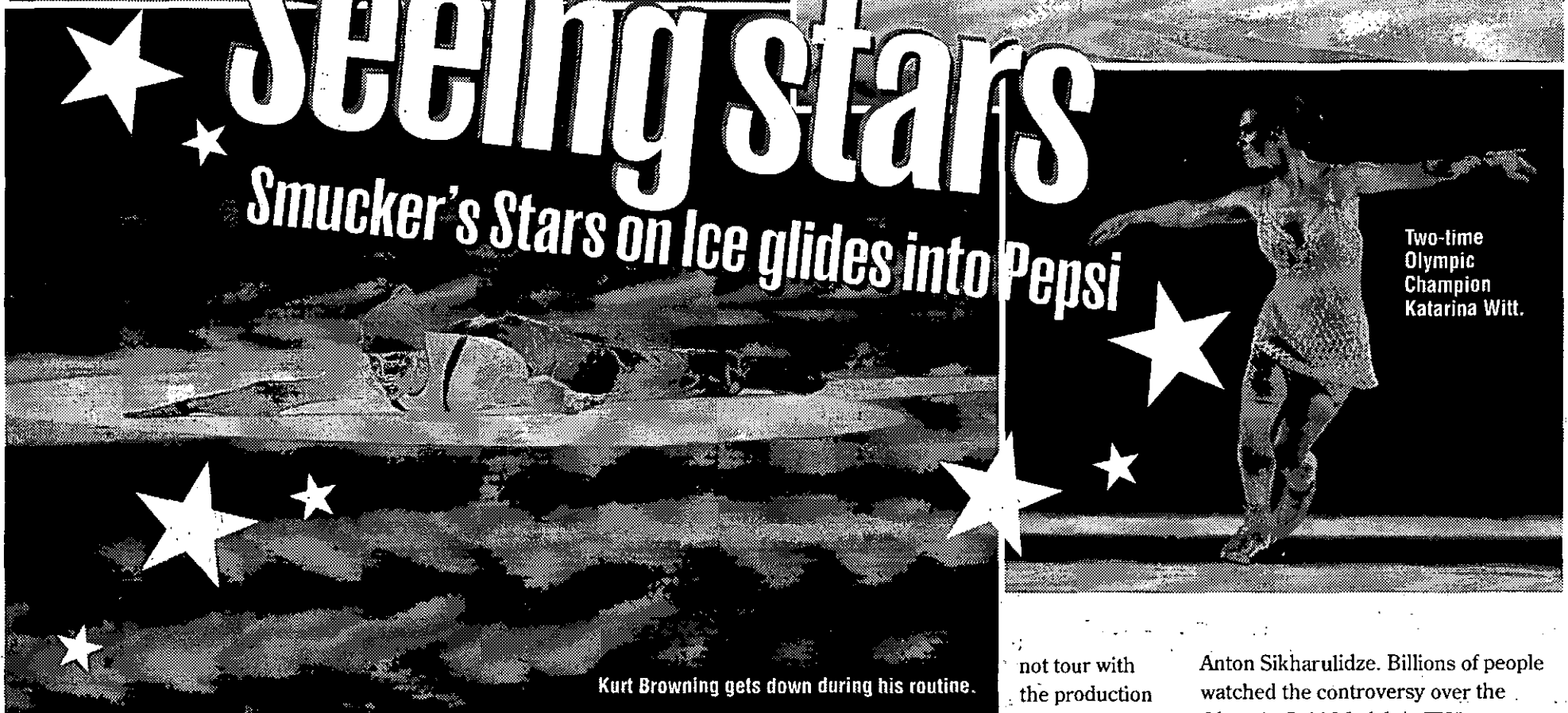
CALENDARS ♦ ARTS & ENTERTAINMENT



Olympic Pair Champions
Jamie Salé and David
Pelletier of Canada.



2002 Olympic
Men's Champion
Alexei Yagudin.



Seeing stars

Smucker's Stars on Ice glides into Pepsi

Kurt Browning gets down during his routine.

Two-time
Olympic
Champion
Katarina Witt.

By ELIZABETH DINEEN

Sucker's Stars on Ice, America's most prestigious figure skating production, skates into the Pepsi Arena in Albany on Sunday, Feb. 23, at 4 p.m. Now in its 17th consecutive year of touring the United States, the show's combination of returning stars and new Olympic stars form one of the most exciting cast of figure skaters in the world.

It features the debuts of 2002 Olympic Pair Champions Jamie Salé and David Pelletier of Canada and Elena Berezhnaya and Anton Sikharulidze of Russia — all four of whom emerged from an unprecedented Olympic controversy with gold medals.

Also making his debut with the production is 2002 Olympic Men's Champion Alexei Yagudin, whose performance in Salt Lake City not only earned him an Olympic Gold medal, but the highest marks ever received by a single skater in Olympic history. In

March 2002, Yagudin captured his fourth World Championship title, making history by receiving six out of six perfect scores for his competitive short program.

Returning to the tour are two-time Olympic Champion Katarina Witt, World Champion and six-time U.S. National Champion Todd Eldredge, four-time World Champion Kurt Browning and three-time U.S. National Pair Champions Jenni Meno and Todd Sand.

Making their Stars on Ice debut are three-time U.S. National Pair Champions and World Bronze medalists Kyoko Ina & John Zimmerman. Two-time U.S. National Dance Champions Renée Roca and Gorsha Sur return to the tour as well.

Due to injuries, Olympic Champion Tara Lipinski and eight-time British National Champion Steven Cousins will

not tour with the production as originally planned. According to show spokesman David Potischman, "There's a lot of

Anton Sikharulidze. Billions of people watched the controversy over the Olympic Gold Medal on TV."

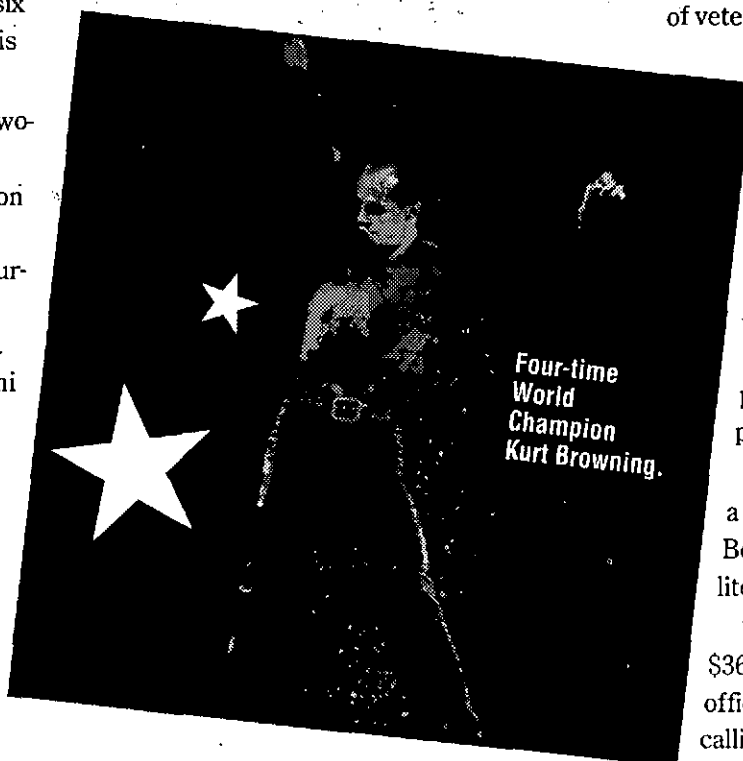
"In the show, they even skate together," he added.

"The show also has a really nice mix of veterans and newer skaters," he said.

With a production team headed by producer/director/choreographer Sandra Bezic, and musical selections ranging from Elvis to Ozzy, Leonard Cohen to Bon Jovi, and Tony Bennett to Will Smith, this edition of Smucker's Stars on Ice explores themes of power — athletic power, star power, and the power of a dream.

This year, the tour will donate a portion of ticket sales to support Boys & Girls Clubs of America literacy programs.

Tickets, ranging in price from \$36 to \$56 are available at the box office, Ticketmaster outlets or by calling Ticketmaster at 476-1000 or logging onto www.Ticketmaster.com. Group discounts are available by calling 487-2100.



Four-time
World
Champion
Kurt Browning.

interest in the Canadian pair, Jamie Salé and David Pelletier and the Russian pair, Elena Berezhnaya and

ARTS and ENTERTAINMENT

Theater

Clinton Avenue, Albany, Feb. 28, 7:30 p.m., \$35. Information, 465-4663.

BIG BAND DANCE PARTY

Proctor's Theatre, 432 State St., Schenectady, Feb. 28, 8 p.m., \$22, \$27 and \$29. Information, 346-6204.

ROOMFUL OF BLUES

The Van Dyck, 235 Union St., Schenectady, March 1, 7 and 9:30 p.m., \$18. Information, 381-1111.

ODETTA

WAMC Performing Arts Studio, 339 Central Ave., Albany, March 1, 7:30 p.m., \$22. Information, 1-800-323-9262, ext. 4.

TURTLE ISLAND STRING QUARTET

Troy Savings Bank Music Hall, State and Second streets, March 1, 8 p.m., \$21 and \$24. Information, 273-0038.

MARDI GRAS FESTIVAL

Proctor's Theatre, 432 State St., Schenectady, March 1, 8 p.m., \$26. Information, 346-6204.

Family Fun

FRANKLIN'S CLASS CONCERT

starring Franklin the Turtle, Proctor's Theatre, 432 State St., Schenectady, Feb. 26, 7 p.m., \$18, \$22 and \$25. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM

New York in Bloom, annual floral exhibit, Feb. 21 to 23; 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; Paul Robeson: Spirit of a Culture, through March 23; 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., Country Trash: New Works by Stephen V. Martonis, through April 4, opening reception — Feb. 27 from 5:30 to 8 p.m. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Albany-Shaker-Road, Colonie, "Show Off," artwork and ephemera from 57 upstate museums and historic sites, through April 30, 7 a.m. to 7 p.m. daily. Information, 242-2241.

YATES GALLERY

at Siena College, Route 9, Loudonville, works by Gina Occhiogrosso, through March 19. Information, 783-2517.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, "Winter Blues," through April 30, Wednesday to Sunday. Information, 786-6557.

Call for Artists

SINGERS NEEDED

for April 13 "Messiah" concert, rehearsals on Fridays at 7 p.m. at

Loudonville Community Church, 374 Loudon Road. Information, 459-3152.

CHORUS AUDITIONS

for Lake George Opera summer season, March 9, 1 to 5 p.m., Room 116 of Skidmore College Music Building, Saratoga Springs. To schedule an audition, 584-6018.

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 SCHAFFER 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 to 9 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.

Music

FREIBURG BAROQUE ORCHESTRA

with mezzo-soprano Beannarda Fink, Memorial Chapel of Union College, Schenectady, Feb. 21, 8 p.m., \$20. Information, 372-3651.

AZTEC TWO STEP

The Van Dyck, 235 Union St., Schenectady, Feb. 22, 7 and 9:30 p.m., \$20. Information, 381-1111.

JOHNNY WINTER

with John Hammond and Del Rey, The Egg at Empire State Plaza, Albany, Feb. 22, 8 p.m., \$22. Information, 473-1845.

YONDER MOUNTAIN STRING BAND

The Egg at Empire State Plaza, Albany, Feb. 23, 7 p.m., \$20, \$15 for students. Information, 473-1845.

L'ENSEMBLE

Music for our Time concert, The Egg at Empire State Plaza, Albany, Feb. 23, 3 p.m., \$20. Information, 473-1845.

WOLFE TONES THREE

Eamon's, 151 Menand Road, Loudonville, Feb. 26, 8 p.m., \$25. Information, 463-7440.

ELLIS MARSALIS AND SONS

Proctor's Theatre, 432 State St., Schenectady, Feb. 27, 7:30 p.m., \$35, \$50 and \$65. Information, 346-6204.

THE KRONOS QUARTET

The Egg at Empire State Plaza, Albany, Feb. 28, 7 p.m., \$24. Information, 473-1845.

TORI AMOS

Palace Theater, North Pearl Street and

MAGIC MAZE • KNOCK KNOCK

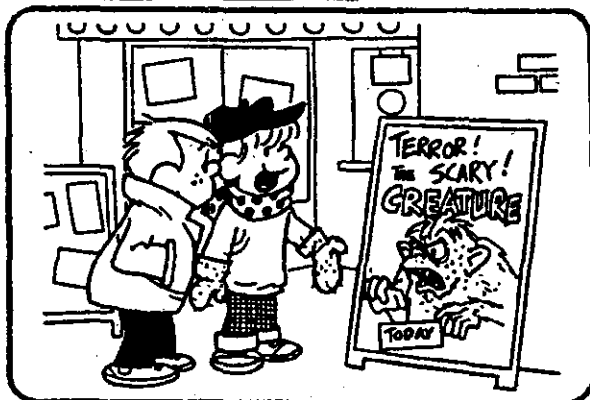
Q S P L I E B Y S V R O L I F
C Z W E Z I C I T I R C T Q N
K I F C Z W U L A R P M J H E
C K Z E D R U M M I N G X U S
Q N C S L A M L P J G E C Z X
V T R I F T B P N L J H E C A
G N I P P A T Y W V T R P N L
K N I G S T R I K E E C B Z X
W U A H S A I C L R P O M L J
I G E B D T I N R E M M A H B
A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

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

Bang	Club	Kick	Stamp
Bash	Drumming	Nitpick	Strike
Beat	Fault	Rat-a-tat	Tapping
Belittle	Hammer	Slam	

HOCUS-FOCUS

BY HENRY BOLTINOFF



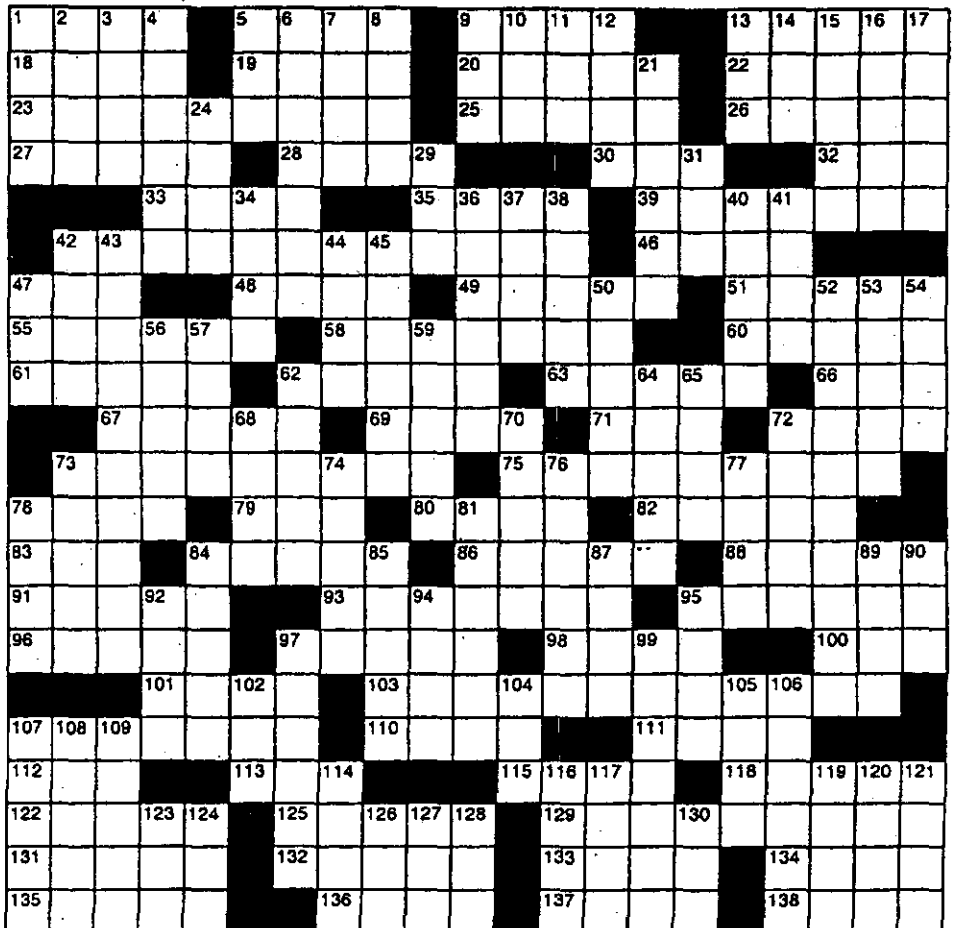
Find at least six differences in details between panels.



Differences: 1. "Today" sign is missing. 2. Scarf is black. 3. Boy has a hat. 4. More bricks are on wall. 5. Poster notes are different. 6. Boy's pants are not plaid.

The Super-CROSSWORD

- | | | | | | |
|--|--|--|---|---|---|
| ACROSS
1 Golf stroke
5 43,560 square feet
9 Live on lettuce
13 Word in a triangle
18 Lotion additive
19 Restaurateur Toots
20 "Teen —" ('60 smash)
22 Chou —
23 Minnesota city
25 Folklore figure
26 Japanese dog
27 Saint Catherine's home
28 Groucho's gaze
30 Shriver of tennis
32 "— Alibi" ('89 film)
33 The planes of Israel
35 James or Place
39 Connecticut city
42 Virginia city
46 Buffalo waterfront
47 Directional suffix
48 Owl's cry
49 — plexus
51 Tumbler | 55 "Bonanza" setting
58 Farm vehicle
60 Actress Berry
61 "— Gay"
62 Bellini opera
63 Sausage
66 Golfer's gadget
67 Tropical tree
69 Mrs. Charlie Chaplin
71 Ewe said hi
72 Stink
73 New York city
75 Kentucky city
78 Dorothy's dog
79 — Aviv
80 Wingding
82 Condescend
83 Yalie
84 "— with Love" ('67 film)
86 Fernando or Lorenzo
88 Guitarist Eddy
91 "Hi, Ho!"
93 Guest
95 — license
96 "Olympia" artist
97 Actress Adoree | 98 Oenophile's mecca
100 Lennon's lady
101 Biblical book
103 California city
107 New Jersey city
110 Or — (threat words)
111 Defeat by a knockout
112 Castilian cry
113 Catchall abbr.
115 Landed
118 Cunning
122 Man of rare gifts?
125 "Roots" writer
129 Wisconsin city
131 Photo finish
132 Dolphins' home
133 Fairy tale fiend
134 Marsh bird
135 Selling point
136 High time?
137 Playwright Coward
138 Org. founded in 1844 | DOWN
1 Pinza or Chaliapin
2 Jai —
3 — gras
4 Parsley kin
5 Nile slitherer
6 Braided bread
7 Libertine
8 — Stanley Gardner
9 Mr. Hammar-skjold
10 Hotel
11 Self-esteem
12 Work for a while
13 Indeed
14 Calligraphy supply
15 Statesman Root
16 Procrastinator's word
17 Frank book
21 Head
24 Like Magic
29 CSA soldier
31 Damage
34 Sony competitor
36 Western Italian
37 Jogger's gait
38 Shining
40 It falls but never breaks
41 Composer Bartok
42 Small songbird
43 Entreaty
44 Lorre role
45 Grief
47 Vane letters | 50 Antilles isle
52 Engine part
53 February forecast
54 Pursue
56 Battle site of 1836
57 Freshwater fish
59 Between three
62 Letters
64 Durban dough
65 Behalf
68 About
70 Black piano key
72 Trickster
73 La —, CA
74 Popeye's favorite shade?
76 Helen Hunt Jackson novel
77 Hound's handle
78 Side
81 They're out of this world
84 Ryan's daughter
85 Salon solution
87 — League
89 Singer Simone
90 Word form for "environment" | 92 Present
94 Harp —
95 Head line?
97 Beat
99 Where kids eat
102 Menlo Park monogram
104 It's in the bag
105 Pipe part
106 A place with buzz?
107 It may give you pause
108 Nom de crime?
109 Gnats and brats
114 First base man?
116 Spinks or Trotsky
117 Desdemona's enemy
119 Novelist O'Flaherty
120 Carmen or Clapton
121 Actress Ward
123 When Seurat sweltered
124 Postal abbr.
126 — tzu
127 Philips of "UHF"
128 Chinese principle
130 "Fantasia" frame |
|--|--|--|---|---|---|



The Spotlight CALENDAR

To update or correct calendar listings, call 439-4949, ext. 27.

Wed. 2/19

BETHLEHEM

BETHLEHEM LIONS CLUB

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

ALZHEIMER'S SUPPORT GROUP

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

SOLID ROCK CHURCH

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

ZONING BOARD OF APPEALS

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

'NONFICTIONADOS'

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

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

ORDER OF THE EASTERN STAR

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

TESTIMONY MEETING

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

NEW SCOTLAND

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. 2/20

BETHLEHEM

FAMILY SHARING WORKSHOPS

Activities for parents and children including snowshoeing or hiking, journaling, indoor lessons on mammals and their winter adaptations, and crafts. Please bring a lunch or snack, a journal, warm outdoor clothing. Recommended for no more than two children per adult. Friends of Five Elvers members \$10/family, non-members \$15 per family. Early registration recommended. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 10 a.m.-2 p.m. Also Feb. 21. Information, 475-0291.

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.

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.

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. 2/22

BETHLEHEM

SNOWSHOEING AT FIVE RIVERS

General snowshoe outing, after practicing basic skills, in search of animal tracks and other signs of the season. Please pre-register. In the event of poor snowpack, a walking tour of winter will be conducted. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 2 p.m. Information, 475-0291.

AA MEETING

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

Sun. 2/23

PROGRAM AT LIBRARY

Author, journalist and former Congressman Dan Burton reads from his book on the late Mayor Thomas Whalen, "Take City Hall!" Bethlehem Public Library, 451 Delaware Avenue, Delmar, 2 p.m. Information, 439-9314.

BETHLEHEM

WORSHIP INFORMATION

Call for details of Sunday, Christmas Eve and Christmas Day worship. Bethlehem Community Church, 201 Elm Ave., Delmar, 439-3135. Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358. Bethlehem Lutheran Church, 5 Elm Ave., Delmar, 439-4328.

Delmar Full Gospel Church, 292 Elsmere Ave., Delmar, 439-4407. Delmar Presbyterian Church, 585 Delaware Ave., 439-9252. Delmar Reformed Church, 386 Delaware Ave., Delmar, 439-9929. First Church of Christ, Scientist, 555 Delaware Ave., Delmar, 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, just south of Glenmont Road, Glenmont, 426-9955. Mount Moriah Ministries, Route 9W, Glenmont, 426-4510. Slingerlands Community UMC, 1499 New Scotland Road, 439-1766. Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314. South Bethlehem United Methodist Church, 65 Willowbrook Avenue, 767-9953. St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016. St. Stephen's Episcopal Church, Poplar Drive and Elsmere Ave., Delmar, 439-3265. St. Thomas The Apostle Roman Catholic Church, 35 Adams Place, Delmar, 439-4951. Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 439-7740.

NEW SCOTLAND

WORSHIP INFORMATION

Call for details of Sunday, Christmas Eve and Christmas Day worship. Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086. Clarksville Community Church, Route 443, 768-2916. Family Worship Center, 92 Lower Copland 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. Presbyterian Church in New Scotland, Route 85, 439-6454. St. Matthew's Roman Catholic Church, Mountain View Road, Voorheesville, 765-2805. Unionville Reformed Church, Delaware Turnpike, 439-5001. United Pentecostal Church, Route 85, New Salem, 765-4410.

Mon. Feb. 24

FOURTH MONDAY

VOORHEESVILLE

PRESCHOOL STORYTIME

Preschool Storytime, Voorheesville Public Library, 10:15 am. No signup necessary.

BETHLEHEM

MOTHERS' TIME OUT (SEPTEMBER-JUNE 12 ONLY)

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

QUARTET REHEARSAL

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

Tue. Feb. 25

BETHLEHEM

DELMAR ROTARY

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

TREASURE COVE THRIFT SHOP

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

THRIFT SHOP AND LUNCH (THROUGH ELECTION DAY)

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

TAKE OFF POUNDS SENSIBLY

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

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 (SEPTEMBER-JUNE ONLY)

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.

VOORHEESVILLE

PRESCHOOL STORYTIME

Preschool Storytime, Voorheesville Public Library, 10:15 am. No signup necessary.

Wed. Feb 26

COOKING PROGRAM

"Seasoning Your Heart: Cooking with Herbs," hands-on activities and food demonstrations, sponsored by Cornell Cooperative Extension of Albany County; William C. Rice Jr. Extension Center, 24 Martin Road (via 85A), Voorheesville. Call for details. 765-3500.

BETHLEHEM

YOUTH EMPLOYMENT SERVICES (SUMMERS ONLY)

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

WEDNESDAY NIGHT WORSHIP (SUMMER ONLY, THRU 8/29)

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

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

BINGO

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

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)

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.

VOORHEESVILLE

PRESCHOOL STORYTIME

Preschool Storytime, Voorheesville Public Library, 10:15 am. No signup necessary.



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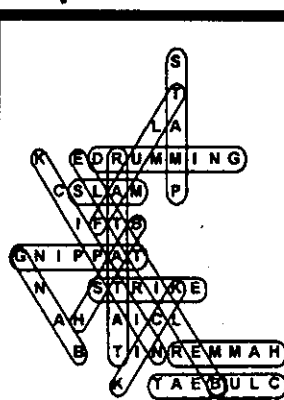
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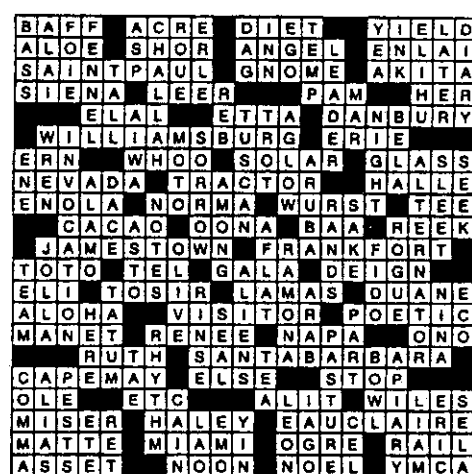
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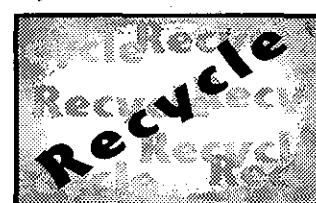
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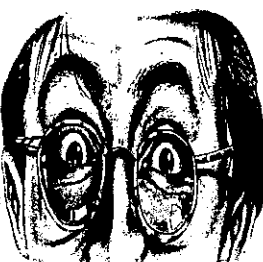
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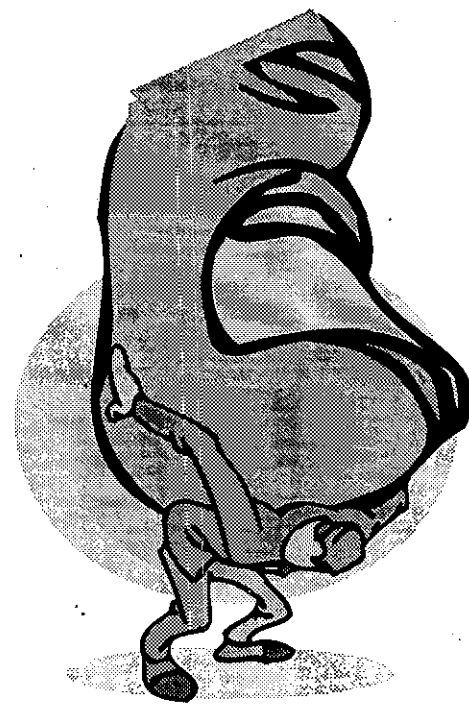
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Automotive CLASSIFIEDS

Rust: a nasty four-letter word

Henry Ford told buyers of his Model T they could select any color as long as it's black. Today we see cars in any of 7,000 hues, including shades of rust that won't appear on color chips in new car literature.

"Serious rust damage, including a hole right through the metal, can begin with a minor scratch in a parking lot from a shopping cart," said Rich White of the Car Care Council. "Steel is strong and lasts a lifetime when it's protected, but when that protection is invaded, the metal is exposed to the elements. That's when rust begins its invasion."

Cover paint chips as quickly as possible, White recommends. For a quick fix until you can get some touchup supplies, dab a little clear nail polish on the scratch. Touchup paint can be found for virtually every vehicle ever built, including antiques. Use the paint code number shown on the identification plate located on a door jamb, in the glove box, under the hood, in the trunk under the carpet

next to the spare or wherever else the car maker has hidden it. The owner's manual will tell you how to find it.

"Some uncommon colors will have to be ordered where auto parts are sold or from the Internet. Also available are scratch repair kits including everything needed from preparation to finishing a deep scratch," White said.

Small dents can be fixed with paintless dent repair, a service found either through local automotive suppliers, the classified section of the phone book or on the Internet.

Like so many aspects of car care, preventive maintenance is much easier and beneficial than corrective measures. Maintaining the original integrity of the finish keeps the vehicle in "like new" condition. The basic rules of body and paint maintenance apply:

Avoid parking in the hot sun; it can damage interior surfaces as well as the exterior. Wash the vehicle frequently, including areas underneath, with mild, safe

products. Select and use cleaners and waxes carefully. A cleaner that is effective for one type of finish could be disastrous for another. Consult the vehicle owner's manual to be sure.

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□ Lowe's

(From Page 1)

building from Bender Lane to Feura Bush Road, making the area more pedestrian friendly. At the meeting, Nigro informed the board he would contribute a \$50,000 bond toward the extension of the sidewalk.

"I think the fact that you are willing to take care of the safety issue shows this community that you are very much committed to the community," said Plummer.

With that, the board unanimously approved the modifications.

The center will sit on a 75-acre plot of land on Route 9W across the street from Alteri's restaurant. Construction crews have already begun clearing away trees.

"We'll be doing more site work up until about April 15, when we'll actually start foundations," Nigro said.

The center will sit near the Route 9W and Route 32 intersection — an area that has seen a considerable increase in traffic since Price Chopper opened in the Town Squire Plaza last year.

"We'll be doing some reconfiguring of the Feura Bush and Route 9W intersection, a traffic signal added, deceleration lanes will be added," Nigro said.

While Nigro Development may be eager to start construction, not all neighbors are happy.

"It doesn't fit," said David Bulnes, who has lived in Glenmont most of his 42 years.

While Bulnes said he isn't against development, he believes the plaza location was wrong from the start.

"It's typical sprawl. Having a big-box superstore across from an elementary school is counterproductive to having a livable community," Bulnes said.

His only hope now is that when the digging begins, they'll unearth an historic archaeological treasure, which could put an end to the project.

"That is pretty much the last glimmer of hope we have," he said.

Program for babies

Library Babies features storytelling, rhymes, finger plays and free play for babies 15 to 21 months and accompanying adults on Friday, Feb. 21, at Bethlehem Public Library.

Two sessions are offered: 9:30 to 10:15 a.m. and 10:30 to 11:15 a.m. Register for one session only by calling 439-9314.

Library appoints new board member

From a field of 15 applicants, library trustees appointed Happy Scherer to fill the unexpired term of Melissa Palmer, who resigned in January.

Assistant treasurer Paula Read was appointed to take Palmer's place as liaison to the Upper Hudson Library System.

Scherer is an avid library user and advocate who has resided in the Bethlehem school district for over 20 years.

She recently retired from the Bethlehem school board after serving 10 years, including three years as its president. She has also served on the Bethlehem town board.

Scherer is currently a teacher/coordinator for the Capital Region BOCES human services/special education program and an adjunct professor in Hudson Valley Community College's human services program.

Her volunteer work includes seven years with the American Field Service.

She also raises seeing-eye dogs, plays clarinet and volunteers at WMHT's annual auction and Temple Beth Emeth's soup kitchen.

Scherer's appointment holds until May, at which time she can run for election to finish the unexpired term.

□ Railroad

(From Page 1)

thousands in tax revenue. CSX operates a large rail yard in Selkirk and also plans to open a locomotive fueling facility. In all, the company has roughly 1,300 miles of railroad throughout the state. The goal of the legislation is to spur construction of new rail lines and improve the existing structures, while fostering job creation.

"This measure will encourage the expansion of new rail lines across the state — a key factor in economic growth and expansion," said Pataki.

Under the plan, the method of assessing rail property taxes would be simplified and modernized. Any newly constructed or renovated railroad properties would not be taxed until 10 years after they've been completed.

The measure will also ensure that rail companies commit additional resources to make enhancements in freight and passenger services including greater safety, expanded access and higher speed.

"This will benefit not only the rail industry, but also manufacturers which depend significantly on rail freight to receive and ship goods and commodities," said Daniel B. Walsh,

president of the New York State Business Council.

In 2003, CSX railroad paid just under \$292,000 in property taxes to the town of Bethlehem. It could potentially pay more as a result of ongoing litigation between the town and CSX over property tax assessments. As a result of the legislation, the town will see a major loss in tax revenue.

To help cushion the loss, a transition aid program will be established to provide \$70 million over 10 years to local governments. In 2003, \$4.7 million will be allotted to municipalities, but it isn't clear how much will specifically go to the town of Bethlehem.

Up until now, "New York's method for assessing railroad property encouraged railroads to invest their capital elsewhere," according to CSX.

A report by the Public Policy Institute shows that railroad property taxes paid by CSX in New York were more than seven times as high as those the company paid in Massachusetts and 26 times those in New Jersey, on the basis of tax paid per mile of track.

This has been cited as one reason railroad trackage in New York has been cut in half and the state has lost more than 11,000 high-paying railroad jobs since 1981, according to the institute.

Currently, CSX is working with the state to expand capacity on its critical line along the west side of the Hudson River and to develop new facilities in western New York.

Book Club to meet at library

Because of Winn-Dixie by Kate DiCamillo will be discussed at the Bethlehem Public Library's next Mother-Daughter Book Club meeting on Monday, Feb. 24, at 7 p.m.

The book won a Newbery Honor award in 2001. Copies are available at the youth services desk.

The program is designed for daughters in grade four and up and their mothers or caregivers.

New members are welcome. Refreshments will be served. Call 439-9314 to register.

Embroiderers Guild to meet at church

The New York Capital District Chapter of the Embroiderers Guild of America (EGA) will meet on Wednesday, Feb. 19, at 10 a.m. at Family of God Community Church at the corner of Krumkill and Blessing roads in North Bethlehem.

The program will give you invaluable tips on how to finish your needlework so that your pieces will be shows at their best.

Five different aspects of finishing will be presented.

The EGA is open to people who are interested in the art of embroidery, from curious newcomers to experts. The guild also has an evening group and a group that meets in Clifton Park.

For information, call Frieda Carnell at 674-8435.

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